



# **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](mailto:karen@btycgymnastics.org.au)**