



Carolina Elite, 4th Annual Recreational

TURKEY TUMBLE

Join us in celebration of our incredible athletes and the many amazing things that they have accomplished at Carolina Elite! By learning skill after skill, these athletes are building a pattern of success; by completing and performing routines, these athletes are building patterns of confidence. Athletes will be awarded at the Turkey Tumble based on which level they complete. Athletes do not need to complete the same color for each event.

Silver Level

Blue Level

Red Level



TRAMPOLINE

Back Drop

Tuck Jump

Pike Jump

Half Turn or Full Turn

Straddle Jump

Seat Drop

Half Turn Seat Drop

Doggie Drop

Belly Drop

Return to Feet

Back Drop

Pull Over

Tuck Jump

Pike Jump

Half Turn or Full Turn

Straddle Jump

Seat Drop

Half Turn Seat Drop

Doggie Drop

Front Somersault Tuck

Back Somersault Tuck

Tuck Jump

Pike Jump

Half Turn or Full Turn

Straddle Jump

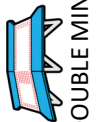
Seat Drop

Half Turn Seat Drop

Return to Feet

Straight Jump

Front Somersault Tuck



DOUBLE MINI

Straight Jump

Straddle Jump

Half Twist or Full Twist

Straight Jump

Tuck Jump

Dive Roll or Front Flip to Seat

Straight Jumps

To

Front Flip Tuck Landed



POWER TUMBLING

Handstand, Return to Feet

Forwards Roll

Cartwheel

Straddle Jump

Round Off

Tuck Jump

Candle Stick

Salute

Handstand Walks to

Forwards Roll

Cartwheel

Straddle Jump

Round Off

Tuck Jump

Backwards Roll

Salute

Handstand Walks to

Forwards Roll

Cartwheel

Straddle Jump

Round Off

Back Handspring

Rebound

Salute