

Coach's Ed cont...

- 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.
- T200 Trampoline & Tumbling Development Coaches Course (Level 1) covers a variety of topics including History of sport, discipline specific safety and risk management, communication, season/daily planning and instruction. It includes video on sport specific drills, athlete development and preparation, along with techniques used by top coaches in progression based skill learning.
- T201 Trampoline & Tumbling Development Coaches Course (Level 1): Hands on Training is an extension of the classroom based learning of T200. Be prepared to be actively engaged, and put the skills learned in the classroom to the test, out on the competitive floor. You will be putting the skills learned in the classroom to the test, out on the competitive floor. You will be provided with safe and proper techniques for spotting basic level skills such as cartwheels, forward and backward rolls, and progress to front and back tuck spotting techniques on the double-mini, along with skill progression and safety guidelines on Trampoline.
- This T200/201 level course is designed for and focuses on giving the entry level coach (levels 1-4) a foundation in which they can build. Upon completion of this course, the coach will have a better understanding of the philosophy, skills, and techniques used in the sport of Trampoline and Tumbling.

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