

**U.S.T.A.
BRONZE LEVEL
COACHES CERTIFICATE FOR TUMBLING**

Sub-Beginner, Beginner, Advanced Beginner

What is the U.S.T.A. and what does it offer?

The official name of the corporation is the UNITED STATES TRAMPOLINE AND TUMBLING ASSOCIATION. One of the purposes of the corporation is to establish, perpetuate, and improve the sports of Trampoline, Tumbling, and Double-Mini.

Important Safety Features and Hints for Success.

Remember, athletes and coaches should never wear jewelry. Coaches, especially, should not have long fingernails.

When a club's athletes are involved in competition, the coach should know the rules before registering the athletes in a meet. If you do not know or understand something -call or ask someone who does.

It will help your athletes to progress and your gym to grow if you learn to spot skills correctly. It will also create a safer environment.

Make sure you check your equipment daily (make sure velcro ends are clean so the ends stick together and do not pull apart).

Only teach skills you are qualified to teach - if you feel uneasy spotting a double-back, don't do it! The U.S.T.A. Recommends that you never spot a skill you have not been taught to spot.

Keep a close eye on athletes. If they look like they are in pain or have an injury, remove them from the class.

It is important that athletes learn to "fall" without using their arm(s) to catch themselves. If falling forward (over-rotating) teach athletes to do a front tuck roll; if falling backward to do a back roll. Also teach athletes to do a side tuck roll for safety.

Make sure you warm-up your athletes. Stretching, light aerobics, splits on all sides, and back exercises provide a good warm-up.

Do not allow your athletes to chew gum or eat while in class.

Most important - Do not leave your gym unsupervised!

Take the NTJC Judges' Course (the cheapest educational available).

What is the Proper Equipment for lower levels?

Competition requirements are mats 6' wide, 60' long, and 1 ¼" thick. At State & National Championships, there must be a white line down the middle of the mat. Recommended minimum practice requirements are 5' wide, 48' long, and 1 ¼" thick.

How do you Evaluate Your Athletes?

A right-handed athlete may not tumble on their right side. A good test is to have a little one jump over a stuffed animal several times - check which leg they choose to push off with. This will usually be a good indication of their strongest side; however, you should still check their other side.

Knowing when an athlete is ready to move to the next level is important. An athlete must:

1. Understand the skill properly in their mind.
2. Be able to perform the hardest skills at the current level with little or no spot.
3. Be confident about their ability to perform the skill.
4. Know and be able to perform all the basics leading up to their hardest skill.

Maintain communication between the coach and the athlete.

1. If you must use a negative comment, try to follow it with a positive one.
2. Avoid emotional circumstances during a class by redirecting (allow time for discussion at another time).
3. Listen to your student, if they are being rational.
4. Sometimes not saying anything can be good - a quiet response or hug goes a long way.
5. Be consistent in your coaching techniques.
6. Do not be judgmental. Critique actions and attitudes, not athletes. Stay clear of personal comments, i.e., "you are....."
7. To check for understanding, ask questions that require thought to answer.

What are Warm-up, Cool-down and Conditioning Procedures?

Light aerobics to help raise the heart rate and warm up muscles prior to stretching; stretching exercises in the straddle and pike positions; splits on all sides; and shoulder, wrist, ankle, and back exercises are good warm-up procedures to begin a class with.

An Advanced Beginner should have good flexibility in their shoulders and back.

Cool down time at the end or after a class consists of light stretching of the same muscle groups you warmed up at the beginning of class.

Good conditioning exercises for students under 13 years of age are push-ups, sit-ups, chin-ups, and hollow and arch rocking.

What skills should you know at the Bronze Level?

Sub-Beginner Skills - front rolls, front roll straddles, pike rolls, dive rolls, front roll step-outs. *NO INVERSION SKILLS.*

Beginner Skills - all skills listed above as well as one and two hand cartwheels, front handstand roll downs, back rolls, back extensions, back roll step outs, and back straddle and pike rolls, . Cartwheels on both sides should be taught.

Advanced-Beginner Skills - all skills listed above as well as all limbering skills (front & back walkovers, limbers, front & back arabians, and front & back scissors or swing-throughs). Athletes at this level should have good shoulder and back flexibility.

What Other Important Factors Should you Know?

Tumbling passes should consist of good form (legs straight, toes pointed, arms straight, feet together) consistent rhythm, control, no steps or interruptions, and end with a good "stick."

Tuck front roll - should always start with both hands in front or on the floor, the top of the head should not touch, and the legs should extend straight before leaving the floor.

Straddle roll - should perform without sliding the feet into the split position (athlete will receive an aesthetic deduction). If the foot extends over the edge of the mat during the execution of a straddle roll, there will not be a deduction or termination as long as the athlete's body is in the center of the mat.

Back roll - should never be forced over...never push the athletes hips over without lifting the hips first (can cause injury).

A Handstand position - the back should remain straight.

To help an athlete *feel* the positions of their body so they can feel the tightness - have them "hold" a hollow position and rock back and forth in a hollow and an arched position.

When spotting limber skills, support the athlete at their shoulders to lessen weight and strain on the athlete's lower back.

What are the Competition Requirements at These Levels?

All passes must with a two foot landing.

The Sub-Beginner level consist of one five **Front** skill pass. The Beginner level consists of a five skill **Back** pass and a five skill **Front** pass. The Advanced-Beginner level consists of a five skill **Back** pass and a five skill **Front** pass.

Excessive continuous repetition of a skill will result in a deduction. For instance, if an athlete performs five tuck front rolls, the deduction for repetition will total 0.6 pts.

0.1 pt. for the 3rd skill
 0.2 pt. for the 4th skill
+0.3 pt. for the 5th skill
 0.6 pt. total deduction

At the Beginner and Advanced-Beginner Level, if an athlete performs their 2nd pass instead of their 1st pass....they should still perform their 2nd pass again to count as their correct 2nd pass.

At the Advanced-Beginner Level, if a round-off is performed, it may only be used as the last skill in a pass and the athlete MUST rebound. 2.0 deduction; 0.5 no rebound

At the Adv-Beginner Level, the pass requirement of one limbering skills and a maximum of five limbering skills per pass.

There are NO handsprings or somis/aerials allowed at these levels.

What Skills have Difficulty Values at These Levels?

Sub-Beginner level: No difficulty at this level.

Beginner level: Handstand Roll 0.1 pts
 Cartwheel 0.1 pts
 Back Extension Roll 0.1 pts

Adv-Beginner level: Same as Beginner plus
 Round-off 0.1 pts
 Walkover/Scissor (front & back) . . 0.2 pts
 Limber (front & back) 0.2 pts
 Arabians (front & back) 0.2 pts

As a coach, you are responsible for watching the difficulty score that is flashed. If it is not correct, you to follow the proper procedures to find out why.

Suggested Teaching Progression of Skills for these Levels.

Stretching and Light Aerobics	Splits and Back-bends
Front Rolls	Back Rolls
Handstands	Cartwheels
Round-offs	Front Limbers
Back Walkovers	Front Walkovers