



780 Vondelpark Dr., Colorado Springs, CO 80907

719-531-5867

100 camper/athletes max. Ages 5-12 boys and girls

7am. to 6pm. with a max. of 8 hours per day. Our average camper stays 6 hours per day.

### **Program Description**

Trampoline World has been designated by the US Olympic Committee's governing body, USA Gymnastics as a member and one of only several Olympic Development Programs, ODP in the United States. Trampoline World is the World's largest trampoline and power tumbling facility, training national and international athletes in the Olympic sport of trampoline. Campers learn serious training techniques in trampoline, synchronized trampoline, power tumbling and double mini trampoline. Activities also includes cross training for trampoline in soccer, diving, artistic gymnastics, ice skating, cheer, parkour, circus arts, martial arts and any activity where air awareness is essential. All activities "off trampoline" relate specifically to the sport of trampoline, such as visualization, inner coaching, nutrition, emotional rebooting, just to mention a few. Our three month camp is one of Trampoline World Elite team's top sources for developing Junior Olympic competitors. Our curriculum structure is based upon one hour increments with the exception of our Endurance campers who train twice or three times as long. The camp is divided into four levels, which determines intensity, age and skill level. Camps are designed to improve air awareness, strength, flexibility trampoline skills and routines but most of all it's safe and FUN!

### **Trampoline World Philosophy**

All Trampoline World programs are structured to inspire positive relationships by focusing attention on self-development. We discourage the anti-productive attitude of intense competition and focus on rewarding individuals for their own personal achievement. And if by some chance, a student's personal record becomes the "World record", we would feel proud and satisfied.

### **Trampoline World Goal**

Our goal is to teach each student how to consistently demonstrate a "never, never give up" attitude.

Everyday our students must show improvement, no matter how small and they will be rewarded for that improvement.

Our students will learn that working on weaknesses will improve them more than specializing in areas of strength.

## **We believe**

Teaching our students about respect, persistence and discipline is our first priority.

It is our responsibility to supply all who come to us with a chance to succeed on their own terms, not ours.

The self-esteem our students develop through their training is the most valuable tool they will ever own.

Learning how to learn is a tool one will use forever and get better with time.

A child's success should never depend upon another child's failure.

### **Trampoline World Staff Qualifications:**

Our coaches are USAGymnastics certified in professional coaching, safety . Including CPR and AT, Athletic Trainer. Our top five coaches have over 170 years of experience, with national and World titles. Trampoline World is the only team in the nation with athletes at the top of all the national training programs including the Olympic Development Program, Jump Start, Junior and Senior Elite National Teams, with over 45 national champions. All coaches are background checked.

### **Trampoline World Curriculum**

Our curriculum is based upon USA Gymnastics "Jr. Olympic Program" which we have developed into our own program called H.E.L.P., Handy Event Lesson Plan. An explanation is included.