

Trampoline & Tumbling (T&T)

is a USA Gymnastics sanctioned sport

Tryouts are September 12th

Ages 6-9 yrs 4:30pm - 6:00pm

Ages 10 and up 6:00pm - 8:00pm

\$20 Registration Fee

Please Call 703.239.0044

Capital Gymnastics National Training Center
10400 Premier Ct. Burke, Va 22015

Power tumbling

Power tumbling is performed on elevated spring runways that help tumblers propel themselves higher than a basketball goal as they demonstrate speed, strength and skill while executing a series of acrobatic maneuvers. Top-level contenders will perform explosive somersaults with multiple flips and twists.



Double mini-trampoline

Combines the horizontal run of tumbling with the vertical rebound of trampoline. After a short run, the athlete jumps onto a small two-level trampoline to perform a rebounding trick immediately followed by a dismount element onto a landing mat. Double mini-trampoline is similar in concept to springboard diving, using a mat instead of water.



Trampoline

Trampoline varies greatly from recreational bouncing. International competition trampolines are larger and more powerful than traditional "backyard" models, propelling trained athletes as high as 30 feet in the air during performances. During two competitive routines of 10 skills each, upper-level athletes can easily demonstrate a graceful array of double, triple and twisting somersaults.

