

Trampoline Gymnastics Club Handbook



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What is Trampoline Gymnastics?

Trampoline Gymnastics is a discipline of gymnastics. Athletes fly through the air and perform complex skills, and are judged based on their execution, difficulty and height.

The first modern trampoline was invented in 1936 by an American diving and tumbling champion, George Nissen, after he saw trapeze artists using their safety net for somersaults and twists as part of their act. He attached a piece of canvas to a hinged metal frame using springs and called it a 'trampoline' from the Spanish word *trampolin*, meaning diving board.

In 1960 the New South Wales Trampoline Federation was formed and the first State Championships to be held in Australia were in NSW in 1961. Victoria followed suit in 1962 and South Australia's first State Championships were held in 1970.

Australian trampoline history was made in the year 2000 when Trampoline Gymnastics made its Olympic debut at the Sydney Olympic Games and Australian athlete Ji Wallace won the silver medal for Men's Individual Trampoline.

[Check out our athletes explaining the sport on *Totally Wild!*](#)

What are the different apparatus?

Trampoline Gymnastics consist of four apparatus– individual trampoline, double mini trampoline, synchronised trampoline and tumbling.

Follow these links to learn more about each apparatus:

[Individual trampoline](#)

[Synchronised trampoline](#)

[Double mini trampoline](#)

[Tumbling](#)

Our Coaching Staff

	<p>Daniel Lynch, Lead Coach</p> <p>Daniel was a successful National-level athlete for fourteen years at Blackwood. He is an Advanced Silver coach and judge and was a member of the Gymnastics SA Trampoline Gymnastics Sports Management Committee (SMC) for seven years and now sits on the Gymnastics Australia National Commission as the Education Project Coordinator. Outside of trampoline gymnastics, Daniel is a cyclist and a secondary school Drama teacher.</p>
	<p>Gabby Prider, Development Coach</p> <p>Gabby started her gymnastics career in Victoria in elite Women's Gymnastics and was a national medallist. She successfully transitioned to trampolining, achieving success at a national level, taking out an Australian title in Synchronised Trampoline, medals for Tumbling as well as being trialling for the Youth Olympics. Gabby is an Advanced coach and Intermediate judge and is studying Physiotherapy at Adelaide University.</p>
	<p>Jemima Bell, Development Coach</p> <p>Jemima has trained competitively in trampoline and double mini at Blackwood since 2016, starting her trampoline gymnastics career in 2011. She has achieved podium results at Australian Championships and National Clubs. Jemima is An Advanced coach and Intermediate judge and is studying Paramedics.</p>
	<p>Jade Whiting, Foundation Coach</p> <p>Jade has trained competitively in trampoline, double mini and tumbling since 2013 at Blackwood, having represented the club at National Club Carnival and Australian Championships. Jade is also an Advanced judge and is studying Year 12.</p>
	<p>Brodie Goulding, Foundation Coach</p> <p>Brodie has been participating in gymnastics since 2010 and transitioned to trampoline at the end of 2021. He had attended two Australian Championships and made finals in trampoline and DMT. He has been coaching since 2021 and is studying Year 12.</p>
	<p>Charlotte McAvaney, Foundation Coach</p> <p>Charlotte started trampoline gymnastics in late 2012 in the Gym SA High Performance Program, competing at both State and Australian Championships, receiving podium results before a change of club in 2020 to Blackwood. She is an Intermediate TRP and WAG coach and also runs the new trampoline gymnastics program at Hills Gymnastics Academy.</p>
	<p>Monash Buckley, Foundation Coach</p> <p>Monash was a competitive athlete at Blackwood for several years, training in both trampoline and tumbling. She has attended National Club Championships on several occasions, and has been coaching at the club since 2017 as an Intermediate coach. She works in real estate.</p>

Athlete Pathways

At Blackwood, the athlete is our central focus. We offer a program that progresses athletes through the Australian Levels Program, offering more complex skills as they develop. Each athlete is placed into a training environment that matches their level of skill acquisition and sporting goals.

Within each class, athletes train in all three apparatus; TRP, DMT and TUM. Competitions are optional for Foundation, Development and Advanced athletes, but compulsory for Accelerated athletes.

Foundation Athletes learn Levels 1-3, focussing on fundamental aerial skills in an engaging and challenging environment. They train once a week.

Development Athletes, having acquired key skills, now focus on developing somersaults and linking elements at Levels 3-4. They are recommended to train twice per week.

Advanced Athletes learn more complex somersaults, including doubles. They train Level 5+. They train twice per week and can specialise in one apparatus.

Accelerated Athletes are selected for their potential to compete at a State and Australian Championships, and must train at least twice per week. These athletes train Level 6+, or on a fast-tracked pathway from lower levels.

Our program is designed to engage athletes in trampoline gymnastics over the long-term, depending on their sporting goals. We have illustrated the program structure as concentric circles to demonstrate that athletes have multiple training options within the club to ensure a fulfilling sporting experience that is adaptive to their goals.



Athlete Pathways

All athletes progress through the Australian Levels Program at their own pace in the classes below

Foundation Athlete

Athletes who are learning the fundamentals of trampoline and tumbling, training once a week

Development Athlete

Athletes who are learning to somersault and combine flics, training at least once a week

Advanced Athlete

Athletes who are learning complex somersaults and linking flics and somersaults, training 1-2x a week

Accelerated Athlete

Selected athletes who are eligible for State or Australian Championships, training 2-3x a week

Parent Pathways

Trampoline Gymnastics thrives on volunteers. There are many ways that parents can get involved in the sport. At competitions each club must supply volunteers and the more the merrier! Simply ask your coach how to get more involved in your child's sport.



Class Timetable

Please see page 5 for details on the classes below.

Day	Class	Time
Monday	Foundation Athletes	5-6:15pm (1.25 hours)
	Development Athletes	5-6:45pm (1.75 hours)
	Advanced Athletes	7-9pm (2 hours)
Wednesday	Foundation Athletes	5-6:15pm (1.25 hours)
	Development Athletes	5-6:45pm (1.75 hours)
	Advanced Athletes	7-9pm (2 hours)
Thursday	Foundation Athletes	5-6:15pm (1.25 hours)
	Development Athletes	5-6:45pm (1.75 hours)
	Advanced Athletes	6:30-8:30pm (2 hours)

Fee Structure

All fees are set by the Blackwood Recreation Centre. The club levy is a fundraising tool for new equipment purchases and the Gymnastics SA Registration fee provides insurance to all users of the gym. Contact the Rec Centre for specific costs.

The National Stream and Advanced classes have a membership payment structure. This membership is for the athlete's place in the Squad, not for the specific sessions that they train during the term. A base membership fee is charged, with additional training above the minimum requirement calculated on the invoice. This fee covers face to face coaching, holiday training, coach planning time (yearly, termly and weekly), goal setting meetings with athletes and competition administration. There are additional costs for uniform and competition entries.

Club levy	\$20 per family per term
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Gymnastics SA Registration Fee	\$75 per child per year
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Family discounts are available for families who have more than two children participating in the sport. See staff at the front desk for more information.

Hot Weather Policy

Blackwood Trampoline Gymnastics follows Blackwood Recreation Centre's hot weather policy. As our gymsports hall is air-conditioned, we do not need to cancel classes due to hot weather. The Recreation Centre will be closed on days of catastrophic fire danger.

Refunds of classes due to injury

The Blackwood Recreation Centre will offer refund of classes missed due to injury that occurs during training. Injuries incurred outside of the gym that result in missed classes will not be refunded.

Social Media Policy

We love to share our athletes success on our social media! If we would like to share an athlete's progress, their personal coach will approach a parent or guardian and ask permission to post that content. Once permission is granted, parents or guardians need to opt out of future posts.

Facebook, Instagram and Tik Tok: @blackwoodtrampoline

Gym User Agreement

As users of the gym, we agree to the following:

- I will respect athletes, parents, coaches, officials and equipment in the gym.
- The coach knows how to do things safely, so always listen to the coaches.
- One at a time on the trampolines.
- Do not cross the double mini runway without looking – treat it like crossing a road!
- Clean socks must be worn on the trampolines.
- Hair must be tied back, out of an athlete's vision.
- Bring a drink bottle of water to training.
- Parents can view training via the video feed in the Pam Lehmann Room.
- No one is allowed under the trampolines, in any circumstances.
- The gym is always reset to the neutral state before and after each training session.
- Please email blackwoodtrampoline@gmail.com if you know you will be absent for your class – it affects our coaching ratios and rosters if athletes are unaccounted for.
- **Athletes cannot leave the gym without a parent or guardian. It is not acceptable for athletes to wait in the car park to be collected.**
- Have fun!

Gym Clothing Requirements

Please adhere to these requirements when preparing for training. These rules are designed for the safety of the athletes.

- Clean socks must be worn on the trampoline at all times. This is to prevent toes being caught, as well as keeping the trampolines clean, preventing deterioration of the bed.
- Do not wear clothing with zips, buckles or buttons as these can cause injuries upon contact with the trampoline bed.
- No jewellery - we don't want it to get caught and break!
- Jeans are not appropriate for training. Hoodies are not safe on the trampoline.
- Hair must be tied up and out of an athlete's eyes.
- Wear shoes when not inside the gym (for example, going to the bathroom).
- Bring a drink bottle of water to training.

Team Uniform

Blackwood Gymsports' team colours are red and black. We encourage all athletes to wear uniform during training and competition.

At competitions from level 1-3, the uniform requirements are a Blackwood shirt, above-knee unmarked black shorts or tights, and clean white socks with no logos. To order a shirt, [head to the GMD website](#). Standard shipping applies.

For competitions at level 4 and above, a leotard is required as well as a Blackwood tracksuit. Athletes can choose to wear above-knee unmarked white shorts over their leotard. These are compulsory uniform items for competition athletes Level 4+ - speak to the Gymsports Coordinator to order these items.

Blackwood tracksuit: \$50 pant and \$70 jacket (online 2025)



Female leotard: \$60, plus above-knee unmarked black shorts



Male leotard: \$60, plus above-knee unmarked white shorts

Double mini and trampoline shoes (optional but recommended for higher levels) can be purchased directly from AMCO [here](#)



System of Governance

As with all organisations, there is a hierarchy of governing bodies.

BLACKWOOD TRAMPOLINE GYMNASTICS PROGRAM

This is our program. There are other gymsports on offer at Blackwood, such as men's and women's artistic gymnastics, kindergym and parkour. A Lead Coach mentors the coaching team and liaises with the Recreation Centre, who administer the program.

BLACKWOOD RECREATION CENTRE (BRC)

The Recreation Centre hosts the club and coordinates enrolments and staff payments, alongside a range of other sports. Gymnastics is the only sport to have stayed with the Recreation Centre in its 100+ year history. The Gymsports Coordinator is the primary administrator employed to organise all gymnastics programs for the Rec Centre.

GYMNASTICS SA (GSA)

Clubs who are affiliated with GSA receive assistance and advice regarding administration, membership, education and promotion as well as being eligible to enter athletes in Gymnastics SA and Gymnastics Australia sanctioned events at a National and International level. Gymnastics SA provides a link between clubs and Gymnastics Australia.

Each Gymsport has a Sports Management Committee (SMC) who meets regularly to oversee the smooth running of their sport including technical and administrative rules and requirements, liaising with GSA and GA, scheduling and running competitions and events, coach and judge education and the keeping of athlete competition statistics.

GYMNASTICS AUSTRALIA (GA)

Gymnastics Australia is the governing body of all gymsports in Australian states and territories. Their vision is to promote and increase participation in gymnastics from the grass roots to elite level by providing quality programmes, products and services. They provide support, assistance and resources to the state bodies, affiliated clubs and their athletes. GA organises Australian Championships and National Clubs Carnivals, and is supported by a volunteer National Commission for each Gymsport.

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

FIG is the world governing body of competitive gymnastics. They are based in Switzerland and provide education, training and support for athletes and officials. FIG is responsible for establishing the set of rules known as The Code of Points, which states the criteria and performance standards against which athletes are judged. They are also responsible for the organisation of the World Gymnastics Championships and the gymnastics events of the Olympic Games.



The Trampoline Gymnastics Levels System

Trampoline Gymnastics is divided into eight levels, with Level One being the easiest. These levels are created by Gymnastics Australia, the governing body of Australian gymnastics. The level requirements/routines are listed below. To move up a level, athletes must gain a high enough score at a selected competition. The scores are listed under 'State Team Qualification' later in this book.

Level One <ol style="list-style-type: none"> 1. Seat landing 2. To feet 3. Tuck jump 4. Half twist 5. Straddle jump 	Level Two (optional second routine: L3 first) <ol style="list-style-type: none"> 1. Seat landing 2. ½ twist to feet 3. Tuck jump 4. Front landing 5. To feet 6. Straddle jump 7. Back landing 8. To feet
Level Three (first routine) <ol style="list-style-type: none"> 1. ½ twist to front landing 2. To feet 3. Full twist 4. Tuck jump 5. ½ twist to seat landing 6. Swivel hips 7. ½ twist to feet 8. Straddle jump 9. Back landing 10. ½ twist to feet 	Level Three (second routine) <i>Minimum degree of difficulty 1.7</i> Ten skill routine including two (2) somersaults.
Level Four: <i>minimum DD for second routine 3.1</i> Ten skill routine including: <ul style="list-style-type: none"> • No repeat skills, and all skills cannot be combined into one skill • One (1) element landing on the front or back of the body • Maximum of seven (7) elements allowed with less than 270 degrees somersault rotation 	
Level Five (National Stream U13): <i>minimum DD for second routine 4.5</i> Ten skill routine including: <ul style="list-style-type: none"> • No repeat skills, and all skills cannot be combined into one skill • One (1) element landing on the front or back of the body • Maximum of five (5) elements allowed with less than 270 degrees somersault rotation 	

Level Six (National Stream U17 / International U13): *minimum DD for second routine 6.0*

Ten skill routine including:

- No repeat skills, and all skills cannot be combined into one skill
- One (1) element landing on the front of the body
- One (1) element landing on the back of the body
- One (1) element with 360 degree of somersault and at least 360 degrees of twist
- Maximum of two (2) elements allowed with less than 270 degrees of rotation

Level 6A (International U15): *minimum DD for second routine 6.5*

Ten skill routine including:

- No repeat skills, and all skills cannot be combined into one skill
- One (1) element landing on the front OR back of the body
- One (1) element from front or back in combination with requirement above
- One (1) double somersault
- Rudi or rudi ballout
- Maximum of one (1) elements allowed with less than 270 degrees of rotation

Level Seven (NL Open / Int'l U17): *minimum DD for second routine 7.2 female, 7.9 male*

Ten skill routine including:

- No repeat skills, and all skills cannot be combined into one skill
- One (1) element landing on the front or back of the body
- One (1) element from front or back in combination with requirement above
- One (1) double somersault
- Rudi or rudi ballout
- Maximum of one (1) elements allowed with less than 270 degrees of rotation

Level 7A (International U22): *minimum DD for second routine 7.9 female, 8.6 male*

Ten skill routine including:

- No repeat skills
- Ten (10) different skills with a minimum of 270 degrees of rotation.
- One (1) element landing on the front or back of the body
- One (1) element from front or back – in combination with the requirement above
- Two (2) nominated skills that are not performed in the 2nd Voluntary Routine will be awarded a Degree of Difficulty.

Level Eight (Senior International): *minimum DD for second routine 9.0 female, 10.3 male*

Ten skill routine including:

- No repeat skills
- Ten (10) different skills with a minimum of 270 degrees of rotation
- Two voluntary routines of which the highest score counts. Athlete may repeat one routine twice.

Tumbling Levels System

Level One Pass One <ol style="list-style-type: none"> 1. Forward roll 2. Forward roll 3. Jump half turn 4. Backward roll 5. Straight jump 	Pass Two <ol style="list-style-type: none"> 1. Handstand Step Down 2. Cartwheel 3. Cartwheel
Level Two Pass One <ol style="list-style-type: none"> 1. Cartwheel 2. Cartwheel 3. Cartwheel 4. Round off 5. Straight jump 	Pass Two <ol style="list-style-type: none"> 1. Round off 2. Flic 3. Straight jump
Level Three Pass One <ol style="list-style-type: none"> 1. Round off 2. Flic 3. Flic 4. Flic 5. Straight Jump 	Pass Two <ol style="list-style-type: none"> 1. Round off 2. Flic 3. Back sault tuck (this skill should finish on the landing zone)
Levels Four-Seven Two 5-skill passes, ending in a somersault - only one can end in back full. No repeat skills between passes, with the exception of round off, flics, whips and 3x back full.	
International Stream Two 8-skill passes, ending in a somersault - only one can end in back full. No repeat skills between passes, with the exception of round off, flics, whips and 3x back full.	

DMT Levels System

All athletes compete two passes at a minimum difficulty listed below. They cannot repeat any element in any of the passes.		
Level 1: 0.4 (dismount only)	Level 2: 0.5	Level 3: 1.1
Level 4: 2.0	Level 5: 3.0	Level 6: 4.0
Level 7: 6.0F, 6.7M	Level 8: 8.0F, 9.2M	

How do competitions work?

In the five or six weeks leading up to a competition, your coach will notify you. [A list of competitions are included in this handbook](#). Entries for the competition are due five weeks before the competition date – this is when payment must be made.

First thing in the morning of the competition, athletes will be given a non-equipment warm-up, like what we do at the beginning of each training session. At the end of a session presentations take place. Live scoring from competitions can be accessed via the [Sporttech.io](#) website. Go to the 'Explore' section and find the name of the competition you wish to view.

Athletes assemble in the marshalling area, then undergo a ten-minute group warmup on the apparatus. They then compete their routines in the order listed on Sporttech.

The scoring works by taking deductions from a perfect score of 10.0 based on athlete errors in form. Scores are calculated skill-by-skill, rather than a total score. As a rule of thumb, receiving a 0.1 deduction means the skill is close to perfect, whereas losing 0.5 means the skill has large errors. Larger deductions take place for touching the sides of the trampoline, crashing or taking extra bounces mid-routine. [See this video for more information](#).

There are four to six execution judges and two difficulty judges. Horizontal Displacement and Time of Flight are calculated by a machine. The two median execution scores are added to a difficulty score to create the total. For Individual Trampoline International Stream events, Time of Flight is added to the score. After two routines the winner is decided based on the highest total score. Some competitions feature finals, where the top eight competitors compete additional routines.

Competition Information

When you arrive

- Ensure you arrive 45 minutes before your scheduled event.
- Sit with the rest of the Blackwood athletes.
- Wait until a Blackwood coach starts the warm-up, which will involve all Blackwood athletes. Directly before your event you will be able to use the apparatus. Level 4+ athletes will have a general warmup in the morning.

Throughout the day

- Wear your uniform.
- Bring plenty of water and healthy snacks - it is a long day!
- Stay warm, as the gym can get very cold. Bringing an extra jumper or a blanket is a good idea.
- Bring something to entertain you, as the day can be a long one.
- Keep an ear out for when your event is on - they might run early or late.
- It's ok to leave the gym for a while – ensure you are back with at least 45 minutes of time before your scheduled event.
- Clap and cheer when anyone performs well, but especially when Blackwood athletes compete!
- Please stay for presentations to support other athletes!

Competition Volunteer Roles

Please speak to your coach in the lead up to a competition if you wish to volunteer. We are always in need of volunteers to make our competitions run smoothly.

Judge

This role requires training and accreditation. The judges take deductions based on form errors. There is also a Difficulty judge that scores the difficulty of the routine. One judge will be standing - they are the Chair of Panel and run the judging panel. Modern equipment means that Horizontal Displacement, Time of Flight and Desynchronisation is calculated via a machine.

Spotter

These volunteers stand at each corner of the trampoline, in the event an athlete falls off. Their role is not to catch the athlete but to aid their safe landing. Often it is safer for the athlete to land on soft mats rather than landing on another person! Synchronised trampoline therefore requires twice as many spotters.

Marshal

A marshal simply organises the competitors into their competition order and ensures that they are competing in an orderly fashion.

Set-up and pack-up (these can be doubled with other roles)

A very important role. For competitions we need to set-up and pack-up all equipment - trampolines, flyaways, matting, the double mini and tumbling apparatus, judging panels and PA systems.

The more volunteers we have, the less each individual volunteer needs to do. It is highly encouraged that you volunteer to find out more about the sport!

Competition Pathways



State Squad Pathway (*changing in 2025*)

South Australia runs a centralised development pathway to promote growth and depth of talent in the state. Athletes are invited to join a Squad based on their competition results and as recommended by their personal coach. Athletes may be in more than one Squad at a time, and can move between Squads. Details of each Squad and the overall structure of the Pathway are outlined below.

Development Squad

Designed as a training group for athletes who have the potential to achieve a qualification score for Australian Championships in Levels 4-6 for at least one apparatus. The goal for this Squad is to be selected for the State Representative Team.

National Levels Squad

Designed as a training group for athletes already at the qualification standard for Australian Championships in Level 5-7 for at least one apparatus. The goal for this Squad is to achieve finals places at Australian Championships.

International Squad

Designed as a training group for athletes in the International Stream for at least one apparatus. The goal for this Squad is to achieve finals places at Australian Championships and be selected for international competitions.

State Representative Team

The State Representative Team is selected through athletes who achieve a qualification score at a nominated qualifying event. The Team is selected specifically for Australian Championships from all Squads.



Qualifying for the State Representative Team and Australian Championships

The State Representative Team represents South Australia at the Australian Championships. Selection to the Team is via achieving a qualifying score at a nominated competition. Below are the qualification requirements for Trampoline, Double Mini Trampoline and Tumbling. Any two athletes who have qualified as individuals may compete in the Synchronised Trampoline competition.

There are two streams below – a Levels Stream and an International Stream for those competing in international competitions.

TRAMPOLINE						
Event	Age	Requirement	Men		Women	
			Min Vol Score	Min Vol DD	Min Vol Score	Min Vol DD
National Stream	NATIONAL 5 (9-12 years)	Level 5	29.0	4.5	29.0	4.5
	NATIONAL 6 (Under 17)	Level 6	30.5	6.0	30.5	6.0
	NATIONAL 7 (Open)	Level 7	32.5	7.9	32.0	7.2
International Stream	YOUTH U13	Level 6	30.5	6.0	30.5	6.0
	YOUTH U15	Level 6A	31.0	6.5	31.0	6.5
	JUNIOR U17	Level 7	32.5	7.9	32.0	7.2
	JUNIOR U22	Level 7A	33.0	8.6	32.5	7.9
	SENIOR	Level 8	35.0	10.3	34.0	9.0

DOUBLE MINI TRAMPOLINE						
Event	Age	Requirement	Prelim Men Min Score & DD		Prelim Women Min Score & DD	
National Stream	NATIONAL 5 (9-12 years)	Level 5	40.5	2.9	40.5	2.9
	NATIONAL 6 (Under 17)	Level 6	41.5	4.0	41.5	4.0
	NATIONAL 7 (Open)	Level 7	43.5	6.7	43.0	6.0
International Stream	YOUTH U13	Level 6	41.5	4.0	41.5	4.0
	YOUTH U15	Level 6A	42.5	5.3	42.0	4.8
	JUNIOR U17	Level 7	43.5	6.7	43.0	6.0
	JUNIORU22	Level 7A	45.0	8.1	44.0	6.8
	SENIOR	Level 8	46.0	9.2	45.0	8.0

TUMBLING						
Event	Age	Requirement	Prelim Men Min Score & DD		Prelim Women Min Score & DD	
National Stream	NATIONAL 5 (9-12 years)	L5 - Short Track	37.5	2.4	37.5	2.4
	NATIONAL 6 (Under 17)	L6 - Short Track	39.0	3.6	39.0	3.6
	NATIONAL 7 (Open)	L7 - Short Track	40.0	4.8	40.0	4.8
International Stream	YOUTH U13	L5A - 8 ELEMENT	35.5	3.6	35.5	3.6
	YOUTH U15	L6 - 8 ELEMENT	36.0	4.2	36.0	4.2
	JUNIOR U17	L6A - 8 ELEMENT	36.5	4.8	36.5	4.8
	JUNIOR U22	L7 - 8 ELEMENT	38.0	5.6	38.0	5.6
	SENIOR	L7A - 8 ELEMENT	38.5	6.0	38.5	6.0

Annual Awards

Each calendar year, Blackwood Trampoline presents athletes with awards acknowledging their successes. These awards occur at our End of Year Celebration.

TRP Club Champion

Presented to the athlete who has achieved the highest level of competition. When several athletes have competed at the same event, final ranking is used to determine the award.

TRP Coaches Awards

Each personal coach identifies one athlete that they coach, who is worthy of recognition. These awards can celebrate rapid improvement, work ethic, overcoming adversity or other contributions to the club.

TRP Competitor Awards

Every athlete that has represented the club at a competition is presented with a small acknowledgement of their efforts.

Blackwood Gymsports, via the Gymsports Coordinator, presents awards that span all gymsports at our club.

TRAMPOLINE GYMNASTICS SOUTH AUSTRALIA CALENDAR 2025

Term One: 29 January – 11 April

15-16 January	Advanced Summer Training Camp
4 February	Advanced Pit Training @ Gymnastics SA
18 February	Development Pit Training @ Gymnastics SA
21 February	Entries close for Term 1 Interclub
4 March	Advanced Pit Training @ Gymnastics SA
18 Ma	Development Pit Training @ Gymnastics SA
29-30 March	Term 1 Interclub (2025 AGC Qualification Event) @ venue TBC
1 April	Advanced Pit Training @ Gymnastics SA
11 April	Entries close for State Championships

Term Two: 28 April to 4 July

	<i>Advanced and Development pit training tbc</i>
9 May	Entries close for Term 2 Interclub
15-20 May	State Championships (Level 3+ only) (2025 AGC Qualification Event) @ Adelaide 36ers Arena
14-15 June	Term 2 Interclub @ venue tbc
30 June	Entries due for National Clubs Carnival
11-17 July	Australian Gymnastics Championships @ Gold Coast
4 July	Entries due for Term 3 Interclub

Term Three: 21 July – 26 September

	<i>Advanced and Development pit training tbc</i>
23-24 August	Term 3 Interclub @ venue tbc
September	National Clubs Carnival @ Gold Coast
26 September	Entries due for Term 4 Interclub

Term Four: 13 October – 12 December

	<i>Advanced and Development pit training tbc</i>
21-22 November	Term 4 Interclub (2025 AGC Qualification Event) @ venue tbc
13 December	Blackwood Gymsports EOY Celebration @ venue tbc