




Two Foot Higher

Trampoline and
DMT Club

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

PERSONAL DETAILS

Name:	Molly Brady
Date of Birth:	31 December 2002
Document Version:	Version 11 (September 2017)
Photo	
Coach:	Bruce Craig
Current Age Group:	Trampoline: 15+ DMT: 15+
Current Competition Grade:	Trampoline: NDP5 DMT: NDP5



PERFORMANCE DETAILS (TRAMPOLINE)

Highest Difficulty in Competition:	5.6 (Scottish Grading, May 2016, NDP6)	
Highest First Round Score (Grade/Age Group):	22.9 (NDP Scottish Nationals 2017)	
Highest Second Round Score (Grade/Age Group):	22.5 (Scottish NDP Semi-Final, March 2017 NDP5)	
Highest Two Round Score (Grade/Age Group):	49.4/4.5 (NDP Scottish Nationals 2017)	
Highest Flight Time (Training)	16.3	
Scottish Nationals History:	2014	Qualified NDP 5 DNQ NDP6 DNQ NDP5 8th NDP 5
	2015	
	2016	
	2017	
British Nationals History	2015	DNQ
	2016	DNQ
	2017	DNQ



PERFORMANCE DETAILS (DMT)

Highest Difficulty in Competition:	1.3 + 1.3 + 1.3 + 1.4 = 5.3 (Scottish NDP Qualifier, Musselburgh March 2015) NDP 6		
Highest Scoring Pass	29.8/1.3 (Scottish Nationals September 2016) NDP 5		
Highest Preliminary Score	59.3 (Scottish Nationals, Perth September 2015) NDP 6		
Highest Two Round Score	118.0 (Scottish NDP Semi-Final , Perth March 2017) NDP 6		
Current Passes:	Mount	Spotter	Dismount
		40<	41<
	41<		40<
	41o		40/
		40o	41/
Scottish Nationals History:	2015	3rd NDP 6	
	2016	4th NDP 6	
	2017	4th NDP5	
British Nationals History:	2015	DNQ	
	2016	DNQ	
	2017	DNQ	



**CURRENT ROUTINES
(NDP 6)**

Set	Vol	DD
40/	40/	0.6
41/	41/	0.6
V	40<	0.6
40<	41<	0.6
41<	40o	0.5
o	41o	0.6
41o	40<b	0.7
40o	30ob	0.3
<	40o	0.5
40<	40<	0.6
		5.5

**FUTURE ROUTINES
(NDP 6)**

Set	Vol	DD
40/	40/	0.6
41/	41/	0.6
V	42/	0.7
40<	41o	0.6
41<	40o	0.5
o	41<	0.6
41o	40<	0.6
40o	30/	0.3
<	51o	0.7
40<	40<	0.6
		5.8