Performance Coach

Double Mini Trampoline (Cycle 8)

Syllabus

v.2.0

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This syllabus provides reference material for learners working towards the Performance Coach (DMT) accreditation.

DMT, Cycle 8.

v.2.0

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Syllabus

The skills considered appropriate and acceptable to use with your Performance Coach (DMT) Accreditation are listed below in Table 1. This is your syllabus.

It is important you familiarise yourself with your syllabus as it is your duty to ensure you only coach skills you are accredited for. There may be other skills that you are aware of that do not appear here; in this instance you are encouraged to use the information and guidance in the Syllabus Regulations and Activity Selection sections of your resource.

These skills can be developed in different gymnastics environments, using various training aids, gymnastics apparatus and surfaces, if these have been covered on the Performance Coach (DMT) course and have been appropriately risk assessed. However, there are some regulations to be aware of, which appear in the Syllabus Regulations section.

Table 1. Skills Syllabus

Skill Family	Skill
End twist	Double front somersault 1 ½ twist (Rudi) out: Tucked, Piked, Straight
Mid-twist	Back in full out: Tucked, Piked, Straight
	Back in 1 ½ twist out: Straight
	Full in half out: Tucked, Piked, Straight
	Full in full out: Tucked, Piked, Straight
Early twist	Full in back out: Tucked, Piked, Straight
Arabian	Half in half out: Tucked, Piked Straight
	Half in Rudi out: Tucked, Piked, Straight
Triple	Triple back: Tucked

Coaching & Training Aids

The below coaching and training aids can be utilised as part of your accreditation to develop and train the skills on your syllabus.

- Elevated run ups
- Elevated landing areas
- Overhead rigs
- Push-in or push-on mats
- Coaching platforms & stacked stationary matting
- Springboard (all types)
- Fast track
- Air track
- Trampette (all types)
- Trampoline

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Setting up & Dismantling Rebound Apparatus

As a DMT Performance Coach you are accredited to supervise the safe setting up and dismantling of the following apparatus:

- Double-Mini Trampoline
- Trampoline
- Trampette

Combinations

All skills on the syllabus can be used as mount, spotter or dismount skills and can be used in combination or linked.

Syllabus Regulations

You should take time to familiarise yourself with your syllabus, so you are aware of your boundaries. Table 2 clarifies any specific regulations you should be aware of. It is advised that you also familiarise yourself with the syllabus of the accreditation above to stay within your boundaries. If you are unsure whether an activity is appropriate you should always check by asking a more senior Coach or contacting British Gymnastics.

Table 2. Syllabus Regulations

Side & Gainer Somersaults
Side somersault & Gainer skills are not skills recognised on the DMT Performance Coach (Cycle 8) syllabus.
Training Aids
You should only use the stated training aids to develop syllabus skills as per the guidance in your training and any policy or guidance documents. If a policy changes it is your responsibility to remain up to date and practice in line with these policies.
Other Gymnastics Equipment & Apparatus
In addition to the coaching and training aids you have been specifically trained in, you can use any additional certified and risk assessed gymnastics apparatus such as coaching blocks, tables, and hanging apparatus such as wall bars for physical and technical preparation towards syllabus skills, movements, or activities e.g., landing practice.



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