



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

---

**PERSONAL DETAILS**

<b>Name:</b>	<b>Adam Souter</b>
<b>Date of Birth:</b>	<b>13 October 2000</b>
<b>Document Version:</b>	<b>20 (September 2017)</b>
<b>Photo</b>	
<b>Coach:</b>	<b>Bruce Craig</b>
<b>Current Age Group:</b>	<b>Trampoline: 17-18 Boys</b>
<b>Current Competition Grade:</b>	<b>Trampoline: Performance Level 2018</b>



## PERFORMANCE DETAILS (TRAMPOLINE)

<b>Highest Difficulty in Competition:</b>	<b>9.7 (Scottish Nationals 2017)</b>	
<b>Highest Difficulty in Training:</b>	<b>9.7 (January 2017)</b>	
<b>Highest Routine Time (NDP 8)</b>	<b>19.60 seconds</b>	
<b>Highest First Round Score (NDP 7 Set A) (NDP 8 Set A)</b>	<b>25.4 (Scottish Nationals 2017) 39.370 (23.3/16.07) Spring 1 2017</b>	
<b>Highest Second Round Score (NDP 7 Set B) (NDP 8 FIG Set)</b>	<b>23.3 (NDP 7 Grading 2, February 2015) 39.135 (23.1/16.035) (Spring 2 2017)</b>	
<b>Highest Voluntary Score:</b>	<b>43.19/13.69/7.0 (National League Final, Cambridge, Dec 14)  30.7/9.7(Scottish Nationals 2017 NDP7)</b>	
<b>Highest Two Round Score (Grade/Age Group):</b>	<b>35.61/13.91 + 43.19/13.69/7.0 = 78.800 (League Final 2014) 56.1/9.7 (Scottish Nationals 2017) NDP7 78.505 Spring 1 Series 2017 NDP8</b>	
<b>Highest Time of Flight (NDP8) Highest Time of Flight (Vol)</b>	<b>16.070 (Spring Series 2 2017)</b>	
<b>Scottish Nationals History</b>	2014 2015 2016 2017	2 <sup>nd</sup> NDP 6 13-14 Boys 10 <sup>th</sup> NDP 6 13-14 Boys DNQ 1 <sup>st</sup> NDP 7 2017
<b>British Nationals History</b>	2016 2017	Qualified NDP Semi-final Qualified NDP Semi-final
<b>National League History</b>	2014	2 <sup>nd</sup> League 1 13-14 Boys



**PERFORMANCE DETAILS (DMT)**

<b>Highest Difficulty in Competition:</b>	<b>1.8+ 1.6 + 2.7 + 2.9 = 9.0</b> (NDP Grading, Waterston Crook February 2016)		
<b>Highest Scoring Pass (Competition):</b>	<b>31.7/3.0</b> (Scottish Nationals, Perth, September 2015)		
<b>Highest Preliminary Score Competition:</b>	<b>62.3/ 4.6</b> (Scottish Nationals, Perth, September 2015)		
<b>Highest Two Round Score Competition:</b>	<b>125.2</b> (NDP Grading, Waterston Crook February 2016)		
<b>Current Passes: (NDP 7)</b>	<b>Mount</b>	<b>Mount</b>	<b>Mount</b>
		<b>40/</b>	<b>43/</b>
	<b>41/</b>		<b>42/</b>
	<b>41o</b>		<b>800o</b>
		<b>40o</b>	<b>801o</b>
<b>Scottish Nationals History</b>	<b>2014</b>	<b>NDP 7 1<sup>st</sup> 13-14 Boys</b>	
	<b>2015</b>	<b>NDP 7 1<sup>st</sup> 15-16 Boys</b>	
<b>British Nationals History:</b>	<b>2014</b>	<b>DNQ</b>	
	<b>2015</b>	<b>DNQ</b>	
	<b>2016</b>	<b>Qualified NDP Semi-final</b>	
<b>National League History</b>	<b>2014</b>	<b>League 2 9-14 Boys 2<sup>nd</sup></b>	



### Current Routines (September 2017)

Set Routine	Voluntary Routine	Difficulty
801<	821o	1.3
40<	800o	1.0
41<	801o	1.1
42/	811o	1.2
41/	801<	1.3
40/	42/	0.7
41o	43/	0.8
40o	40o	0.6
801o	41o	0.6
800<	800<	1.2
		9.7

### Future Routines (Target April 2018)

Voluntary Routine	Difficulty
803<	1.5
800o	1.0
801<	1.3
811o	1.2
801o	1.1
42/	0.7
43/	0.8
40<	0.6
821o	1.3
800<	1.2
	10.7