**BULLDOG  JUMPS**

**1st Call (15-20 mins.) (Call for flight)**

1. Get Marks Down

2. Check in at event location

3. Start Warm-ups

**2nd Call (5-15 mins)**

1. Finish Warm-ups

2. Two run-throughs with feedback

**3rd Call (0-5 mins)**

1. Event Specific Muscle Activation

2. One-two more run-throughs with feedback

3. Showtime!

|  |  |  |  |
| --- | --- | --- | --- |
| **CALLS** | In the Hole | On Deck | UP |
| Long  Jump | Stretch | Move  Striders | Visualize-  Breath-GO! |
| Triple Jump | Stretch | Move  Striders | Visualize-  Breath-GO! |
| High  Jump | Bridges  Hip-Ups | Move  Striders | Visualize-  Breath-GO! |

2018

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2018

**BULLDOG  JUMPS**

**Low**

1. Hug a Leg 5. Inchworm

2. Superman 6. Scoops

3. Monsters 7. Lung Twists

4. Airplanes 8. Side Roundhouse

**Medium**

1. High Knee 6. C Skips

2. Butt Kicks 7. Windmills (F)

3. Heel Butt Kicks 8. Windmills (B)

4. A Skips 9. Side Skips (x2)

5. B. Skips 10. HK Carioca (x2)

**High**

1. 20 build-ups (25%-50%)

2. 30 build-ups (25%-50%-75%)

3. 40 build-ups (25%-50%-75%-100%)

4. 30-60-90

5. 15-10-10 (x2)

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