



Trampolining Proficiency Awards Level 11

Minimum pass requirement: 75% completed

- ◇ Back somersault (T).
- ◇ Full twist to back landing.
- ◇ Back somersault to seat landing (T).
- ◇ Front somersault (P).
- ◇ Back s/s (T), tuck jump, back s/s (T).
- ◇ Back landing full twist to feet.
- ◇ Barani (T)
- ◇ $\frac{3}{4}$ front somersault (S), (crash dive).
- ◇ Back somersault (S).
- ◇ Back s/s (T), back landing.
- ◇ $\frac{3}{4}$ back somersault (S), (lazy back).
- ◇ Back landing back pullover to front landing.

Routine:

Back s/s (T), straddle jump, seat landing, half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front s/s (P).