








# Trampolinists' Pathway

Tier	Session	Level	Trampolinists per tramp	Coach Level	Sessions per week	Weekly cost*	Day
1	<b>1st Dimensions</b> 	<b>12 Week introduction</b>	<b>5</b>	<b>Trainee Coaches</b> <i>(supervised by a qualified Coach)</i>	<b>1</b>	<b>£8.25</b>	<b>Mon or Tues</b>
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2	 <b>Club</b>	<b>Recreational</b>	<b>5</b>	<b>Trainee Coaches</b> <i>(supervised by a qualified Coach)</i>	<b>1</b>	<b>£8.25</b>	<b>Mon, Tues or Sat</b>
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3	<b>Development</b> 	<b>Development</b>	<b>2</b>	<b>Assistant Coach</b> or <b>Coach</b>	<b>1 or 2</b>	<b>1: £14.75</b> <b>2: £29.50</b>	<b>1 or 2 sessions</b> on <i>Mon/Tue/Thur/Sat</i>
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4	 <b>Squad</b> <i>by invitation</i>	<b>Competitive Squad</b>	<b>2</b>	<b>Squad Coach - Level 2+</b> <i>(1 Coach per 2 Trampolines)</i>	<b>2 or 3</b>	<b>2: £29.50</b> <b>3: £37.75</b>	<b>2 or 3 sessions</b> on <i>Mon/Tue/Thur/Sat</i>
↓ ↑							
5	<b>Performance Squad</b>  <i>by annual selection</i>	<b>Competitive Squad with most potential</b>	<b>2</b>	<b>Squad Coach - Level 2+</b> <i>(1 Coach per 2 Trampolines)</i>	<b>3</b>	<b>£37.75</b>	<b>3 sessions</b> on <i>Mon/Tue/Thur</i> and incl 1x Sat

\* The cost stated is the price for ECRC members. Please add 50p per session if the Trampolinist is not a member of the ECRC.

Dimensions are just as supportive of children wanting to reduce their training/commitment to trampolining as we are with those that would like to increase.