

## Power Tumbling

Power tumbling is an acrobatic sport combining speed, height and rhythm. It is practiced on a 25 meter long, 2 meter wide sprung track by both men and women.

Power tumbling blends the most exciting aspects of an artistic gymnastics floor exercise with the dynamics of trampoline skills.



## Coaches Corner

### Jenna Stamp

As the Power Tumbling Program Director, I am a former member of the Canadian senior national team. I competed at two World Championships, and multiple World Cups. Along with many Canadian National Championships. I power tumbled for Gymnastics Energy for over 8 years, and competed artistic gymnastics for 6 years at the provincial level.

Level 2 certified Gymnastics and trampoline Coach.



Contact Jenna for testing.

## Competitive Power Tumbling



Tel: 905-685-9248

## Interclub Power Tumbling

The interclub power tumblers practice 2 times a week for 2 hours a time. We work on our strength and fitness, as well as our tumbling lines for competitions.

This is a competitive class and the tumblers will be attending interclub competitions.

## Objectives

- Reach goals through determination and hard work
- Build muscle and increase flexibility
- New experiences



- Exercise
- Healthy living
- Self discipline
- Friendship
- Self Motivation

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- **HAVE FUN**

## Competitions



At power tumbling competitions, the competitors compete 2 different tumbling passes. The first pass is called the compulsory pass, and the second one the optional pass.

Competitors are judged on their degree of difficulty, along with technique, speed, height and the tempo throughout the tumbling pass, as well as the landing.



## Equipment

Tumbling passes are performed on an 82 ft long by 6.6 ft wide rod track with landing mats at the end for the dismount skill.



## When?

**Monday: 5:00pm– 7:00 pm**

**Thursday: 5:00pm– 7:00 pm**