



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
- Pike Jump
- Straddle Jump Dismount

- Straight Jump
- Tuck Jump
- Half Twist or Full Twist

- Straight Jumps
- To
- Front Flip Tuck or Fwd Roll



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