HOW TO START A TRAMPOLINE & TUMBLING PROGRAM
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 girls and boys 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 and 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 and 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 and 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 gymnasts build strength, stamina, and coordination in a fun-filled, high-flying
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 Junior Olympic Program (Levels 1–10) that attend regular season local meets are automatically eligible to attend the 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. 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.

Like the other disciplines, T&T offers an elite developmental pipeline beginning at age 11 called the Elite Developmental Program. This program targets talented athletes ages 11–14. The Elite Developmental 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 DEVELOPMENT** — especially in the areas of strength, agility, and coordination.

Dr. George Drew
“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 even have a very successful adult program. Overall, it has been a huge benefit for my club and has become my most lucrative program.”
—Mig O’Hara, Legacy T&T

- **COGNITIVE SKILL DEVELOPMENT**— 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 DEVELOPMENT**— 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 30’s.

- **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. Currently, USA Gymnastics T&T has fostered a unique partnership with Camp Wakeshma that gives athletes the opportunity to attend a “national” training-summer camp. All proceeds from Camp Wakeshma are made to the Trampoline & Tumbling College Scholarship Fund.

**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.

- **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/or
  - Mini trampolines
  - Spring boards
  - Landing mats
• 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 www.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.

REFERENCE MATERIALS

T200/T201 — DEVELOPMENT COACHES COURSE:
T200/T201, Trampoline & Tumbling Development Coaches Course (Level 1) and Hands-on Training, are designed to provide coaching professionals a knowledge base of key concepts, principles, and proven techniques used in the Trampoline and Tumbling discipline.

Price: $19.99

For additional materials, go to www.usagym.org and click on the Store tab.

TRAMPOLINE & TUMBLING J.O. PROGRAM VIDEO
2017–2020 J.O. ROUTINES AND REQUIREMENTS
This video includes an overview of all Compulsory and Optional Levels 1–10 routines for Trampoline, Tumbling and Double-mini. The video examples provided are performed by Elite and Developmental athletes to show skills and routines in a variety of stages. Included in the video is a voiceover and text that provides helpful tips and also shows emphasis on what Judges look for throughout a routine.

Price: $19.99

For additional materials, go to www.usagym.org and click on the Store tab.
### N. California
**Technique Gymnastics**
David Steigerwald  
awelch@techniquegym.com • (916) 635-7900

### S. California
**World Elite Gymnastics**
Austin White  
austingym@gmail.com • [949] 888-1444

### Minnesota
**Gleason’s Gymnastic School**
Larry Gleason  
oldgypsy@aol.com • 651-454-6203

### Maryland
**Fairland T&T**
Konstantin Gulisashvili  
kosta.gulisashvili@pgparks.com • 301-362-6060

### Nevada
**Legacy T&T**
Mig O’Hara  
legacytnt@gmail.com • 775-544-7603

### New Jersey
**Elite Trampoline Academy**
Steven Gluckstein  
stevegluckstein@gmail.com • [732] 747-4000

### Ohio
**Integrity Athletics**
Amber Van Natta  
amber@integritygym.com • [614] 733-0818

### Oklahoma
**Oklahoma Extreme**
Chauncy Haydon  
admin@oxtumble.com • 918-369-3938

### Texas
**Air Extreme/Ready Set Go**
Patti Conner  
Pdconner2@gmail.com • [806] 701-1988

**Eagle Gymnastics Academy**
Jared Olsen  
jaredolsen81@gmail.com • [972] 712-4644

**The Palaestra**
Becki Weathers  
theplaestra@tx.rr.com • [972] 620-9922

### Virginia
**Capital Gymnastics National Training Center**
Sergio Galvez  
Sergio.capital@gmail.com • [703] 239-0044

### Washington
**Seattle Gymnastics Academy**
Hans Nielsen  
ielseha@gmail.com • [425] 922-6085

**Summit Gymnastics**
Kelly Israel or Debbie Johnson  
sagasalto@aol.com • 425-432-9999
For more information, please visit
WWW.USAGYM.ORG/TT
or contact the
USA Gymnastics offices at
317-237-5050