

Interview of Jason Burnett

From Skyriders Trampoline, Toronto (CAN)

Performer of a 18.5 pt. routine



Jason, first of all, we would like to thank you for granting us this interview. A huge number of readers of www.AcrobaticSports.com asked us details about the person they watched executing a fabulous 18.5 pt. routine.

Acrobatic Sports: Jason, congratulations for your performance where you realized a 18.5 pt routine during a training session. Could you tell us more about the circumstances surrounding this routine captured on video (time, place, whether it was done on a regular trampoline or an enhanced trampoline, etc.)?

Jason Burnett:

Day: September 21, 2004

Time: 9:30-10:00

Place: Skyriders Trampoline Place

The routine was executed on a Ross Bed or String Bed.

Acrobatic Sports: Unless we are mistaking, it seems that the routine was done on an enhanced trampoline. Could you tell us more about the enhanced features of the trampoline (e.g., compared to a regular Eurotramp used in international competitions) and the added height it gives you?

JB: The Ross Beds are made with a thinner string than the EuroTramps, giving them less air resistance. This makes them a little bouncier than the EuroTramp and makes it a bit easier to maintain height.

Acrobatic Sports: Have you regularly worked on this 18.5 pt. routine since then? Have you even improved it?

JB: I have not worked on the 18.5 lately because our regular competition season has begun and I have been concentrating on compulsories and optionals.

Acrobatic Sports: Have you done this routine in competition yet? If not, do you plan to do it in competition any time soon?

JB: I have not yet competed this routine, and I have no plans to compete it in the near future.

Acrobatic Sports: If not, do you plan to raise your difficulty level in competition by integrating some of the skills of this routine (if yes, which ones)?

JB: I do plan to heighten my degree of difficulty in competition very soon by using my twisting skills (miller + S, miller S, full rudy S, and randy outs). I find these much easier than some of my triple somersaults.

Acrobatic Sports: What were the toughest skills to integrate to your 18.5 pt. routine?

JB: The toughest skills in the 18.5 were swinging the Full Randy S and Miller+ S in the middle of the routine. The Half Half Triffis P and Ady out P also gave me problems.

Acrobatic Sports: Which other skills are you individually working on with the view of integrating them to your routine in the future?

JB: Front Full Rudy P is one of my favorite skills to perform, and I would eventually like to begin my 18.5 routine with it (using Rudy out Triffis P as third skill, and removing Full Rudy S from the routine, for an increase of .5).

Acrobatic Sports: Your 18.5 pt. routine contains many skills with randy out and ady out systems. Your twisting technique seems to be based on a start of the twisting without any prior visual contact with the end of the trampoline or the mat so that you have a fairly long visual contact after your randy out and ady out systems prior to landing. Could confirm whether our analysis is correct and tell us more about your twisting technique?

JB: You are correct. When I perform my Randy and Andy outs I hold the pike or tuck positions for about 3/4 of a somersault, allowing me lots of time to twist and set up for my landing. I try to pull my arms from my legs into my body as fast as possible in order to make my body narrow.

Acrobatic Sports: Do you work on quadriffises?

JB: I do work on quadriffises. I have completed the skill in the tucked position without a mat on the Ross Beds.

Acrobatic Sports: You are still very young (NDLR: Jason just turned 18 last month) and you are becoming a rising trampoline star. What motivates you in trampoline: a very focused objective (e.g., becoming Olympic champion) or more simply having fun day in and day out?

JB: Becoming an Olympic Champion has always been a goal of mine and continues to motivate me, but I think becoming the Canadian Champion is a goal that is more reasonable right now and it drives me to do my best in all aspects of trampoline.

Acrobatic Sports: How did you get introduced to trampoline? At what age did you start? What made you choose trampoline?

JB: I started in gymnastics at age 8, and moved to trampoline at age 10. I also attended a summer camp as a kid that was set in a trampoline gym, and jumping was one of the main focuses. This club (not Skyriders but Airborn Trampoline) asked me to join their provincial team, and that's where I got my start.

Acrobatic Sports: Our understanding is that your coaches are Dave Ross and Angelo Despotas. Do they have any coaching specificities or training methods of their own?

JB: Angelo Despotas moved to British Columbia about 1.5 years ago, but he still comes to visit the gym and its athletes a couple times during the year, and he has always been an inspirational coach to all of his athletes. Dave, on the other hand, is there with me almost every day. He likes to use a bit of time from every training to work on new skills. And once you can perform all of the basic tricks, it can be fun to invent new skills that you haven't seen before. Dave is very imaginative when it comes to trampoline and is usually thinking of abnormal tricks that would be beneficial in competition.

Acrobatic Sports: Could you tell us more about the routine where you are holding a blown up balloon in your hands while executing your routine? Was it purely a game or was it a specific training method?

JB: The blown up balloon was actually an exercise ball, and executing a routine while holding it was purely for fun. I like to find challenges within the sport and holding a ball that obstructs your vision and your ability to time the bed was a lot of fun.

Acrobatic Sports: You became a full member of the Canadian national team at the end of 2003 (participation to the 2003 World Championships) and early 2004 (participation to four World Cup series). Could you tell us more about your integration to the Canadian national team at such a young age?

JB: There's not much to talk about when it comes to my integration to the Canadian National Team. A large portion of the athletes on the National team trained at Skyriders with me, and I had competed against the remaining members at other competitions throughout the year. Plus, there were two other new additions to the Canadian team that year who were only months older than me, one of the male trampolinists, and a female tumbler.

Acrobatic Sports: Could you tell us more about your interaction and relationships with the other members of the Canadian national team? What is the atmosphere within the Canadian national team?

JB: The Canadian Team is filled with strong motivated athletes who get along well with each other.

Acrobatic Sports: You finished 34th at the 2003 World Championships with a total of 65.7 pts and a 15.8 pt. difficulty. Did you regard this result as a success, a disappointment, or a source of motivation to improve?

JB: I was happy with my optional routine at that competition but I was very disappointed with my compulsory. I do not regard this as a success but I do use it as a source of motivation to improve.

Acrobatic Sports: What was your approach during this first major competition? Were you particularly stressed?

JB: I wasn't too stressed, but there were the usual amount of nerves before I competed. I didn't really expect a very good placing at this competition but instead I wanted to use it to see how I ranked against the rest of the world and to see what I needed to do to improve.

Acrobatic Sports: Which trampolinists did you find the most impressive at this occasion?

JB: My teammate, Karen Cockburn, is an obvious choice since she won in her category. I also really enjoyed David Martin's finals optional. It looked so impressive, even though he substituted his last trick.

Acrobatic Sports: Are there any trampolinists (Canadian or otherwise, past or present) you look up to?

JB: Karen and Matt (teammates) and Dave Ross (coach) are three people that I really look up to. But I also find inspiration in many of the Russian and Ukrainian jumpers.

Acrobatic Sports: Could you tell us a little more about your performances at the four World Cup series you participated to in 2004?

JB: The World Cup in Aachen, Germany, was the most stressful competition since it was one of the qualifiers for the Canadian Olympic spot. The other world cups I just planned to compete both my routines the best I could and hoped to make the finals.

Acrobatic Sports: What do you think you should improve to reach the top level and compete for medals at major championships?

JB: I have to improve on my control and travel while I'm competing my routines. I think this is my biggest problem. Also, just cleaning up my form and competing routine higher and with more confidence.

Acrobatic Sports: Do you have any major objective for 2005?

JB: During 2005 I would like to final at the World Cups I will be attending and improve my placing at the World Championships.

Acrobatic Sports: Jason, we would like to thank you for your kindness and the time you took to answer our questions. We wish you all the best for your 2005 season.

Interview made by Guillaume Lefebvre and translated in french by him. Thank you very much Guillaume.

JASON BURNETT'S PROFILE

Last Name : Burnett

First Name : Jason

Date of Birth : December 16, 1986

Height : 1.70 m (5'7)

Weight : 65 kg (140 lbs)

Citizenship : Canada

Place of Birth : Toronto, Ontario, Canada

Language spoken: English

Occupation: Student

Team : Skyriders Trampoline

Coaches : Dave Ross

Highest difficulty performed during a training session: 18.5 pts.

Highest difficulty performed during a competition: 17.2 pts (2005 canadian national championship)

Competitive Highlights

2004:

- 10th at World Cup Series, Savognin (Nissen Cup), 66.4 pts (15.4 pt difficulty)
- 14th at World Cup Series, Moscow, 68.5 pts (15.2 pt difficulty)
- 16th at World Cup Series, Uplands Vasby
- 24th at World Cup Series, Aachen, 61.5 pts (14.8 pt difficulty)

2003:

- 34th at World Championship, Hanover, 65.7 pts (15.8 pt difficulty)
- 4th at Canadian Championship, Saskatoon

2002:

- 2nd at Canadian Championship, Red Deer

2001:

- 17th at World Age Group Games, Odense (15-17)
- 4th at Canadian Championship, Toronto

To see the 18.5 pt. routine : <http://www.playheadproductions.com/routine185.html>

This routine contains the following skills:

1/ Rudy out triffis piked	12003 <	2.0
2/ Half in half out triffis piked	12101 <	1.9
3/ Half out triffis piked	12001 <	1.8
4/ Half in randy out piked	815 <	1.8
5/ Full in randy out straight	825 /	1.9
6/ Full in 3 full out straight	826 /	2.0
7/ Full in rudy out straight	823 /	1.7
8/ Miller straight	833 /	1.8
9/ Randy out piked	805 <	1.7
10/ Ady out piked	807 <	1.9
		18.5 pt.

Links profile:

<http://www.gymcan.org/profiles/TTSRM/Burnett%20J.pdf>

<http://www.athens2004.com/fr/GymnasticsTrampolineParticipants/newParticipants?pid=1719447&biotype=Athletes&rsc=GT0000000>

<http://www.playheadproductions.com/routine185.html>