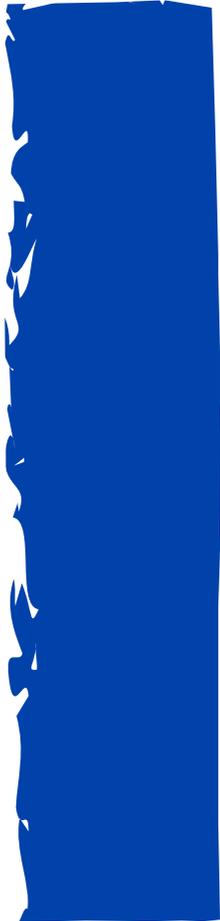


Greg Roe Trampoline Presents:

# The Unified Theory

## Trampoline Park Training & Certification Program

### A Simple Step-by-Step Approach to Measurable Goals



A simple step-by-step process



gymnastics and trampoline has earned multiple unofficial world records in the trampoline world for skills no one else has done. Attempting to break World Records is just one way he continually pushes the limits of his body and his sport. Adrex.com invites you to learn more about this remarkable sport, and athlete Greg Roe, 'Acrobatic Performance Specialist', as he pursues his quest for a spot on the World stage.



Known for the extreme challenge of combining multiple flips centered in a small area, trampoliners are considered to be the high-flying 'clown' of gymnastics. Greg Roe has become one of the leading acrobats in the sport and has set a new standard of difficulty in his ticks and flips. He has the ability and innate special awareness to try movements that go beyond the current standard.

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By understanding these principals your facility will transform into a centre for human development

## The Unified Theory

Presented by G.R.T ~ Greg Roe



# The Unified Theory

Presented by G.R.T ~ Greg Roe Trampoline

Welcome to the **G.R.T Training Certification** package!

My name is Greg Roe and I have pieced together a complete training package for your facilities use based on my extensive experience and knowledge in the acrobatic industry. I have been coaching since the age of 13 and have had my fair share of embarrassing coaching moments where I would make mistakes and even cause injuries to myself by plain inexperience. All coaches go through this at the beginning of their coaching career but as I learned quickly from my mistakes and had a great depth of background resources around me, I was able to formulate a coaching philosophy that takes my personal experience and mixes it with a ton of research. It was during my Undergrad year that I learned the art of biomechanics and truly saw the sport for the science behind it and not just a 'cool' thing to do. What fuels my coaching strategy is a step-by-step approach that blends science and experience.

My theory is an approach that takes some interesting turns along the way but achieves the goal in a measurable way. Other methods are based on principals but with no clearly repeatable structure. It looks 'cool' for sure, but it's not taught in a way that allows the athlete or client to truly understand what they are doing during the trick/skill and more importantly, **'why'** it works.

I always asked "**WHY**" when I was growing up and continued to do so through my years of competitive gymnastics and trampoline. I always felt I rarely received a true or understandable response. The answer always seemed to be too long and hard to explain during the moment of training. I understand this now and have developed a way to answer **'why'** in training sessions that is easy, fun and applicable to all athletes who struggle through their training every day. Now, I have taken this same approach and applied it to the recreational industry of the Trampoline Park. You will find the two blend together nicely.

It is my intention that you, as a Park owner or manager, will learn what it takes to truly understand the art of trampoline and fundamental laws that govern it. By understanding these principals your facility will transform into a centre for human development rather than a potential nest of injuries and close-calls. In this Certification Program I outline realistic goals and safety measures for Park owners in a simple to use step-by-step process. With this program you also have the potential to develop a first class training facility in a fun environment, by introducing Skill Classes. I look forward to working with you and developing the principals outlined here.

HAPPY BOUNCING!

Sincerely Yours,

Greg V Roe

## THE UNIFIED THEORY

The GRT Unified Theory simply states that every new skill in trampoline is a progression, or an addition, of one of three elements of acrobatics, taught and learned in a specific order:

1) **Jump** → 2) **Flip** → 3) **Twist**

**EVERY** skill in the trampoline industry can be broken down and learned by simply adding one of these three actions to the previous skill already taught!!

For example, the “Back Drop” is a basic level skill where the athlete will jump from their feet, rotate their body backwards 90 Degrees on the mediolateral axis that goes through the side of the body and land in the proper position on the posterior side of their body. This will cause the athlete to then bounce or “Jump” back up off the trampoline with equal force. With the appropriate leg movement the athlete will initiate mediolateral axis rotation to their feet in the opposite direction to come back to a standing position where they started.

We can see in this backdrop example that the person is simply doing a 1) Jump, and 2) Flip (Rotation). In this example there is no twist because it is one of the first skills learned.

A skill properly completed is simply a balanced chemical equation. Energy is put into the system at the beginning --

**1) JUMP** in the form of ATP (Adenosine Tri-Phosphate) then a signalling pattern determines what body segments lengthen and shorten which causes the next step

**2) FLIP** and then by repeating the same signal cascade, but along a different axis, you can also perform step 3

**3) TWIST.** It is important to realize that a flip and a twist are EXACTLY the same thing. You are simply rotating your body but on two different axis

Q): If we wanted to add a twist when would the best time be to tell the athlete to twist?

A): At the end. The Unified Theory clearly states that the order must be:

1) **JUMP** → 2) **FLIP** → 3) **TWIST**

We have already created the skill by doing step 1) **JUMP** and step 2) **FLIP**. You would instruct the athlete to twist once they feel that they are about to land on their feet after the backdrop, at the end of the skill. So the break down would be as follows:

1) **Jump from feet and rotate backwards 90 Degrees to a proper Back Drop position**

2) **Allow the trampoline to bounce you up then kick the legs downwards to rotate the body forward 90 degrees**

3) **Once the FLIP has been initiated the athlete will then look over the shoulder to initiate the twist**

The same theory works for **ALL OTHER SKILLS**. You simply add energy into a system, learn what levers to push and pull and every trick is achievable. Developing skills on a trampoline must be a step by step process to truly understand what works and what does not. Below is a chart depicting the Unified Theory in its entirety from cell signaling to compound body movements. This theory also entangles within it the mental state of mind required to be a high level athlete as the mind is the origin of every skill. If your brain is not set up to work the appropriate way then the theory will not work and there will be gaps in the process. The whole point of the Unified Theory is to **ELIMINATE** all gaps.

**JUMP + FLIP + TWIST = UNIFIED THEORY**

## The Unified Theory Continued....

The Unified Theory breaks down the concept of how acrobatics are achieved. It takes the fundamental processes of human life and creates a latter that compares each step to the step above and below. By unifying all the steps as above it is easy to see how the body and mind work as one unit and how one simple thing can lead to something much more complex even though the underlying principals are exactly the same.

When you create a movement, you create a hard signal that goes through the brain and travels to the corresponding muscles. Once you synergistically operate these muscles they create what humans observe as "Limb Movement". When you have your limbs working together to lengthen the body in particular directions it will cause rotation on one of three axis. The way you create rotation on one axis is the exact way to create rotation on the other two axis. By repeating the process of axis rotation you can compound that movement with other axis rotations. This is called performing a double flip or a routine. The mechanics of a single jump double flip and a single flip twice in a row is exactly the same.

Once the athlete learns to create rotations on all axis then different variations can be created easily. If you can throw a ball in one direction then you can throw it in any direction. Once this is understood then any routine (linked skills) can be created and this leads to increasing confidence which perpetuates learning. Once the brain understands the mechanics and then sees repeated success, confidence grows and the willingness to try different variations increases. Once you are confident to create any axis rotation combination then you have ultimate acrobatic freedom. You can literally teach yourself any skill and you will understand the step by step process of how to build it even if you have never seen anyone perform it before. Again, consistency is the fundamental process. By understanding the Unified Theory, your floor monitors will be able to spot potential problems before they arise and help prevent or reduce the risk of injury.

### **STRUCTURE of the Certification Program:**

Included with the Certification you will receive a **1000 Different Skills Booklet** that map out the exact path to the senior level skills starting from the simplest skills. Your facility will not use the higher level skills but having the booklet on hand as a reference to everything discussed in the Certification is important to look back on. You will also receive a **Trampoline Fitness Booklet** for fitness related classes that are performed on the trampoline. These Booklets serve as a reminder to everything that will be discussed during the Certification. The Certification will focus mostly on how your employees can increase the safety in the park at all times by understanding basic human psychology as well as basic spotting techniques for the basic landing positions of SeatDrop, Backdrop and Stomach Drop. By learning to perform and spot each other on these three basic skills the employees will learn to put themselves in the shoes of each client. By understanding the psychology of each client that comes through the door, the employees can gain a good grasp of what they will usually tend to do before they do it. This will prevent injuries overall.

*The Certification is roughly 40 hours of training over 5 - 7 days where:*

- 1) **The Park will be observed in it's normal pre-Certification operating style**
- 2) **The Employees and Managers will be fully guided through the safety training described in the Certification manual**
- 3) **The Employees will be taught to coordinate the facility based on the Unified Theory principals**
- 4) **The entire staff will be tested on what they have learned in the Certification. It is not a written test, but a practical examination of how the team coordinates public jump sessions after the 8 hour Level 1 instruction. During the Certification process a very large emphasis will be placed on client psychology describing how to interact and engage with clients and how to keep them safe**
- 5) **The entire staff will be tested on what they have learned in the Certification. It is not a written test, but a practical examination of how the team coordinates public jump sessions after the 18 hour course**
- 6) **The facility will ultimately be granted a Certificate if all procedures are adhered to by the end of the program. The Certificate will show people/jumpers that extra precaution and training has been taken by staff to ensure their safety**
- 7) **Evaluation Forms will be provided to your Park Manager for on-going staff evaluations and performance reviews**

## Specific Points Of Focus:

During the GRT Certification we will be focusing on the unified Theory and how specifically it relates to the following:

### 1. Safety and Injury Prevention

- ✓ Warm-up for Clients
- ✓ Common Injuries
- ✓ Ways to Prevent Injuries

### 2. Understanding Client Psychology

- ✓ Basic Psychology
- ✓ Identify "Types Of Clients"
- ✓ Create A Plan Of Action

### 3. Basic Skill Development

- ✓ Step-By-Step Approach
- ✓ Skill Training
- ✓ Hands On - Spotting Basic Skills • Progressions • Hand Placement • Variables and Distractions

### 4. Monitor Awareness On The Floor

- ✓ Coordinate Groups
- ✓ Spot A Potential Hazard
- ✓ Customer Service

### 5. Manager Awareness

- ✓ Hiring Process
- ✓ Ways To Motivate/Discipline
- ✓ Team Unity

### 6. Over All Facility Development

- ✓ Possible Facility Modifications
- ✓ Facility Safety Processes

### 7. School Group Coordination

- ✓ Prepare the School
- ✓ How To Monitor Large Groups

## **1) Safety and Injury Prevention**

By utilizing the Unified Theory your staff will learn how to help prevent injuries by identifying a risky situation and learning how to act quickly to correct inappropriate jumping mechanics. Monitors will in essence become 'coaches' on the floor (on a very basic level). They will learn what to look for in large groups of jumpers and be able to identify a potential for injury and act accordingly. Safety warning signals, minor spotting techniques and a general awareness of trampoline mechanics will be your key instruments in preventing injuries. Most jumpers do not want to get hurt, so if given a safe alternative from your floor monitors, they will be more inclined to listen. This in turn will help to keep jumpers aware that safety is a primary concern of your staff and your facility.

## **2) Understanding the Client**

Many of the risky situations in a trampoline park can be identified before clients even get on the floor. Your employees will learn basic psychology to learn to read the client which will tell the employee which approach they should take with the client. This is done through basic discussion with examples. This will be emphasized during the practical aspect of the Certification.

## **3) Basic Skill Development And Breakdown and Hands-on 'Spotting'**

Having your monitors taught the basic trampoline skills will drastically help increase the safety of the Trampoline Park. This is a fundamental component of identifying a risky situation. Monitors will not know a problematic scenario unless they have experienced it. A large part of the program will focus on teaching and developing your staff basic trampoline skills, from simply proper bounce technique to how to teach a back-drop. This way, they will have a direct sense of what can go wrong during a trampoline bounce session. Everyone makes the same mistakes. Your monitors will now realize the major ones that go unnoticed and act quick to prevent injuries. Your employees will learn how to actually spot the clients in the above basic skills, if the client wishes them to do so. Understanding appropriate hand placement and appropriate progressions is key. Spotting is important for client security and the employees will learn how to teach clients the basic skills and how to do it in a fun and constructive way with a hands on approach.

## **4) Monitor Awareness On The Floor**

Many trampoline parks do not seem to enforce constant monitoring of jumpers. Yes, employees are on the floor but they are not actively aware of what is happening. Your monitors will learn to constantly move around the floor and be involved in every bouncer's trampoline experience. Monitors do not have to be pushy or forceful but they need to be alert and be able to spot a risky situation from across the facility, already have a solution, administer the solution in a friendly way and already be onto the next situation. It is a constant movement and over the Certification period your employees will learn to be aware of each jumper and position themselves appropriately to help anyone as quickly as possible. This principal is one of the most important parts of the Certification process because the mental aptitude to prevent people from hurting themselves is a challenging lesson.

## **5) Team Management**

Every Facility needs to run as a Team. Many Managers and Employees operate as separate entities and sometimes do not collaborate in a positive manner. Managers will be encouraged to play an active roll on the floor and will be setting the example for the employees. Managers will be taken through the same process that all employees will go through in the Certification to help everyone understand the amount of effort it takes to properly mitigate risks. All managers need to have a true appreciation for their employees, so by having everyone involved and learning the same process, you will increase overall facility functionality and communication.

## **6) Facility Development**

There is a push being made by trampoline parks to increase the awareness of the trampoline and its utilities. Trampoline parks need to start looking at their business as a human development facility. Jumpers simply can not be trusted to jump on trampolines on their own without constant hands-on supervision. Trampolines require active coaching at all times and once the certification is complete your facility will operate as a training facility disguised as a play park rather than free-for-all. Trampoline training facilities have actually increased popularity since trampoline parks opened. This is because people are realizing the trampoline parks do not offer learning opportunities. Many want to do more then just bounce and by creating a basic skills development platform you can direct all jumpers in safe manner that helps control the masses. By creating a learning environment rather than simply a "play-place" your facility will see an increase in repeat customers it's popularity as a whole.

## **8) School Group Coordination**

Your employees will learn how to handle a school group in a safe and appropriate manner that keeps the kids happy, teachers pleased and your employees working together as a Team. There is a simple system GRT encourages for school groups and by following this system school groups can become enjoyable to supervise.

## SUMMARY

The **Unified Theory** is the key concept of truly understanding how someone can use a trampoline. By learning how a trampoline is used then you can also learn how it can be used safely. Without 20 years of direct knowledge in the trampoline industry it is impossible understand the pitfalls and dangers of the trampoline. This Theory is the next step for the trampoline park industry and will encourage all park management to take a further step toward overall facility safety. Without guidance, trampoline parks can be quite hazardous as history has shown us. With a simple unified perspective within the trampoline industry your facility will operate in unique way. We emphasize a movement towards decreased injuries, increased fun and increased unity amongst your entire staff.

*Thank you for taking the time to read the material provided to you in this booklet.  
I look forward to working with you. ~ Greg V Roe*



**\*\*GRT CANNOT BE RESPONSIBLE FOR ENFORCING THE CERTIFICATION ONCE THE COURSE IS COMPLETE AND THE COURSE CONDUCTOR IS NOT PRESENT. THE MAINTENANCE OF THE PRINCIPALS TAUGHT DURING THE COURSE FALLS UPON THE OWNERS AND MANAGERS WITH INVOLVEMENT OF GRT. GRT WILL WORK HAND-IN-HAND WITH THE OWNERS AND MANAGERS TO HELP INSPIRE AND ENCOURAGE THE EMPLOYEES THROUGH OUR WEBSITE AND ON-LINE TUTORIALS.**

## **Trampoline Park Training & Certification Program** **A Simple Step-by-Step Approach to Measurable Goals**