

DARTFORD TRAMPOLINE CLUB CHAMPIONSHIPS 2023 **ENTRY FORM**

COMPETITION DETAILS

Sunday 2nd July 2023

Dartford Grammar School for Girls
Competition to be run in flights from 9am to 2pm

Cost per Gymnast: £20.00ea Individual

INCLUDED IN COST - Competition Entry, Participation Medal & Certificate, Trophies for 1st, 2nd and 3rd Places

Please complete the entry form below and return to your head coach along with the correct amount of money.

CLOSING DATE Thursday May 25th – NO LATE ENTRIES

GYMNAST NAME.....**D.O.B.**.....**AGE in 2023**.....

PARENT NAME.....

PARENT E-MAIL.....

Please discuss which category you should be competing in with your coach

Individual Competition	v
Level 1 Age in 2023 – 3/4, 5/6	v
Level 2 Age in 2023 – 4/5, 6/7, 8/9	
Level 3 Age in 2023 – 6/7, 8/9, 10/12, 13/14, 15+	
Level 4 Age in 2023 – 7/8, 9/10, 11/12, 13/14, 15+	
Level 5 Age in 2023 – U11, U13, U15, O15	

PLEASE SEE OVERLEAF FOR ROUTINES FOR LEVELS 1-5

- I have enclosed £..... in cash.
- I have enclosed a cheque for £..... made payable to 'Revolve Trampoline Club'
- I have paid via online banking, using the following details;
Account Name: Revolve Trampoline Club (enter Gymnasts name/Champ as Ref)
Sort Code: 20-12-26
Acc. No. 80117676

ROUTINES FOR DARTFORD CLUB CHAMPIONSHIPS 2023

<p><u>LEVEL 1 – SET</u> Age in 2023: 3/4, 5/6</p>	<p>Tuck Jump Half Twist Jump Straddle Jump Seat Landing To Feet</p>	<p>VOL – REPEAT SET</p>
<p><u>LEVEL 2 – SET</u> Age in 2023: 4/5, 6/7, 8/9</p>	<p>Seat Landing To Feet Half Twist Jump Straddle Jump Tuck Jump Pike Jump Half Twist Jump</p>	<p>VOL – REPEAT SET</p>
<p><u>LEVEL 3 – SET</u> Age in 2023: 6/7, 8/9, 10/12, 13/14, 15+</p>	<p>Full Twist Jump Straddle Jump Seat Landing Half Twist to Seat Landing Half Twist to Feet Pike Jump Seat or Back Landing*(0.5 bonus) Half Twist to Feet Tuck Jump Half Twist Jump</p>	<p>VOL – 1.5 MAX TARIFF</p>
<p><u>LEVEL 4 – SET</u> Age in 2023: 7/8, 9/10, 11/12, 13/14, 15+</p>	<p>Full Twist Jump Straddle Jump Seat Landing Half Twist to Seat Landing Half Twist to Feet Pike Jump Back Landing Half Twist to Feet Tuck Jump Front Somersault (T)</p>	<p>VOL – 2.0 MAX TARIFF</p>
<p><u>LEVEL 5 – SET</u> Age in 2023: U11, U13, U15, O15</p>	<p>Back Somersault (T) Straddle Jump Seat Landing Half Twist to Feet Half Twist Jump Pike Jump Back Landing Half Twist to Feet Tuck Jump Front Somersault (P)</p>	<p>VOL – NO MAX TARIFF</p>