

TRAMPOLINE DEVELOPMENT CENTER SAMPLE TDC CLUB VISIT #2

SAMPLE ONLY

Specific details to be worked out for each club

Day 1

Time	Activity	Who
1:30 – 2:30PM	Visit 2 Q&A and Progress	Joy/ Key Personnel
3:30 – 4:30 PM	Trampoline Competition/Scoring	Joy/Staff/Key Personnel
4:30 - 6:30PM	Class Observation/ Coaching	Joy/ Staff

Day 2

9:00 – 1:00PM	T201/T210 Coaches Course	Joy/All Coaches
4:30 - 6:30PM	Class Observation/ Coaching	Joy/ Staff
7:00PM	Dinner Visit 2 Visit 3 Action Items	Joy/ Key Personnel

Day 3 **Coach & Athlete Clinics FREE Workshop (open to other clubs)**

Time	Activity	Who
10:00AM -11:30AM	Trampoline Competition Format Info on the format & running of a T&T Meet: facility, equipment, scoring, judges, length, types, sessions, ages/divisions, awards, and volunteers.	Joy/ All Coaches/ Staff
11:30 -12:30PM	Lunch Break	
12:30 – 1:00PM	Review & Pre School Progressions	Joy/Coaches/Athletes
1:00 - 2:00PM	Beginner Level Athlete skill progressions	Joy/Coaches/Athletes
2:00 - 3:00PM	Intermediate Level Athlete skill progression	Joy/Coaches/Athletes
3:00 - 4:00PM	Advanced Level Athlete skill progressions	Joy/Coaches/Athletes