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**Course and Price List 2022**

**Age Groups:** specify course minimum age requirements. All courses require coaches of 18 years and older. Under 18’s may complete courses but are only qualified to assist until turning 18. All qualifications have a 3-year validation. Participants after 3 years require a refresher course (some are available online; some in person).

**Prices:** All Prices are plus VAT quoted in pound sterling. Please email for prices for closed courses with more than one step.

**Weekend:** Closed Courses held Sat / Sun require an £100 per day additional fee.

**Closed Courses:** courses specifically for an Organisation / college / school. Course prices are shown alongside the maximum course participants. Where variable prices are shown, the first is with 1 trampoline and the second with 2 trampolines or more available.

**Steps:** some courses run sequentially. These steps are indicated in the tables by colour.

**Gymnastics (Information See Pages 3-7)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Open Course Price | Closed course Price | Max number Closed course |
| Proficiency Assessor Step 1 (Gymnastics) | 13yrs+  | 7hrs | £160.00 | £1295.00 | 16 |
| Proficiency Assessor Step 2 (Gymnastics) | 14yrs+  | 7hrs | £160.00 | £1295.00 | 16 |
| Gymnastics Disabilities (Full Course)  | 15yrs+ (Assist)18yrs+ (Run) | 12hrs | £312.00 | £2579.00 | 16 |
| Foundation Gymnastics (Step 1) | 15+ (Assist)18yrs+ (Run) | 12hrs | £312.00 | £2579.00 | 16 |
| Recreational Gymnastics (Step 2)  | 16yrs+ (Assist)18yrs+ (Run) | 14hrs | £319.00 | £2749.00 | 16 |
| Further Recreational Gymnastics (Step 3) | 17yrs+ (Assist)18yrs+ (Run) | 14hrs | £319.00 | £2749.00 | 12 |
| Gymnastics A3 Add on Module  | 18yrs+ (Run) | 7hrs | £199.00 | £1389.00 | 10 |

**Pre-School (Information See Pages 8-10)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Online Course Price | Open Course Price | Closed course Price | Max NosClosed course |
| Pre-school Gym Proficiency Assessor (Covers Primer Awards) | 14yrs+ | 7hrs |  | £160.00 | £1295.00 | 16 |
| Pre-school Gymnastics Coach (2.5 – 4yrs) | 15yrs+ (Assist)18yrs+ (Run) | 12hrs |  | £312.00 | £2579.00 | 16 |
| Adult & Toddler Gymnastics Coach (Crawling – 2.5yrs) | 15yrs+ (Assist)18yrs+ (Run) | 12hrs |  | £312.00 | £2579.00 | 16 |
| Pre-school Cheerleading Coach 2.5 – 4) | 15yrs+ (Assist)18yrs+ (Run) | 6.5hrs |  | £160.00 | £1295.00 | 16 |
| Baby Gymnastics (First Jab to Cruising)(Coming Sept 2022) | 15yrs+ (Assist)18yrs+ Run | 12hrs |  | £312.00 | £2579.00 | 16 |
| Pre-School Trampolining Coach | 15yrs+ (Assist)18yrs+ (Run) | 12hrs | £199.00 | £312.00 | £2579.00 | 12 or 16 |

**Trampolining** **(Information See Pages 11- 12)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Online Course Price | Open Course Price | Closed course Price | Max Nos Closed course |
| Proficiency Assessor Step 1 (Trampoline) | 13yrs+  | 7hrs | £118.00 | £160.00 | £1295.00 | 12 or 16 |
| Proficiency Assessor Step 2 (Trampoline) | 14yrs+  | 7hrs | £118.00 | £160.00 | £1295.00 | 12 or 16 |
| Rebound Therapy (Step 1) (This covers Disabilities & Pre-school) | 15yrs+ (Assist)18yrs+ (Run) | 12hrs | £258.00 | £312.00 | £2579.00 | 1 TrampMax 122 Tramp Max 16 |
| Rebound + (Step 2) | 16yrs+ (Assist)18yrs+ (Run) | 12hrs |  | £312.00 | £2579.00 |
| Authority Trampoline Coach (Step 3) | 17yrs+ (Assist)18yrs+ (Run) | 12hrs |  | £312.00 | £2579.00 | 6 or 12 |
| A1 Add on Module | 18yrs+ | 6.5 |  | £200.00 | £1300.00 | 6 or 10 |
| A2 Add on Module | 18yrs+ | 6.5 |  | £200.00 | £1300.00 | 6 or 10 |
| A3 Add on Module | 18yrs+ | 6.5 |  | £200.00 | £1300.00 | 6 or 10 |

**Double Mini Trampoline (DMT) (Information See Page 12)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Open Course Price | Closed course Price | Max number Closed course |
| Recreational Double Mini Tramp Coach (This course will be available from July 22) | 15yrs+ (Assist)18yrs+ (Run) | 12hrs | £330.00 | £2579.00 | 15 |

**Cheerleading (Information See Page 13)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Open Course Price | Closed course Price | Max number Closed course |
| Recreational Cheerleading Coach  | 15yrs+ (Assist)18yrs+ (Run) | 7hrs | £200.00 | £1300.00 | 16  |

**Trampoline Parties (Information See Page 13)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Open Course Price | Closed course Price | Max number Closed course |
| Trampoline Parties Full Course | 15yrs+ (Assist)18yrs+ (Run) | 12hrs | £330.00 | £2679.00 | 12 or 15 |
| Trampoline Parties Add on Module CPD | 15yrs+ (Assist)18yrs+ (Run) | 6hrs | £200.00 | £1300.00 | 12 or 15 |

**Judging Courses (Information See Page 14)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Title | Age Groups | Hours | Open Course Price | Closed course Price | Max nos. Closed course |
| Free-style Gymnastics Judge (Step 1)(Course available from May 2022) | 15yrs+  | 7hrs | £100 | £1300.00 | 20 |
| Trampoline Judge (Step 1) (Course available from Jan 2023) | 15yrs+ | 7hrs | £100 | £1300.00 | 20 |
| Trampoline Judge (Step 2)(Course available from Jan 2023) | 15yrs+ | 12hrs | £200 | £2500.00 | 20 |
| DMT Judge (Step 1)(Course available from Jan 2023) | 15yrs+ | 7hrs | £100 | £1300.00 | 20 |
| Floor & Vault Judge (Step 1)(Course available from March 2023) | 15yrs+ | 7hrs | £100 | £1300.00 | 20 |

**Non-Qualification Personal Development Courses**

**(Information See Page 14)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Course Title | Age Groups | Length of course hrs. | Closed course Price | Max number Closed course |
| Introduction to Massage skills\* | 15yrs+  | 5 | £1000.00 | 16 |
| Introduction to Indian Head Massage\* | 15yrs+ | 5 | £1000.00 | 16 |
| Introduction to Facial Massage\* | 15yrs+ | 5 | £1000.00 | 16 |

\* All Massage courses are practical courses and students would be working on each other.

**Gymnastics Outline / Pre-requisites.**

**Proficiency Assessor Step 1**

Information: Only able to deliver proficiency awards under direct supervision.

Pre-requisites: None Required

Minimum Age: 13yrs

Skills Covered: Winstrada Gymnastics Badges 1-3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Proficiency Assessor Step 2**

Information: Only able to deliver proficiency awards under direct supervision.

Pre-requisites: Proficiency Assessor Step 1

Minimum Age: 14yrs

Skills Covered: Winstrada Gymnastics Badges 4-6 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Gymnastics Disabilities (Full Course)**

Information: Able to coach disabilities Gymnastics (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs (Assist in a session), 18yrs (Run a session).

Skills Covered: Winstrada Gymnastics disabilities Primer Awards 1-3\* [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

\*Please Note that Primer awards are multipurpose and during the course the students will implement the use of Huddersfield Gymnastics Index which shows moderations that can be done for disabilities to pass awards.

|  |  |  |
| --- | --- | --- |
| **Session Management (online)**1. **Safety in Session**
2. **Equipment Setup/Derig**
3. **Problem Solving**
4. **Ethics within coaching**
5. **Organisation of groups**
6. **Additional Needs**
7. **Profound Needs**
 | **Vault Skills:**1. **Straight/star/tuck Jump from Bench or box top with safe landing**
2. **Basic Hurdle Step Progressions**
3. **Straight jump from Springboard**
4. **Shaped Dismounts**
5. **Squat on & Straddle on with support**
 | **Rolling:**1. **Straight Shape**
2. **Straight Rock Side to Side**
3. **Logroll**
4. **Forward Roll**
5. **Rock Back & forwards**
 |
| **Floor Skills: Basic Skills**1. **Jumps**
2. **Balance**
3. **Weight Transfer**
4. **Skipping (1 foot then another)**
5. **Squat Jump/ Positions**
6. **Dish**
7. **Bunny hop**
8. **Front / Back support**
9. **Handstand with support**
10. **Bridge with Support**
 | **Physical Wellbeing (online)**1. **Warming up**
2. **Cool down session**

**Hand Apparatus**1. **Bean Bags**
2. **Rope**
3. **Ball**
4. **Ribbons**
5. **Hula Hoop**
 | **Beam Skills:**1. **Walk along Bench / Beam**
2. **Walk along on Toes**
3. **1 foot balance on bench / beam (with support)**
4. **Walk Along Sidewards**
5. **Walk Along stepping over bean bags**
6. **Straight, Star, Tuck Dismount**
 |
| **Action Songs / Warm up:**1. **Action Songs / Activities**
2. **Use of hand apparatus in warm ups.**
 |

**Continual Assessment throughout the course**

**Foundation Gymnastics (Step 1)**

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Gymnastics Badges 1-6 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

|  |  |  |
| --- | --- | --- |
| **Session Management (online)**1. **Safety in Session**
2. **Equipment Setup/Derig**
3. **Problem Solving**
4. **Ethics within coaching**
5. **Organisation of groups**
6. **Additional Needs**
 | **Physical Wellbeing (online)**1. **Warming up**
2. **Aerobic Activity**
3. **Flexibility & conditioning**
4. **Cool down session**
5. **Healthy Living**
 | **Rolling:**1. **Logroll**
2. **Forward Roll**
3. **Rock Back & forwards**
4. **Backward Roll Preparations**
 |
| **Floor Skills: Basic Skills**1. **Jumps**
2. **Leaps**
3. **Balance**
4. **Weight Transfer**
5. **Skipping**
6. **Squat Jump/ Positions**
7. **Dish**
8. **Bunny hop**
9. **Shoulder Stand**
10. **Front / Back support**
11. **Press up front / back**
12. **Teddy Bear Roll**
13. **Handstand**
14. **Bridge**
 | **Vault Skills:**1. **Straight/star/tuck Jump from Bench or box top with safe landing**
2. **Hurdle Step Progressions**
3. **Straight jump from Springboard with run up**
4. **Shaped Dismounts**
5. **Squat on**
6. **Straddle on**
 | **Beam Skills:**1. **Walk along Bench / Beam**
2. **Walk along on Toes with**

 **Half & Full Turn**1. **1 foot balance on bench / beam**
2. **Walk Along Backwards**
3. **Walk Along Sidewards**
4. **Walk Along stepping over bean bags**
5. **Basic Beam Mounts**
6. **Straight, Star, Tuck Dismount**
 |
| **Linking Skills**1. **Linking Basic skills together**
 | **Hand Apparatus**1. **Bean Bags**
2. **Rope**
3. **Ball**
4. **Ribbons**
5. **Hula Hoop**
 | **Partner Work** 1. **Basic Skills**
2. **Match and Mirror**
3. **Using Hand Apparatus**
 |

**Examination: Multiple Choice on Theory (Pass Mark 70%) (Online prior to course), Practical Mentored 15 Hours Signed off & Continual Assessment**

**Recreational Gymnastics (Step 2)**

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (16yrs+)

Pre-requisites: Foundation Gymnastics (Step 1)

Minimum Age: 16yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Gymnastics Badges 7-10 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

|  |  |  |
| --- | --- | --- |
| **Session Management**1. **Recap of Session Management from Foundation (Online)**
2. **Mentoring (Basic)**
 | **Online**1. **Recap of Foundation Physical wellbeing**
2. **Basic Biomechanics**
 | **Rolling:**1. **Straddle Roll**
2. **Backward Roll**
3. **Further Forward Roll**
 |
| **Floor Skills:**1. **Roundoff**
2. **Drop Back to Bridge**
3. **Forwards Walkover**
4. **Backwards Walkover**
5. **Headstand (Knees Bent)**
6. **Cartwheel (Inc 1 handed)**
7. **Further Twisting**
8. **Dive Roll**
9. **Japana**
10. **1.5 Twist Jump Safe Landing**
11. **Handspring (Front/Back)**
12. **Handstand Forward Roll**
13. **Tick Tock**
 | **Vault Skills:**1. **Squat on Straddle Off**
2. **Squat Through**
3. **Twisting Dismounts (Half / Full)**
4. **Through Vault Over Box**
5. **Cartwheel Dismount**
6. **Handspring light support**
 | **Beam Skills:**1. **Forward Roll**
2. **Donkey Kick from bench**
3. **Jumps on Beam Tuck, Star.**
4. **Twist (Half, Full)**
5. **Dismount Half and Full Twist & Roundoff**
6. **Handstand Progression**
 |
| **Linking Skills:**1. **Linking Elements Together to create routine**
 |  | **Partner Work**1. **Leap Frog**
2. **Weight Bearing**
3. **Partner Support**
4. **Counter Balance**
 |

**Examination: Multiple Choice on Theory (Pass Mark 75%), Practical Mentored 15 Hours Signed off & Continual Assessment on course.**

**Further Recreational Gymnastics (Step 3)**

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (17yrs+)

Pre-requisites: Recreational Gymnastics (Step 2)

Minimum Age: 17yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Gymnastics Badges A1 + A2 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

|  |  |  |
| --- | --- | --- |
| **Session Management (Online)**1. **Revision**
2. **Overseeing a Club**
3. **Mentoring**
 |  **(Online)**1. **Biomechanics**
 | **Rolling:**1. **Forward Roll To straddle stand (straight legs)**
2. **Backward Roll to Handstand**
 |
| **Floor Skills:**1. **Headstand Straight Legs**
2. **Splits (Forwards/ Sidewards)**
3. **Arabesque**
4. **Handstand ½ pirouette**
5. **Front Somersault**
6. **Valdez**
7. **Half Lever**
8. **Y-Balance**
9. **Flic**
10. **Straddled Lever**
11. **Headstand to Handstand**
12. **Handstand to Bridge**
13. **Tick Tok**
 | **Vault Skills:**1. **Headspring**
2. **Straddle Vault**
3. **Handspring**
 | **Beam Skills:**1. **Full Twist Jump**
2. **Cartwheel On**
3. **Cartwheel Dismount**
4. **Squat Mount**
5. **Straddle Mount**
 |
| **Combination:****Round Off to Flic****2 consecutive Cartwheels** | **Trampette:**1. **Dive Roll**
 | **Partner:****Partner Balance 3 person****Double Forward Roll (Tank Roll)** |

**Examination: Multiple Choice on Theory (Pass Mark 75%), Practical Mentored 10 Hours Signed off & Continual Assessment on course.**

**Gymnastics A3 Add on Module**

Information: Able to coach the syllabus covered

Pre-requisites: Further Recreational Gymnastics (Step 3)

Minimum Age: 18yrs+

Skills Covered: Winstrada Gymnastics Badge A3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Examination: Continual Assessment on course.**

**Pre-school Proficiency Assessor**

Information: Can coach the syllabus under direct supervision

Pre-requisites: None

Minimum Age: 14yrs+

Skills Covered: Winstrada Gymnastics Badges Primer Awards 1-3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Pre-school Gymnastics Coach**

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Gymnastics Badges Primer 1-3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

|  |  |  |
| --- | --- | --- |
| **Session Management (Online)**1. **Safety in Session**
2. **Equipment Setup/Derig**
3. **Problem Solving**
4. **Ethics within coaching**
5. **Child Development**
 | **Physical Wellbeing (Online)**1. **Warm Ups**
2. **Use of Hand Apparatus**
3. **Fun Stretching**
4. **Cool Downs**
 | **Rolling:**1. **Logroll**
2. **Forward Roll**
3. **Backward Roll**
4. **Circle Roll**
 |
| **Floor Skills:**1. **Shapes straight, star.**
2. **Seated shapes tuck, straight, straddle, pike**
3. **Squat**
4. **Bunny Hop**
5. **Rocking**
6. **Front / Back Support**
7. **Handstand (Beginning)**
8. **Prep for Cartwheels**
9. **Balancing on Body Parts**
 | **Vault:**1. **Run**
2. **Hurdle step progressions**
3. **Squat on**
4. **Straddle on**
5. **Dismounts**
 | **Beam Skills**1. **Walk & Crawl, Forward backwards and Sidewards**
2. **Beam Level and sloped**
3. **Obstacle’s**
4. **Mount & Dismount**
5. **Bunny Hops**
6. **Balances**
7. **Turns or spins**
 |
| **Bar Skills**1. **Grip and Hang**
2. **Reach & Grasp**
3. **Swing**
4. **Swing in Shapes**
5. **Release**
6. **Lift legs to bar**
7. **Front Support**
 | **Linking Apparatus:**1. **Ladders**
2. **Benches**
3. **Poles**
 | **Trampette:**1. **Safety for Rebound**
2. **Use of Trampettes / Rebounders**
3. **Basic Shapes for Dismount**
 |
| **Examination: Multiple Choice on Theory (Pass Mark 70%). Continual Assessment on course via a Practical with participants session.** |

**Adult & Toddler Gymnastics (Full Course)**

Information: Able to Supervise and run an Adult & Toddler Session (18yrs+) or Assist (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: As below

|  |  |  |
| --- | --- | --- |
| **Session Management (online)**1. **Safety in Session**
2. **Equipment Setup/De-rig**
3. **Problem Solving**
4. **Ethics Within Coaching**
5. **Child Development**
 | **Physical Wellbeing (Online)**1. **Adult & Toddler Interaction**
2. **Physical and Mental.**
3. **Communication**
4. **Ratio’s**
 | **Rolling:**1. **Logroll**
2. **Forward Roll (Supported)**
3. **Backward Roll (Supported)**
 |
| **Floor Skills:**1. **Shapes - Straight, Star.**
2. **Seated Shapes - Tuck, Straight, Straddle, Pike**
3. **Squat**
4. **Bunny Hop**
5. **Supported Rocking**
 | **Linking Apparatus:**1. **Ladders**
2. **Benches**
3. **Poles**

**Setting up Safety** | **Beam Skills**1. **Supported Walking - Forwards, Sidewards**
2. **Dismount**

**Rebound:**1. **Straight, Star, Tuck, Twist**
 |
| **Bar Skills**1. **Grip and Hang**
2. **Swing**
3. **Release**
4. **Lift legs to bar**
5. **Front Support (Supported)**
6. **Forward Circle (Supported)**
 | **Hand Apparatus**1. **Bean Bags**
2. **Tap Stick**
3. **Ball**
4. **Ribbons**
5. **Hula Hoop**
 | **Interacting with Adults**1. **How to interact**
2. **Best Practice**
3. **Q + A**

**Ending**1. **Action Songs to music**
2. **Finishing the session**
 |

**Examination: Multiple Choice on Theory (Pass Mark 70%). Continual Assessment on course, via a practice with Adult and Toddlers.**

**Pre-school Trampolining (Full Course)**

Information: Able to coach able to coach the syllabus covered (18yrs+) or assist under supervision (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: Winstrada Trampolining Badges 1-3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Examination: Continual Assessment + Theory Assessment 70%**

**Pre-school Cheerleading Course**

Information: Able to Supervise and run an Adult & Toddler Session (18yrs+) or Assist (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: As below

|  |  |  |
| --- | --- | --- |
| **Session Management (Online)**1. **Safety in Session**
2. **Roles and Responsibilities**
3. **Problem Solving**
4. **Ethics within coaching**
5. **Child Development**
 | **Physical Wellbeing (Online)** 1. **Warm Ups**
2. **Games**
3. **Fun Stretching**
4. **Cool Downs**
 | **Cheers and Chants**1. **Use and structure of cheer and chants**
2. **Use of Vocal Instructions**
 |
| **Skills**1. **Basic cheer stance**
2. **Clean**
3. **Ready**
4. **Side Lunge**
5. **Front Lunge**
6. **Balances**
7. **Liberty**
 | **Arm / Hand Motions**1. **Blades**
2. **Buckets**
3. **Clap**
4. **Low V**
5. **High V**
6. **T**
7. **Broken T**
8. **Daggers**
9. **Bow and Arrow Left and right**
10. **Right & Left L**
11. **High Touchdown**
12. **Low Touchdown**
 | **Jumps**1. **Straight**
2. **Star**

**Hand Apparatus**1. **Poms**
2. **Scarves**
3. **Ribbons**
4. **Bean Bags**
 |

**Examination: Multiple Choice on Theory (Pass Mark 70%). Continual Assessment on course via a Practical with participants session.**

**Baby Gymnastics Course**

Information: Able to coach a Baby Gymnastics Session (18yrs+) or Assist (15yrs+)

Pre-requisites: None

Minimum Age: 15yrs+ (Assist in a session), 18yrs+ Run a session.

Skills Covered: This is to be confirmed. But covers Babies from first jab to cruising

**Continual Assessment + Theory Assessment 70% pass**

**Proficiency Assessor Trampoline (Step 1)**

Information: Able to coach the proficiency scheme under direct supervision

Pre-requisites: None

Minimum Age: 13yrs+

Skills Covered: Winstrada Trampoline Badges 1-3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Proficiency Assessor Trampoline (Step 2)**

Information: Able to coach the proficiency scheme under direct supervision

Pre-requisites: Proficiency Assessor Trampoline (Step 1)

Minimum Age: 14yrs+

Skills Covered: Winstrada Trampoline Badges 4-6 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Rebound Therapy (Step 1)**

Information: Able to coach the syllabus run a session (18yrs+) or assist (15yrs+)

This course covers Disabilities and Pre-school Trampolining.

Pre-requisites: None

Minimum Age: 15yrs+ (Assist) 18+ (Run a session)

Skills Covered: Winstrada Trampoline Badges 1-3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Rebound + (Step 2)**

Information: Able to coach the syllabus run a session (18yrs+) or assist (16yrs+)

This course covers first stages of recreational trampolining

Pre-requisites: Rebound Therapy (Step 1)

Minimum Age: 16yrs+ (Assist) 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges 4-8 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Authority Recreational Coach (Step 3)**

Information: Able to coach the syllabus run a session (18yrs+) or assist (17yrs+)

This course covers further stages of recreational trampolining

Pre-requisites: Rebound + (Step 2)

Minimum Age: 17yrs+ (Assist) 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges 9-10 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Authority Recreational A1 Coach (Add on Module)**

Information: Able to coach the syllabus run a session (18yrs+)

Pre-requisites: Authority Recreational Coach (Step 3)

Minimum Age: 17yrs+ (Assist) 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges A1 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Authority Recreational A2 Coach (Add on Module)**

Information: Able to coach the syllabus run a session (18yrs+)

Pre-requisites: Authority Recreational A1 Coach (Add on module)

Minimum Age: 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges A2 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Authority Recreational A3 Coach (Add on Module)**

Information: Able to coach the syllabus run a session (18yrs+)

Pre-requisites: Authority Recreational A2 Coach (Add on Module)

Minimum Age: 18yrs+ (Run a session)

Skills Covered: Winstrada Trampoline Badges A3 [Visit Winstrada to see skills covered](https://www.winstrada.com/dev.php)

**Double Mini Trampoline Coach (DMT)**

Information: Able to coach the syllabus run a session (18yrs+) or assist (15yrs+)

Pre-requisites: None

Minimum Age: 18yrs+ (Run a session) 15yrs+ (Assist)

Skills Covered: Basic Passes, Safety, and skills up to Front Somersault (tucked)

**Trampoline Parties Full Course**

Information: Able to run trampoline parties (18yrs+) or assist (15yrs+)

Pre-requisites: None however some knowledge of Trampolining an advantage.

Minimum Age: 18yrs+ (Run a session) 15yrs+ (Assist)

Skills Covered: Setup and Derig of equipment, Safety within Trampolining, Management of Participants,

Health and Safety, Risk Assessments, Trampoline party games and safety of these.

**Trampoline Parties CPD**

Information: Able to run trampoline parties (18yrs+) or assist (15yrs+)

Pre-requisites: Qualified Level 2 Trampoline Coach or Rebound Therapy or Above

Minimum Age: 18yrs+ (Run a session) 15yrs+ (Assist)

Skills Covered: Trampoline party games and safety of these.

**Recreational Cheerleading Coach**

Information: Able to coach the syllabus run a session (18yrs+) or assist (15yrs+)

Pre-requisites: None

Minimum Age: 18yrs+ (Run a session) 15yrs+ (Assist)

Skills Covered:

|  |  |  |
| --- | --- | --- |
| **Session Management (Online)**1. **Safety in Session**
2. **Roles and Responsibilities**
3. **Problem Solving**
4. **Ethics within coaching**
5. **Child Development**
 | **Physical Wellbeing (Online)** 1. **Warm Ups**
2. **Games**
3. **Fun Stretching**
4. **Cool Downs**
 | **Cheers and Chants**1. **Use and structure of cheer and chants**
2. **Use of Vocal Instructions**
 |
| **Skills**1. **Basic cheer stance**
2. **Clean**
3. **Ready**
4. **Side Lunge**
5. **Front Lunge**
6. **Balances**
7. **Liberty**
 | **Arm / Hand Motions**1. **Blades 2. Buckets**
2. **Clap 4. Low V**
3. **High V 6. T**
4. **Broken T 8. Daggers**
5. **Bow and Arrow Left and right**
6. **Right & Left L 11. High Touchdown**
7. **Low Touchdown**
 | **Jumps**1. **Straight**
2. **Star**

**Hand Apparatus**1. **Poms**
2. **Scarves**
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**Judging Courses:**

These courses will cover how to score the different disciples as specified, looking at videos partaking in trial judging and learning the rules as laid out by Gymnastic Britannia Ltd. There are no pre-requisites except for step 2 which requires step 1.

**Introduction To Massage Skills:**

Information: This is not a qualification; this is a personal development and general interest course.

Pre-requisites: None

Minimum Age: 15yrs

Skills Covered: Basic Contra-indications, Basic Massage Skills, Putting these skills into action

**Introduction in Indian Head Massage Skills:**

Information: This is not a qualification; this is a personal development and general interest course.

Pre-requisites: None

Minimum Age: 15yrs

Skills Covered: Basic Contra-indications, Basic Massage Skills, putting these skills to perform an Indian Head Massage

**Introduction To Facial Massage Skills:**

Information: This is not a qualification; this is a personal development and general interest course.

Pre-requisites: None

Minimum Age: 15yrs

Skills Covered: Basic Contra-indications, Basic Massage Skills, putting these skills to perform an Facial Massage