



Trampoline and Tumbling Program

Why do Trampolining and Tumbling?

- **Increased coordination and body awareness**
- **Building strength and flexibility in a FUN way!**
- **Increases confidence - Learn some cool tricks!**
- **Challenges the mind and body all at the same time**

What is Trampolining?

- **Trampolining involves the use of our 2 competition sized trampolines and our Double - Mini Trampoline**
- You will learn how to use a trampoline safely, including how to jump, stop and land safely
- You will learn how to land on your seat, front and back safely
- You will learn correct technique for forwards and backwards somersaults
- You will learn how to mix all these techniques into multiple twisting and somersaulting skills
- You will learn to connect these learnt skills into routines

What is Tumbling?

- Tumbling classes focus solely on the flipping and somersaulting aspect of gymnastics

At BTYC Gymnastics -

- You will learn how to move your body in many different ways
- You will learn how to roll, handstand and cartwheel
- You will learn correct technique for forwards and backwards flips and somersaults
- Learn how to mix all these techniques into multiple twisting and somersaulting skills
- Connect these learnt skills into combinations to be performed down our Tumbling rod floor

2018 Trampoline Classes

Monday

5-6pm (6yo - 10yo)

6-8pm (11yo - 16yo)

Tuesday

5-6pm (6yo - 10yo)

6-8pm (11yo - 16yo)

Wednesday

5-6pm (6yo - 10yo)

6-8pm (11yo - 16yo)

Thursday

5-6pm (6yo - 10yo)

6-8pm (11yo - 16yo)

Friday

5-6pm (6yo - 10yo)

6-8pm (11yo - 16yo)

2018 Tumbling Classes

Monday

5 - 6pm Beginner Tumbling

6 - 8pm Advanced Tumbling

Thursday

6 - 8pm Intermediate Tumbling

Friday

5 - 6pm Beginner Tumbling

6 - 8pm Intermediate Tumbling

Beginner

No requirements

Intermediate

Min Requirements

Cartwheel

Round Off

Handstand,

Backward Roll

Forward Roll

Advanced

Min Requirements

Round Off – Flip

Front Handspring

Front Sault Tuck

Competitive Trampoline and Tumbling

Competitions are available to all children of all levels from ages 5 and up

Competitions are held on an internal, interclub, state and national basis



Information for each competition will be distributed via email prior to competitions

BTYC Trampoline and Tumbling Coaches

Mark Nimmervoll



- Has been coaching for 30 years!
- Coached at BTYC for 16 years!
- Has experience coaching all levels of athletes, from recreational to elite
- State team coach numerous times
- Has coached many athletes from different sports on the trampoline, for example, skiers, snowboarders and wake boarders
- Our most experienced and seasoned coach

Edward Hiesler



- BTYC Athlete turned coach at 16
- Competed on the BTYC team and State Team
- A recreational trampoline and Tumbling coach
- A Beginner Trampoline, DMT and Tumbling Judge

BTYC Trampoline and Tumbling Coaches

Alex Gage



- BTYC Gymnastics coach for 5 years
- Currently coaching Tumbling, Girls and Boys Recreation classes, Mens and Womens Gymnastics Squads, Kindergym and Schools programs!
- Previous Australian Parkour Association and Cheerleading coach
- Started as an Adult Class gymnast at BTYC
- Also a competitive cheerleader!

For All Enquiries - Please email the Trampoline and Tumbling Program Manager Karen Daniel on karen@btycgymnastics.org.au