

Salto Gymnastics & Trampolining

Club Competition

SUNDAY 13 APRIL 2025

Vaults

Junior Infants & Senior Infants:

- Tuck jump on / Tuck jump off

First Class & Second Class

- Forward roll on / Star jump off

Third Class & Fourth Class

- Dive roll on / Straddle jump off

Fifth Class & Sixth Class

- Handstand Flat Back / Straddle jump off

The vaults will be practiced at training. The gymnasts won't need to work on the vaults at home.

The coaches will provide support on the day if required.