




**TWO FOOT HIGHER TRAMPOLINE/DMT CLUB  
TRAMPOLINE/DMT PERSONAL PROFILE**

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**PERSONAL DETAILS**

<b>Name:</b>	<b>Lara Craig</b>
<b>Date of Birth:</b>	<b>23 March 1996</b>
<b>Document Version:</b>	<b>20 (March 2018)</b>
<b>Photo</b>	
<b>Coach:</b>	<b>Bruce Craig/Kyle Lancashire</b>
<b>Current Age Group:</b>	<b>Trampoline: 19+ DMT: Ladies</b>
<b>Current Competition Grade:</b>	<b>Trampoline: Performance DMT: Ladies Elite</b>



## PERFORMANCE DETAILS (TRAMPOLINE)

<b>Highest Difficulty in Competition:</b>	<b>9.5 (Scottish Nationals 2017)</b>	
<b>Highest Difficulty in Training</b>	<b>10.8 (March 2018)</b>	
<b>Highest First Round Score (Grade/Age Group): (Performance Set)</b>	<b>41.695 = 9.05 +16.9 +15.745 (19+ Performance) Spring Series 1 2018</b>	
<b>Highest Second Round Score (Grade/Age Group): (FIG Set)</b>	<b>45.83 = 9.55 + 17.4 + 15.780 +3.1 (19+ Performance) Spring Series 1 2018</b>	
<b>Highest Voluntary Score:</b>	<b>47.9 = 8.25 +14.9 + 14.85 + 9.9 (19+ Performance) Spring Series 1 2018</b>	
<b>Highest Three Round Score (Grade/Age Group):</b>	<b>135.425 Spring Series 1 2018</b>	
<b>Highest Time of Flight (Set)</b>	<b>16.135 (Home Nations 2012)</b>	
<b>Highest Time of Flight (Vol)</b>	<b>15.755 (Vol) Home Nations 2014</b>	
<b>Scottish Nationals History</b>	<b>2009</b>	<b>2<sup>nd</sup> U15 NAT C</b>
	<b>2010</b>	<b>1<sup>st</sup> U15 NAT C</b>
	<b>2011</b>	<b>5<sup>th</sup> FIG B (Open)</b>
	<b>2012</b>	<b>2<sup>nd</sup> FIG B (Open)</b>
	<b>2013</b>	<b>2<sup>nd</sup> FIG B (Open)</b>
	<b>2014</b>	<b>1<sup>st</sup> NDP 8 (Open)</b>
	<b>2017</b>	<b>8<sup>th</sup> NDP 8</b>
	<b>2018</b>	<b>Qualified</b>
<b>British Nationals History</b>	<b>2011</b>	<b>2<sup>nd</sup> 15+ NAT C</b>
	<b>2012</b>	<b>4<sup>th</sup> 15+ FIG B</b>
	<b>2013</b>	<b>5<sup>th</sup> 15+ FIG B</b>
	<b>2017</b>	<b>1<sup>st</sup> NDP8 British Finals 19+</b>
	<b>2018</b>	<b>Qualified</b>
<b>International History</b>	<b>2013</b>	<b>Aalsmeer Flower Cup: 17<sup>th</sup> 15.550/37.45 9.2/15.495/45.995 Total 83.445</b>



### PERFORMANCE DETAILS (DMT)

<b>Highest Difficulty in Competition:</b>	3.3+ 3.1+ 3.4+ 3.2= 13.0 (Hull Gala 2013)		
<b>Highest Scoring Pass (Grade/Age Group):</b>	31.9/3.4 (British 2012) 32.2/3.5 (Musselburgh Sept 2013)		
<b>Highest Preliminary Score (Grade/Age Group):</b>	62.3/6.5 (Home Nations, 2012) 62.4/6.6 (Scottish Nationals 2013)		
<b>Highest Two Round Score (Grade/Age Group):</b>	123.1/13.0 (Hull Gala 2013) 124.4 ((Musselburgh Sept 2013)		
<b>Current Passes:</b>	<b>Mount</b>	<b>Spotter</b>	<b>Dismount</b>
	801o	-	800/
	801<		800o
	43/		800<
	41/		811o
<b>Scottish Nationals History:</b>	2010	1 <sup>st</sup> U15 NAT C	
	2011	2 <sup>nd</sup> 15+ NAT C	
	2012	1 <sup>st</sup> 15+ FIG B	
	2013	2 <sup>nd</sup> 15+ FIG B	
<b>British Nationals History:</b>	2011	2 <sup>nd</sup> 15+ NAT C	
	2012	4 <sup>th</sup> 15+ FIG B	
	2013	5 <sup>th</sup> 15+ FIG B	



### Current Routines (January 2018) NDP Performance

Set Routine	Difficulty	Voluntary Routine	Difficulty
801<	1.3	821/	1.5
40 <	0.6	811<	1.4
41 <	0.6	801<	1.3
42 /	0.7	811o	1.2
41/	0.6	801o	1.1
40/	0.6	800<	1.2
41o	0.6	41/	0.6
40o	0.5	42/	0.7
801o	1.1	41o	0.6
800<	1.2	800/	1.2
			10.8

### FIG Routine

FIG	Difficulty
30/	0.3
51o	0.7*
41o	0.6
40o	0.5
41<	0.6*
42/	0.7
43/	0.8*
40/	0.6
41/	0.6
800	1.0*
	3.1

## Future Routines (Target: September 2018)

<b>FIG Set</b>		<b>Voluntary Routine</b>	<b>Difficulty</b>
<b>30 /</b>	<b>0.3</b>	<b>821/</b>	<b>1.5</b>
<b>51o</b>	<b>0.7*</b>	<b>811&lt;</b>	<b>1.4</b>
<b>40/</b>	<b>0.6</b>	<b>803&lt;</b>	<b>1.5</b>
<b>41/</b>	<b>0.6</b>	<b>800o</b>	<b>1.0</b>
<b>42/</b>	<b>0.7*</b>	<b>801&lt;</b>	<b>1.3</b>
<b>43/</b>	<b>0.8*</b>	<b>811o</b>	<b>1.2</b>
<b>40&lt;</b>	<b>0.6</b>	<b>801o</b>	<b>1.1</b>
<b>40o</b>	<b>0.5</b>	<b>800&lt;</b>	<b>1.2</b>
<b>41o</b>	<b>0.6</b>	<b>41o</b>	<b>0.6</b>
<b>800/</b>	<b>1.4*</b>	<b>802/</b>	<b>1.4</b>
	<b>3.6</b>		<b>12.2</b>



## Summary of Medal Results: British Level

<b>Trampoline</b>		
Feb 2011	Gillingham Gala	NAT C U17 1 <sup>st</sup>
Feb 2012	Bath Gala	FIG B U17 3 <sup>rd</sup>
Mar 2012	Hull Gala	FIG B U17 2 <sup>nd</sup>
June 2014	Newcastle Gala	NDP8 17/18 3 <sup>rd</sup>
June 2017	Spring Series 2	NDP8 19+ 1 <sup>st</sup>
July 2017	NDP British Finals	NDP8 19+ 1 <sup>st</sup>
April 2018	Spring Series 1	Performance 19+ 1st
<b>Double Mini-Trampoline</b>		
July 2011	British Championships	NAT C 2 <sup>nd</sup> U15
Jan 2012	Eastern Gala	1 <sup>st</sup> NAT C 15+
Mar 2012	Hull Gala	1 <sup>st</sup> FIG B 15+
Nov 2012	Home Nations Championships	2 <sup>nd</sup> Junior Girls
Mar 2013	Hull Gala	2 <sup>nd</sup> FIG B 15+
June 2014	Newcastle Gala	2 <sup>nd</sup> Elite 17/18