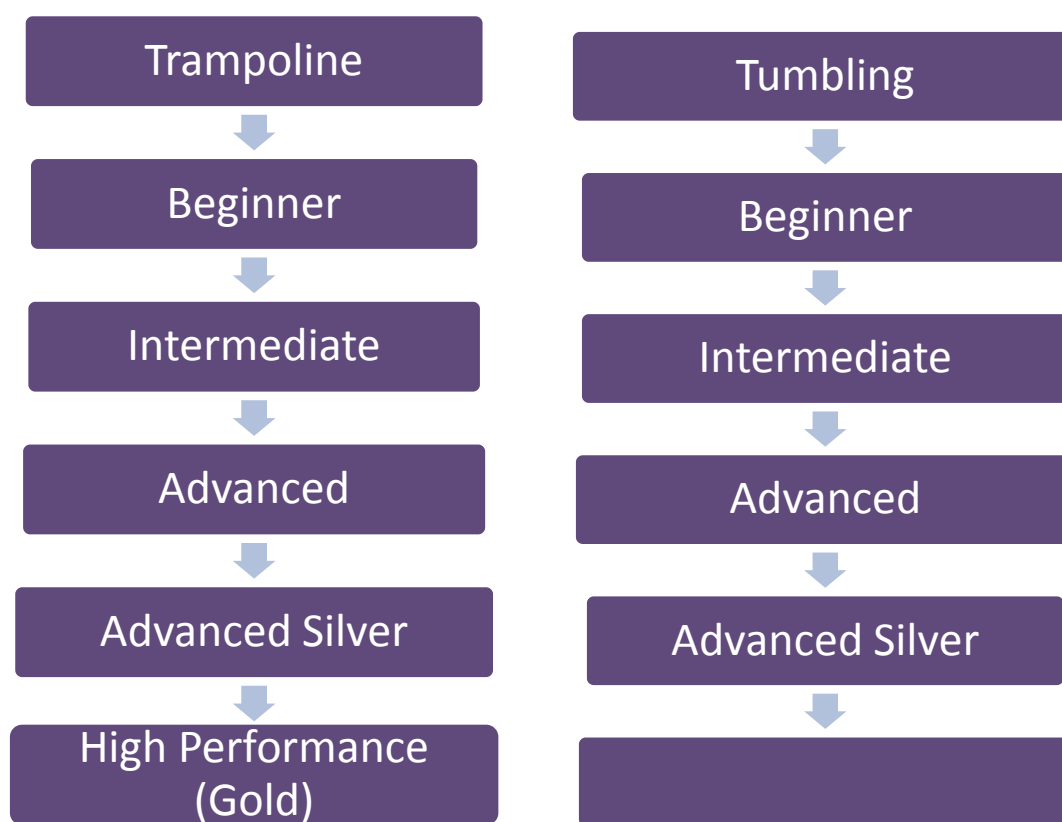


Trampoline Gymnastics Coaching Pathway

Coaching pathway

There are two individual pathways within the Trampoline Gymnastics (TRP) Coaching Pathway, Trampoline and Tumbling, enabling coaches to specialise within this Gymsport.

- **Trampoline Coaching Pathway:** five levels of accreditation
- **Tumbling Coaching Pathway:** four levels of accreditation. At Advanced Silver level a coach participates in the FIG Level 2 TRP Academy Program.



What will I learn?

At Beginner level, coaches learn fundamental Gymnastics knowledge which is applicable to all Gymsports. At all other levels coaches develop knowledge across each of the three Trampoline disciplines, individual, synchronised and double mini trampoline. Within both the Trampoline and Tumbling Pathways coaches will build upon their expertise to teach foundation skills such as a straight jump through to advanced skill such as triff mounts on a double mini trampoline.

Further information about course content can be found on the website under [Get Involved » Coaches » Accreditation by levels](#).