









# 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> | 5                       | <b>Trainee Coaches</b><br><i>(supervised by a qualified Coach)</i>                        | 1                 | £8.25  | Mon or Tues                                    |
| ↓    |   |                             |                         |   |                   |  |  |
| 2    |  <b>Club</b>   | <b>Recreational</b>         | 5                       | <b>Coach or Trainee Coaches</b><br><i>(supervised)</i>                                    | 1                 | £8.25  | Mon or Tues                                    |
| ↓ ↑  |   |                             |                         |   |                   |  |  |
| 3    | <b>Development</b>   | <b>Development</b>          | 2                       | <b>Assistant Coach or Coach</b>   | 1 or 2            | 1: £14.75<br>2: £29.50                       | 1 or 2 sessions on Mon/Tue/Thur/Sat            |
| ↓ ↑  |   |                             |                         |   |                   |  |  |
| 4    |  <b>Advanced</b><br><i>by invitation</i>  | <b>Advanced</b>             | 2                       | <b>Squad Coach - Level 2+</b><br><i>(1 Coach per 2 Trampolines)</i>                       | 1 or 2            | 1: £14.75<br>2: £29.50                       | 1 or 2 sessions on Tue or Thur                 |
| ↓ ↑  |   |                             |                         |   |                   |  |  |
| 5    |  <b>PAUSED FOR 2024/25</b><br><b>Squad</b>  | <b>Competitive Squad</b>    | 2                       | <del><b>Squad Coach - Level 2+</b></del><br><del><i>(1 Coach per 2 Trampolines)</i></del> | <del>2 or 3</del> | <del>2: £29.50</del><br><del>3: £37.75</del> | <del>2 or 3 sessions on Mon/Tue/Thur/Sat</del> |

\* 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.