



HOW TO START A TRAMPOLINE & TUMBLING PROGRAM

®

Kids in our area have a lot of exposure to backyard trampolines and parents are constantly signing their kids up for classes to safely learn skills. After offering artistic team for almost 20 years it was just a natural step to offer a T&T team to those kids with more advanced skills.

The artistic coaches saw how precise and exact, like artistic, the T&T athletes were perfecting shapes and skills needed for both disciplines. Soon our artistic athletes were asking if they could compete in both programs and since overlapping seasons were not a problem, we tried it.

Our 'crossover' athletes tend to get skills faster because of the enhanced body awareness and control achieved from jumping high on trampoline, 'flipping' saltos off double mini and the spring from a rod floor. T&T routines are shorter so athletes can learn how to compete at meets earlier and feel accomplished. Besides all of this, T&T is just **SUPER FUN!**

WHAT IS TRAMPOLINE & TUMBLING?

The gymnastics discipline of trampoline & tumbling, often referred to as T&T, includes competition in trampoline, synchronized trampoline, double mini-trampoline, and tumbling. Both males and females can participate in all four events.

Whatever the event, you're sure to see numerous high-flying skills which include multiple flips and twists combined into one "routine." This is elite level trampoline & tumbling at its finest. While the skills are at a much more basic level, participation in trampoline & tumbling at the beginning and recreational levels can also be thrilling and exciting. Bouncing high, learning body control, and developing spatial awareness are all adventures of the sport.

Trampoline & tumbling is an easy addition to an existing gymnastics program. Boys and girls of all ages love to jump around and tumble about — just look at the abundance of backyard trampolines and children's never ending motion. Plus, the sport of trampoline has become more widely known because of its status as an Olympic discipline. Using existing equipment in your gym, you can get a program started today!

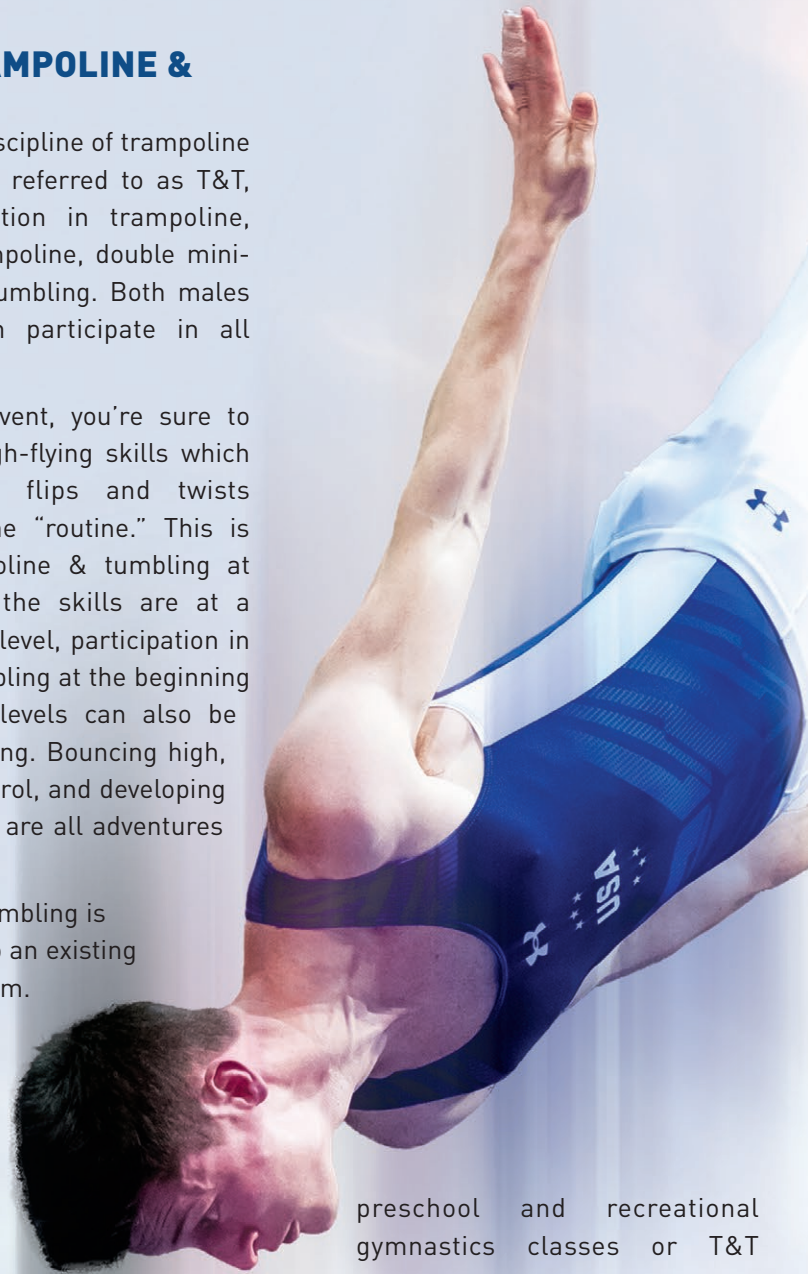
WHO IS T&T FOR?

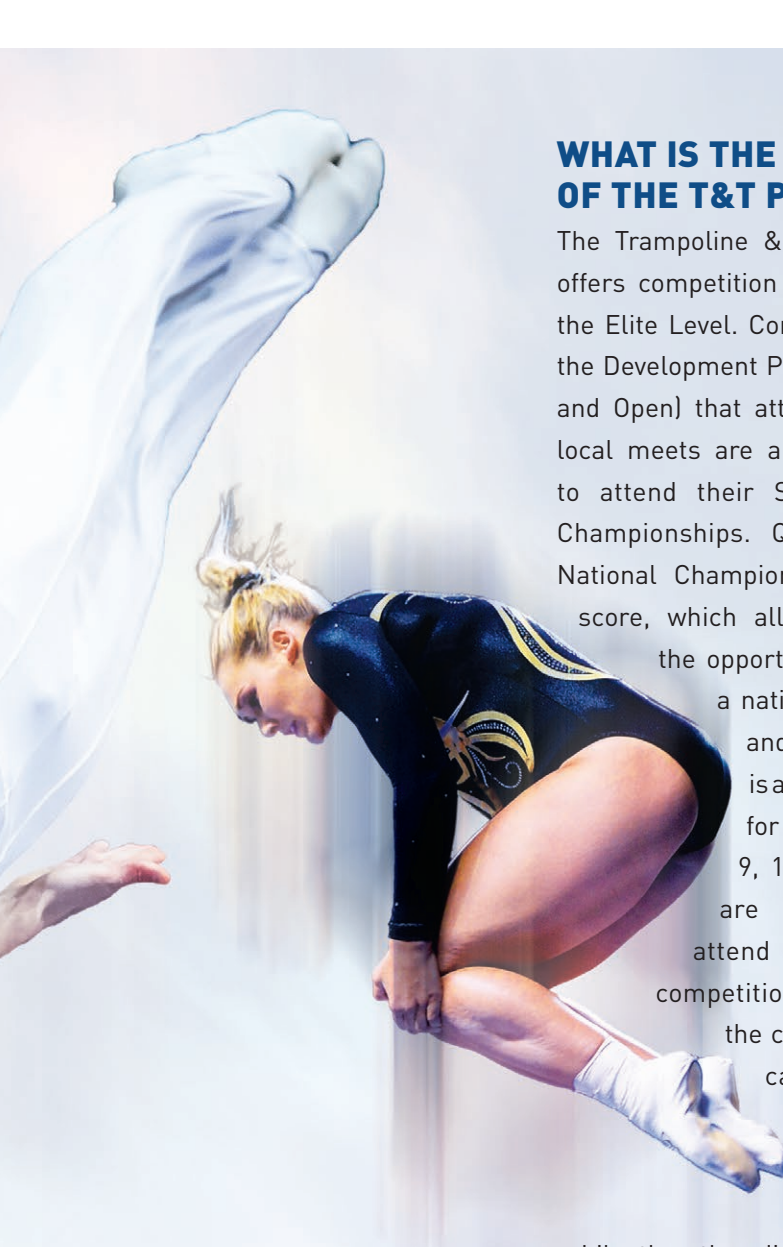
Trampoline & tumbling can be a well-suited activity for children and teenagers of any shape, size, coordination or fitness level. Trampoline and tumbling activities may be included in existing

preschool and recreational gymnastics classes or T&T specific classes can be offered at the basic recreational level through the competitive programs.

Preschool T&T classes are a great way to keep those very active little ones engaged in class time utilizing quick moving rotations that allow them to keep jumping and rolling. A curriculum may be very similar to traditional kinder gymnastics programming.

A recreational and developmental T&T class includes basic progressions promoting rapid skill acquisition and learning. These programs help beginner





WHAT IS THE STRUCTURE OF THE T&T PROGRAM?

The Trampoline & Tumbling Program offers competition at Levels 1–10 and the Elite Level. Competitive athletes in the Development Program (Levels 1–10 and Open) that attend regular season local meets are automatically eligible to attend their State and Regional Championships. Qualification to the National Championships is based on score, which allows many athletes the opportunity to compete on a national level. Traveling and making new friends is an exciting experience for the athletes. Level 9, 10 and Elite athletes are also permitted to attend international club competitions and experience the culture, diversity, and camaraderie found in the Olympic spirit of friendship through sport.

gymnasts build strength, stamina, and coordination in a fun-filled, high-flying format. Once safety techniques are mastered, students can “jump” into the sport, learning more than 100 skill combinations before even considering inverted movements (e.g. flipping).

The competitive program is a great asset to any club with children interested in being part of a gymnastics team. The flexibility of the Trampoline & Tumbling Program allows an athlete to specialize in an event and it is not a requirement to compete in all four events. Additionally, athletes can compete at different levels on each T&T apparatus.

Like the other disciplines, T&T offers a pathway called the Elite Development Program. This program targets talented athletes ages 8–14. The Elite Development Program encourages both athlete and coach development in preparation for the Elite Level.

WHY PARTICIPATE IN T&T?

Boys and girls can benefit from participation in a trampoline & tumbling program in the following ways:

- **IT'S FUN AND GREAT EXERCISE!**
- **PHYSICAL FITNESS** — especially in the areas of strength, agility, and coordination.

What if your gym had an activity that was instantly familiar to parents and children alike?

What if your gym had an activity that created a membership attraction from siblings and friends of current members as well as birthday parties and recreation membership?

What if your gym had an activity that promoted air awareness as well as another form of fitness training for your artistic athletes?

This all is found in even the most basic trampoline & tumbling programs. The innate fun of trampoline recruits and encourages new membership in your gym. The safe and time proven tiered level of instruction from USA Gymnastics T&T provides the gym owner a reliable template to building their gym business.



After nearly 20 years as an artistic gymnastics coach, I decided to make the switch to T&T. Initially, I tried to run both programs, but decided to pass on the artistic program to another coach and devote 100% of my time to T&T.

One of the greatest benefits of T&T is that it is amenable to a diverse range of body types and ages. It is an inclusive sport, even at the competitive level. An athlete can start at a later age and still excel and be successful.

Since there is no “all around”, an athlete might focus more on one event and progress quickly, while using the other events to cross-train. Some athletes may enjoy all of the events, and reap the benefits of the specific skill sets of each. It has a longevity factor, due to the more forgiving surfaces. I have a very successful adult program. Overall, it has been a huge benefit for my club and has become my most lucrative program.

- **COGNITIVE SKILLS**—The gross motor development, laterality, and neural activity found in jumping and spinning facilitates learning by creating concrete operations in the developing child.
- **LIFE SKILLS**— particularly self-confidence, teamwork, responsibility, friendship, and sportsmanship.
- **ACCOMPLISHMENT OF GOALS**— setting goals and working to achieve those.
- **GREATER LONGEVITY IN THE SPORT**— the natural resiliency of the apparatus reduces wear and tear on the body. It is common to see athletes still competing internationally in their late 30s.
- **COLLEGE SCHOLARSHIP FUND**— the availability of a College Scholarship Fund through the Trampoline & Tumbling Program at USA Gymnastics offers financial support to high-level athletes to encourage continued involvement through the college years.
- **DEVELOPING A NEW CUSTOMER BASE**—offering tumbling classes with an emphasis on proper progressions can attract local cheerleaders, school cheer programs, and other athletes.

HOW DO I START A PROGRAM?

Basic equipment and apparatus could include:

- **Tumbling**
 - ✓ Panel mats and/or
 - ✓ Spring floor
 - **Trampoline**
 - ✓ Standard black bed trampoline
 - ✓ Skill cushions (to use for drills and progressions)
 - **Double mini-trampoline**
 - ✓ Double mini-trampoline apparatus
- and
- ✓ Mini trampolines
 - ✓ Spring boards
 - ✓ Landing mats

Hosting a T&T program at your club can help your business by:

- **INCREASING STUDENT RETENTION**— Retention rates among recreational and former competitive athletes 12 and older are very good in T&T programs nationwide. However, age groups as young as 3–4 years old are still competitive in the T&T community. In addition to being a fun activity, this sport meets the educational and social demands of tweens and teens, with co-ed teams (divided by gender and age for competition) and lower hourly training demands.

- Although a competition rod floor (for tumbling), webbed bed double mini-trampoline (for double mini), and competition trampolines (for trampoline and synchronized trampoline) are the optimal equipment needs for a competitive T&T program, the developmental equipment needs above can suffice until the program's participants achieve the optional levels. Many smaller or beginning programs have developed national champions on basic trampolines, no double mini-trampoline, and a spring floor. Clubs may also choose to specialize in one area/apparatus due to space or time constraints.

CLASS STRUCTURE

Classes could be set up to focus on one T&T apparatus (e.g. trampoline) or may combine apparatuses with rotations to trampoline, tumbling, and double mini-trampoline (if available).

A typical session, or term, may run 8–12 weeks. Beginner classes may meet 1 or 2 times per week, enabling the students to achieve tangible goals within his first term.

LEARNING THE SKILLS/ COACHING

Coaches with basic gymnastics knowledge can become excellent T&T coaches. The courses and materials referenced below provide a wealth of information to help get you started and are the best available for trampoline & tumbling.

Don't forget about contacting a mentor club. Utilize the list online at usagym.org/trampoline to find a nearby club and reach out for assistance. All of the clubs listed are eager to help you develop your T&T program.



EDUCATIONAL LINKS

Now is a great time to invest in your education!

USA Gymnastics offers a wide range of affordable online educational courses that can help further professional development goals of coaches, judges, club owners and administrators.

ONLINE COURSES

Click [HERE](#).

(Scroll down to access the T&T courses)

TECHNICAL STORE

Click [HERE](#).

THE USA GYMNASTICS TRAMPOLINE & TUMBLING WEB SITE

Click [HERE](#).



For more information, please visit

USAGYM.ORG/TT

or contact the USA Gymnastics offices at

317.237.5050

