



Level 5 Aerial Coaching Knowledge / Skill Assessment

Coaches Name _____

USSA # _____

Completion Date – Aerial Level 4 _____

Summer Skills

Demonstrate mechanical knowledge to coach all Triple Inverted maneuvers

Mentor Coach / Date

Trampoline coaching knowledge / spotting skills for all Triple Inverted maneuvers

Mentor Coach / Date

Water ramp coaching knowledge for all Triple Inverted maneuvers

Mentor Coach / Date

Winter Skills

Demonstrated the ability to properly prepare and maintain a snow Aerial site for Triple Inverted maneuvers

Mentor Coach / Date

Demonstrated the ability to properly shape a Triple kicker (using current measuring methods)

Mentor Coach / Date

Demonstrated the ability to properly adjust an athlete's speed performing Triples due to wind and snow conditions (proper use of speed trap / speed gun, etc.)

Mentor Coach / Date

Demonstrate snow coaching knowledge for all Triple Inverted maneuvers

Mentor Coach / Date

The above Coaching Knowledge / Skills Assessment must be completed by a level 5 Aerial coach. 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 a minimum of **10** years of professional coaching and all previous clinics and requirements, your coaching certification will be upgraded to a level 5 Aerial Coach.