



Level 3 Aerial Coaching Knowledge / Skill Assessment

Coaches Name _____

USSA # _____

Date / Location / Instructor – Aerial Level 2 _____

Summer Skills

Demonstrate mechanical knowledge to coach Double Full, Triple Full and OA 1440

Mentor Coach / Date

Trampoline coaching knowledge / spotting skills for Double Full, Triple full and OA 1440

Mentor Coach / Date

Water ramp coaching knowledge for double full, Triple full and OA 1440

Mentor Coach / Date

Winter Skills

Demonstrated the ability to properly prepare and maintain a snow mogul / aerial site for single inverted use.

Mentor Coach / Date

Demonstrated the ability to properly shape a single kicker and / or mogul jump (using current measuring methods)

Mentor Coach / Date

Demonstrated the ability to properly adjust an athlete's speed due wind, snow conditions, etc. (using speed trap / speed gun - aerials)

Mentor Coach / Date

Demonstrate snow coaching knowledge for double full, Triple full and OA 1440

Mentor Coach / Date

Demonstrate the ability to qualify a mogul athlete on snow using the most current USSA snow qualification process

Mentor Coach / Date

The above Coaching Knowledge / Skills Assessment must be completed by a level 4 Aerial coach or higher. Upon completion of the above stated summer and winter coaching skill demonstrations, this sheet will need to be forwarded to the Coaches Education Department at USSA.

Upon verification of minimum years of professional coaching requirements and all previous clinics and requirements, your coaching certification will be upgraded to a level 3 Aerial Coach.