

EVO/Tawatinaw Airbag+Trampoline Camp:

Camp Overview

This specialized camp is designed to provide a safe, progressive, and supportive environment for female freestyle athletes to develop new tricks and skills. Athletes will transition from trampoline training to airbag practice, focusing on fundamental and advanced tricks.

Key Objectives

- Master perfect 180s and 360s (on and off-axis)
- Develop back tuck, back layout, and back pike with strong technique
- Introducing different grabs into tricks
- Build air awareness and confidence in a controlled environment
- Foster a positive and empowering atmosphere for female athletes

- Split groups based on skill level for more detailed coaching

Training Locations

- Trampoline Training: Evolution Freestyle (Tawatinaw)
- Airbag Training: Evolution Freestyle (Tawatinaw)

Day 1: Trampoline/Airbag Training at Evo, August 22nd 2026 10-3 pm

- Get to know each other game
- Goal-setting workshop
- Warm-up and mobility work
- Trampoline fundamentals: body position, balance, and set drills
- Group A bags while Group B stays on the tramp
- Lunch 12-12:45 pm (please provide your own, but there is a BBQ available)
- Group B tramps while Group A bags
- Skill breakdown: perfecting 180s and 360s on-axis, intro to off-axis
- Back tuck, layout, and pike progressions (coaching will be on skill level)



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- Adding grabs to tricks to up the level of difficulty
- Video review and personalized feedback
- Afternoon craft 3:30-5 pm

Evening activity: Supper will be potluck style at 5 pm. Please put in the WhatsApp chat the food you are bringing. Long Island Lake beach time, then a campfire if permitted afterwards with smores provided by Freestyle Alberta and Evolution Freestyle.

Day 2: Trampoline/Airbag Training at Evo, August 23rd 2026 10-3 pm

- Dryland warm-up and activation
- Safety briefing and airbag basics
- On-ramp training: 180s and 360s, back tuck, layout, and pike (coaching will be on skill level)
- Progressive coaching with video analysis
- Lunch 12-1 pm (Please provide your own, but there is a BBQ available) Guest speaker session
- Cool-down and debriefing 2:30-3 pm (goal setting review)

Additional Considerations

- Certified freestyle coaches with experience in acrobatics
- Female mentorship and coaching presence
- Athlete grouping based on ability and experience
- Safety protocols in place for all sessions

- The afternoon craft on Saturday may include paint (Please do not wear clothes that you are not partial to potentially getting bleach on)

- Bring a bathing suit and a towel for the beach. It is up to parents to drive their athlete(s) to Long Island Lake. The cost is \$10/vehicle.

Link to WhatsApp group

https://chat.whatsapp.com/HOYOH2U8sNMLBEi2iPSPyZ?mode=gi_t





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Camping

Evolution Freestyle has a camping area on site. There are no hookups (power, water, sewage) for trailers. There are washrooms available. There is wood split and available on site for campfires. Currently, Westlock County is not under a fire ban, and I do not see this coming into effect in the coming weeks. For food, there is a BBQ that is available to use.

DEADLINES

- Please put the potluck food item you will be bringing into the WhatsApp group no later than August 14th. If there are any food allergies, please make that known to the group through WhatsApp.
- The deadline to register for this event is August 10th, and the cost is \$150/athlete.

