

Youth Team Training Benchmark Summer 2024

To work on June - September

All problems must be repeatable on demand ... or roughly so. Results will take into account which team you train with, along with the try out day. Do your best and HAVE FUN !!

Green box = Flash / Yellow = Top (Write rough attempt number 2,3,4 or 5+) / Blank=Incomplete

Yellow Circuit

Purple Circuit

Red Circuit

Black Circuit

Pink Circuit

(Expected standard ... It is semi clear cut, there will be some allowances or alterations for height etc, talk to me if you are struggling)

Training Team Male = All Yellow, 90% purple, 80% Red, 30% Black

Training Team Female = 80% Yellow, 50% Purple, 30% Red

Competition Team Male = All Yellow, All purple, All Red, 80% Black

Competition Team Female = 90% Yellow, 60% Purple, 40% Red 20% Black

Kilter Board at 40 Degree (All feet for youth D, Feet follow hands for all others)

Bell of the Wall 6b :
Group Therapy 6b+ :
Children Under The Stairs 6c :
Control the Swing 6c :
Drawing the Priest 7a :
The Little Squeeze 7a :
The Lockdown 7a :
The 7th Chamber 7a+ :
Tell By the Way 7b :
Push the Button 7b :
Compress the Breast 7b :
Tenderizing the Beef 7b+ :
The Floater 7b+ :
The Rainbow 7c :
The Matcher 7c :
The Fruits 7c :

(Expected standard ... It is semi clear cut, there will be some allowances or alterations for height etc, talk to me if you are struggling)

Training Team Male = 6 complete, 4 in 3 parts
Training Team Female = 4 complete, 4 with all the moves done
Competition Team Male = 12 complete, 2 in 2 parts
Competition Team Female = 6 complete

Moon Board (All feet for Youth D and Youth C, B and A Female, Feet follow hands for all others)

An Easy Problem 6b+ :
Wuthering Heights 6b+ :
Klingon Easy 6b+ :
Ataulpa 6c :
Drop Dead Tenryu 6c :
Full Moon Party 6c :
Hocus Pocus 6c+ :
Attrezzo Di Tortura 6c+ :
Magnum 7a :
Improvvisazione 7a :
Feet Cutting Var 7a :
Hard Times 7a :
Applesauce 7a+ :
Plastique 7a+ :
5 Finger discount 7a+ :
Jordan 2 Var 7b :

(Expected standard ... It is semi clear cut, there will be some allowances or alterations for height etc, talk to me if you are struggling)

Training Team Male = 4 complete
Training Team Female = 4 complete
Competition Team Male = 10 complete
Competition Team Female = 5 complete

Spray Wall

Problems (Circle if complete)

Summer Team 1 :	All Feet	/	Feet follow hands + kickboard
Summer Team 2 :	All Feet	/	Feet follow hands + kickboard
Summer Team 3 :	All Feet	/	Feet follow hands + kickboard
Summer Team 4 :	All Feet	/	Feet follow hands + kickboard
Summer Team 5 :	All Feet	/	Feet follow hands + kickboard
Summer Team 6 :	All Feet	/	Feet follow hands + kickboard
Summer Team 7 :	All Feet	/	Feet follow hands + kickboard
Summer Team 8 :	All Feet	/	Feet follow hands + kickboard
Summer Team 9 :	All Feet	/	Feet follow hands + kickboard
Summer Team 10 :	All Feet	/	Feet follow hands + kickboard

Circuits (All feet)

Summer Team circuit 1 :	Single	/	Double	/	Triple
Summer Team circuit 2 :	Single	/	Double	/	Triple
Summer Team circuit 3 :	Single	/	Double	/	Triple
Summer Team circuit 4 :	Single	/	Double	/	Triple

(Expected standard ... It is semi clear cut, there will be some allowances or alterations for height etc, talk to me if you are struggling)

Training Team Male = 4 problems complete / 1 circuits

Training Team Female =5 problems complete / 2 circuits

Competition Team Male = 8 problems complete / 3 circuits

Competition Team Female =6 problems complete / 2 circuits