

Welcome

Welcome to Integrity Athletics Trampoline and Tumbling competitive program. We are very excited to have your family join our team and look forward to helping your child achieve his or her goals this season. It is our mission to assist each child in reaching his or her full potential through self-discipline, hard work, and determination while in a fun and safe environment. We strive to train well rounded athletes who grow into well-grounded adults.

About Trampoline and Tumbling

The gymnastics discipline of Trampoline and Tumbling, sometimes referred to as T&T, just recently celebrated the 50th anniversary of its World Championships. T&T competition is open to both male and female competitors beginning as young as age 4. Athletes compete in Levels 1-Elite, based on their skill set. Athletes will only compete against children in the same level, gender, and age. Our national governing body for T&T is USA Gymnastics.

Trampoline and Tumbling Events

There are 4 events in Trampoline and Tumbling: Individual Trampoline, Double Mini Trampoline, Tumbling, and Synchronized Trampoline. Integrity team members will be required to compete in all 3 events until they reach level 10. At that time the athletes and coaches may choose to specialize in one or two events. Synchronized trampoline is only competed at levels 9-Elite.

Trampoline and Tumbling does not require that an athlete is the same level on all events. This allows for an athlete to progress at his or her own pace.

Trampoline: Levels 1-7 compete one compulsory routine consisting of 10 skills. All athletes at these levels will perform the same routine.

Levels 8-Elite will compete a compulsory routine as well as an optional routine. The compulsory routing is the same as the other athletes, while the optional routine allows the athlete and coaches to add more difficult skills.

Double Mini: Levels 1-7 will compete 2 compulsory passes consisting of 2 skills per pass

Levels 8-Elite will compete 2 optional routines consisting of 2 skills per pass

Tumbling: Levels 1-6 will compete 2 compulsory passes

Levels 7-Elite will compete 2 optional passes

Our Trampoline and Tumbling team is a year round program. The summer months are used to work on training new skills, perfecting existing skills, and increasing strength and flexibility. In the fall, generally September-October, we will begin constructing routines that the athletes will perform during competition. In December we will host an in-house, mobility meet. This will be used as our "dress rehearsal." All athletes will participate and will complete routines in front of a panel of judges. This gives our athletes an opportunity to see how a competition works without the added stress of new equipment, a new location, and other competitors. We will begin our regular competition season in January.

Expectations

Athlete Expectations

1. Committing to team from the beginning of summer to the end of the competition season.
2. Attending all scheduled practices, start to finish.
3. Showing respect for his or herself, other athletes, parents, coaches, judges, and volunteers while in practice and at competitions.
4. Participate in all required drills, stretching, and conditioning during practices.
5. Attend all team activities. This may include, team camps, banquets, and outings.

Parent Expectations

It is important that each athlete builds a positive relationship with the coaches on the team. Please refrain from coaching your child at home, while at the gym, or during competitions.

1. Make sure your child arrives to practices and competitions on time and prepared.
2. Communicate with the head coach when your child needs to miss practice.
3. Keep in constant communication with the head coach when your child is injured.
4. Be involved in Booster Club events and functions.
5. Attend parent meetings.
6. Showing respect for his or herself, other athletes, parents, coaches, judges, and volunteers while in practice and at competitions.
7. Follow the direction and guidelines that are provided by the trampoline and tumbling staff.

Coaches Expectation

1. Provide a safe environment for all athletes to learn.
2. Be on time to all practices and competitions.
3. Provide equal education and attentions to all students.
4. Keep consistent communication with the parents.
5. Constantly improving level of personal education by attending clinics, camps, and seminars.

Practice Attire

GIRLS	BOYS
<ul style="list-style-type: none">• Leotard• Compression shorts or no shorts• Hair pulled back, away from face• No jewelry• No headbands that may fly off• Socks or trampoline shoes	<ul style="list-style-type: none">• Compression shirt or tank, no t-shirts• Shorts, not baggy• No jewelry• Socks or trampoline shoes

Attendance and Injuries

Attendance Policy

We do take attendance on a daily basis. If your child is missing more than 20% of practices, he or she may be asked to move down levels or training groups. The coaching staff cannot ensure your child's safety, progression, or level of success if we do not have adequate opportunity to train your child.

Attendance Prior to Competitions

Your child is expected to attend 100% of practices the week before a local competition. Your child is expected to attend 100% of practices for two weeks prior to State, Regional, National, or Elite competitions.

Failure to attend may result in your child being scratched from the competition.

Injuries or Illness

If your child has to miss practice for an injury or illness, you may be asked to provide doctors documentation as to the nature of the situation. This should include when your child is able to return to training. An athlete may not be eligible to return to practice until they have written permission from a medical doctor. Likewise, if the coaches feel that an injury has been nagging in practice, we may request that your child not return to practice until they have been seen by a doctor to insure that it is safe for your child to continue training. If your child is injured and cannot train, we will expect him or her to attend a modified practice schedule in order to keep up on strength and flexibility. This will decrease the time it takes for your child to return to apparatus after released.

If your child has an ongoing illness such as diabetes, epilepsy, or any other medical condition that could affect daily training, we will need documentation stating that it is safe for your child to participate in our sport and the extent or severity of the condition. We try our best to be informed on these types of conditions in order to keep your children safe while doing what they love.

After your child returns from an injury, the return to competition is at the discretion of the coaching staff. Your child will need to demonstrate that they are fully capable of performing all required skills safely before returning to the competition floor. (ie If Janie has been out for a month and is released one week before State Championships, she will most likely not be competing in said competition.)

Taping

Taping or wrapping is permitted, but needs to be taken care of before practice. Athletes are required to provide the necessary supplies to do so.

Extended Absences

For excused absences that last a month or longer, a pro-rated tuition may be issued by Integrity upon submission of a doctor's note.

Competition Information

Level Determination

If an athlete has never competed before, he or she will begin at the level determined by the coaches. The athlete is expected to have all of the skills at the level of competition and to perform the skills at the coaches' standards. USA Gymnastics requires that all athletes hit mobility scores in order to advance levels beginning at Level 7. *Achieving a mobility score does not guarantee that an athlete will move levels.* The level determination is at the discretion of the coaching staff.

Competition Expectations

You will be responsible for having your child at the event 1 hour before his or her scheduled competition time. This will allow ample time for him or her to warm up, stretch, and be mentally prepared to compete. If your child arrives late, he or she will be scratched from the competition.

All athletes are required to stay for awards Ceremonies. No athlete is to have another team member "pick up" his or her award for them.

Athletes are to be in competition attire only during awards ceremonies. (no warm ups, no shorts, no fuzzy slippers)

For State, Regional, and National Competitions there will be a Grand March and/or Opening Ceremonies. Your child is expected to participate in these events.

Competition Readiness

If your child is unable to perform the skills required to compete at an event, the coaching staff reserves the right to scratch any athlete from a single event, or from the entire competition. Families are still responsible for all costs associated with the event, even if the child has been scratched from the event.

Competition Schedules

The coaching staff will do our best to get scheduling information for competitions to you as quickly as possible. We are at the mercy of the host team for this information. If the event is scheduled for a Saturday, please block out the entire day for the event. Please do not contact the host team directly for information for the event.

Levels 9-Elite Commitment

All athletes, level 9- Elite are required to attend State, Regional, and Nationals competitions, if so qualified. If a family commits to competing at this level, the commitment includes these competitions. Failure to register for these events will result in your child being ineligible to move to a higher level the following season.

In addition, Level 10 - Elite athletes may be requested, by invitation only, to attend the Elite Challenge. This is not a required competition, but strongly recommended.

Additional Information

Voluntary Withdrawal from Competition

If your family decides not to attend a competition that you have committed to, your family is still responsible for all costs associated with the competition.

Cubbies and Lockers

Levels 1-7 will use the cubbies nearest the trampoline for their items. All personal items are to be taken home at the end of each practice and no food or drinks are to be stored in the cubbies.

Levels 8-Elite will be assigned lockers in the locker room. The families will be responsible for signing the locker agreement, providing a lock, and providing the combination to Amber for safe keeping.

Private Lessons

Athletes may schedule private lessons with coaches to work on skills that are appropriate to the level of competition that they have been assigned to by the head coach. If an athlete "loses" a skill, a coach may request that the athlete schedule a private lesson in order to address the fear issues in a one on one environment.

Camps and Clinics

Integrity Athletics will periodically host camps and clinics for team members. We will require all team members to participate in our Summer Camp, but other camps will be voluntary. We ask that families discuss any other camps or clinics with the coaching staff before attending. Our team will support and encourage athletes to attend the National Scholarship camp in August every summer.

Disciplinary Actions

In the event that an athlete is not being respectful of the coaching staff, other team members, or behaving appropriately, the following steps may be used to address the situation. This includes, cheating on assignments given, not paying attention to instruction, and being unsafe while in the gym. Your child will be asked to repeat any assignment that they have not successfully completed before moving onto the next step.

Please remember that our athletes represent not only themselves and your family. During competitions our athletes represent the coaching staff, our team, our gym, and at times our state, region, and country. We expect our athletes to behave at the venue, in the hotel, and any time they are wearing the name INTEGRITY.

1. Athlete may be asked to sit down for an age appropriate period of time.
2. Athlete may be asked to leave practice.
3. Coaches may request parent meeting with the family.
4. Athlete may be suspended from practice and/or competition.
5. Athlete may be removed from the T&T team.
6. Athlete may be asked not to return to Integrity Athletics.

BOOSTER CLUB vs. INTEGRITY ATHLETICS

Integrity Athletics is a for profit business that will provide instruction for your child in the sport of Trampoline and Tumbling through qualified coaches in our state of the art facility. You are expected to pay tuition for these services by the first of each month. Please see the attached team payment policy.

The Integrity T&T Booster Club, named BRAGG, is a not for profit organization that is run by parent volunteers. The purpose of the Boosters is to pay for expenses related to competitions, coaching fees and expenses associated with competitions, and booster club activities such as parties and banquets. These fees may be fundraised through various activities, or paid directly to the Boosters to cover the fees associated with competition.

Your child will not be able to compete if you have not met your fund raising commitments to the booster club to cover the cost of competitions.

Your child may not be able to train if you have not paid your monthly tuition.

Blaine Wilson SportsFest

Each year the men's, women's, and T&T teams of Integrity Athletics host a joint competition known as the Blain Wilson SportsFest. Parents are expected to volunteer to help set up, tear down, and run this event. In return, parents that volunteer will benefit from the competition earnings to help offset some of the competition fees throughout the season.

2016-2017 TRAMPOLINE AND TUMBLING TEAM AGREEMENT

The Trampoline and Tumbling Team is a privilege and can be a very rewarding experience for your child. However, the team level of T&T is not for everyone. By signing this handbook, you acknowledge that you have read, understood and will abide by these expectations. Further, you have helped your child understand the expectations of being a part of Integrity Athletics' Trampoline and Tumbling Team.

Please take the time to familiarize yourself with Integrity's Team Payment Policies that can also be found on our team website. By signing this agreement below, you agree to the payment policies set forth by Integrity Athletics.

Please list all emails that you would like for correspondence for the upcoming season. Please make sure our team emails and coaches' emails are saved as contacts in your accounts and that you are receiving emails from our team accounts. If you are not receiving email correspondence, first check spam folders and then email your respective coach to ensure we have your most up to date emails on file.

CHILD'S NAME: _____

DOB: _____ **TRAINING GROUP:** _____

PARENT'S NAME: _____

EMAIL ADDRESSES: PLEASE PRINT CLEARLY

We will be using TEAM SNAP for communication beginning this season. You will get an email invitation to set up an account. This online team organizational tool will be used for you to help keep all contact information updated, register for competitions, and to keep up with practice and schedule changes.

Please return this agreement by JULY 1st 2016. If your agreement is not turned in by this date, your child will not be eligible for practices until we receive it.

X _____ X _____

Parent Signature

Athlete Signature

X _____ X _____

Parent Printed

Athlete Printed

