

Subject name:

Date:

Q&A	Name?	
	Age?	
	Weight? (+- 1kg)	
	Height? (+- 1cm)	
	What class do you compete in? (M or W)	
	How many years of experience with TeamGym?	
	What level do you compete at?	
	Any previous injuries within the last 2 years?	
	How is your training culture (number of training per week, minutes per equipment per session)?	
	Any other injuries?	
	Anything else?	

Placement	Sensor ID
Shin	
Thigh	
Lower back	
Chest	

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Step	Sub step	Check	Notes
Intro	Explain the agenda to the subject		
	Informed consent		
	Allergies towards the tape we use?		
	Appropriate clothes (short and a tight shirt or without a shirt)		
Prep	Create KAASA project		
	Place 4 IMUs		
	Place reflective tape		
	Anything wrong or feels weird with the sensors or setup?		
Trial Competition	Trampoline settings (height and nr of springs)		
	Δh between landing and trampoline		
	Start video and put the 1m measure stick in frame		
	1-2 rounds getting comfortable with settings		
	2-3 rounds of sub-max jump from full runup		
	2-3 rounds of near-max jump from full runup		
Trial Soft Pit	Trampoline settings (height and nr of springs)		
	Δh between landing and trampoline		
	Start video and put the 1m measure stick in frame		
	1-2 rounds getting comfortable with settings		
	2-3 rounds of sub max skill from full runup		
	2-3 rounds of near max skill from full runup		
Trial Semi in Soft Pit	Trampoline settings (height and nr of springs)		
	Δh between landing and trampoline		
	Start video and put the 1m measure stick in frame		
	1-2 rounds getting comfortable with settings		
	2-3 rounds of sub max skill from full runup		
	2-3 rounds of near max skill from full runup		

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Competition landing (decide jumps)

- ☐ 1-2 rounds: Getting comfortable with the sensors and landing
- ☐ 2-3 rounds: **Full run-up**
 - **Sub-maximal** jumps (ex. Full half straight)
- ☐ 2-3 rounds: **Full run-up**
 - **Near-maximal** jumps (ex. Full Rudy, Triple half)

Soft pit (same jumps)

- ☐ 1-2 rounds: Getting comfortable with the sensors and landing
- ☐ 2-3 rounds: **Full run-up**
 - **Sub-maximal** jumps (ex. Full half straight)
- ☐ 2-3 rounds: **Full run-up**
 - **Near-maximal** jumps (ex. Full Rudy, Triple half)

Semi in soft pit (same jumps)

- ☐ 1-2 rounds: Getting comfortable with the sensors and landing
- ☐ 2-3 rounds: **Full run-up**
 - **Sub-maximal** jumps (ex. Full half straight)
- ☐ 2-3 rounds: **Full run-up**
 - **Near-maximal** jumps (ex. Full Rudy, Triple half)