

Trampoline & Tumbling History Canadian perspective

- Court jesters did trampoline skills such as the Barani on planks of wood in medieval times. "Stage Wreckers" was the name given to the early rebound apparatus during this century. The name was developed because the tension on the cables oftentimes pulled up the stage floorboards.
- John Henderson of Kamloops BC made his own non-folding trampoline in 1931. He still has a club in BC called "Cats".
- George Nissen invented the folding trampoline, working in his garage in 1936. His mass production, sale and promotion of his device is what started the sport as we know it. In 1950, he stated Trampoline would be an Olympic Sport in 50 years.
- The first World Trampoline Championship was in 1964 in London, GB. The Championships took place on 6' x 12' trampolines with 1" web beds. Competition was run Man against Man. Dan Millman and Judy Willis of the USA were the first World Champions.
- In 1970 the first Canadian Gymnastics Federation sponsored the National Trampoline Championships (Junior and Senior levels only) in Arvada, Quebec. Nationals were held each year with artistic gymnastics until 1992. 1993 saw the first Nationals held at York University. Tumbling was first seen at Nationals in 1982 and DMT made its debut at the 1976 Nationals.
- At the 1972 Worlds, Pete Rogers of Canada won the first B Class Championship in trampoline. He still reins today, because the Junior Introductory Level for new countries was dropped. In 1974, end decks were used on Trampolines for the first time at Worlds.
- Gymnastics Canada Gymnastique began development of its Trampoline Certification Program in 1975.
- Great Britain had a very comprehensive judge, coach and athlete system, since before 1976.
- Double-mini-trampoline evolution - first they jumped from one mini to another. In 1974, they joined the two mini's.
- Double-mini was pushed by George Nissen to get more disciplines in trampoline sports, so trampoline sports could stand alone as a potential Olympic sport. Double-mini was first competed on a demonstration basis next to the 1974 World Championships in a South African Wildlife Park, with disturbances from wild pigs on the run up.
- The first tumbling competition was in 1976 at the FIT World Championships at Oral Roberts University in Tulsa, OK. The competition was held on double thickness ethafoam mats over concrete. The rules rewarded long combinations of single somersaults over a pass with a big trick.
- In 1972 Canada sent its first Trampoline Team to the World Championships in Stuttgart, GER.
- August 1978, George Nissen retires and Nissen USA stops the production of trampolines.
- Mixed Synchro Competitions were held at Nationals from 1978 to 1983. Dave Ross and Norma Lehto of Canada were the winners in 1983 and remain the undisputed champions.
- In 1979 NCCP Trampoline courses started and there are now close to 25,000 coaches who have attended certification courses.
- 1981-82 Level 2 was developed and Level 1 was rewritten and the program was requested by several countries for their use.

- In 1982 Canadian Jon Ross won the Bronze medal in Individual Men's Trampoline and Christine Tough won the Gold medal in Women's DMT.
- 1982 was the only Worlds held where an athlete had an option to compete on a web or string bed.
- In 1987 the Novice level was added to trampoline and tumbling, and in 2000 Novice was added to DMT.
- Canada hosted the 1996 World Championships in Vancouver, BC. This was the first use of a Rod floor at the Worlds. It was also the first use of Rebound Products Trampolines at Worlds.
- 1996 Men's Double Mini Team wins Team Gold medal.
- 1996 World Championships Canada best overall tumbling results. Women's Team wins Bronze with two finalists Karen Stevens (AB) 4th and Kelly Ottenbriet (AB) 5th and Carey Jones (AB) 7th, the only Canadian male tumbler to make finals at Worlds.
- At the 1998 World Championships in Australia there were 43 countries competing.
- As of 1999 FIT no longer exists as trampoline was incorporated into the FIG program.
- As of 1999 all athletes attending World Championships or World Cup must be 17 years old. For the Olympics in 2000 athletes had to be 18 years old.
- Canada's Men's Team won bronze in the Worlds Trampoline Team Event and gold in the DMT Team Event in 1999.
- Chris Mitruk and Lisa Mitruk won Gold medals in DMT at the 1999 World Championships.
- Trampoline was competed for the first time at the Olympics in September 2000. George Nissen prediction of 50 years was correct!
- 2003 World Championships Sarah Charles wins Double Mini Gold; Karen Cockburn becomes Canada's first-ever Individual Trampoline World Champion and Canada qualifies for three Olympic Trampoline spots in Athens.
- 2004 Olympic Games – Karen Cockburn wins her second Olympic medal – Silver in Athens. Heather Ross McManus and Mathieu Turgeon ranked respectively 6th and 11th.