



# **Integrity TnT Team Handbook**

**2023/2024**

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# 1. Welcome to Integrity TnT Team

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-rounded adults.

## **About Trampoline and Tumbling**

The gymnastics discipline of Trampoline and Tumbling is sometimes referred to as T&T. 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. Athletes 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 be at 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 routine 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 two compulsory passes consisting of 2 skills per pass.

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

### *Tumbling:*

-Levels 1-7 will compete two compulsory passes.

-Levels 8-Elite will compete two optional passes.

## **Yearly Breakdown**

Our Trampoline and Tumbling Team is a year-round program.

*Summer:* Athletes train new skills, perfect existing skills, and increase strength and flexibility.

*Fall* (Generally, September-October): Coaches will begin constructing routines that the athletes will perform during competition.

### *Winter-Spring:*

-December- we will host an in-house, mobility meet. This will be used as our “dress rehearsal.” All athletes will participate and compete 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.

-January- Regular competition season begins.

-May-July- Competition season ends.

## 2. Integrity Rules & Policies

Integrity TnT Team is built on a culture of respect, hard work, and positivity. For this culture to be established and maintained, the athletes and parents must conform to the expectations of the team, the coaches, and the gym. Integrity will not tolerate athletes or parents who, by their words or actions, do not support the policies and values of our team program.

### Athlete Expectations:

- Committing to team from the beginning of summer to the end of the competition season.
- We expect the athletes to act with respect, integrity and good sportsmanship
- Good attendance is essential to the success of the athlete. Attend all scheduled practices, competitions, and team events.
- To maximize our efficiency in our training and avoid disruptions to the class, it is essential that the gymnast arrives to the gym floor on time. This includes at the beginning of workouts as well as rotating to events.
- The gymnast is responsible for all assignments provided by the coaches. This includes skill-based or conditioning-based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and most importantly yourself and will not be tolerated.
- Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.
- Attend each practice with intent and positivity. The gymnast must have goals and be mentally and physically ready each practice to work towards achieving these. Not all days will be perfect, and the athlete will become frustrated. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated.
- *Social Media:* Athletes will not participate in defamatory language or actions towards Integrity Athletics, Coaches, or other athletes.

### Parent Expectations

- Be your child's biggest supporter mentally. Show your child unconditional love and encouragement. Physically, make sure your child is well-nourished, hydrated, and well-rested for each practice.
- **Please contact your child's coach with any concerns.** We are here to serve your child and your questions and concerns are important to us. We will try to find a solution to anything that may be bothering you. Complaining to other parents cannot solve your problem, and we cannot either if we are unaware of them.
- Please do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. Please set up such meetings via email or leave a message with the front desk.
- The athlete is a student first. There will be times that the athlete must miss practice due to a large school workload or school event. Please communicate with us if any such conflict arises via email.
- The parent can have the most difficult role in the gymnast's career. The parent has very little control over the performance of the athlete, yet at the same time has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parent which in turn leads to negative behaviors. Please do not lose sight of the important role that parents have which is to provide positive support to their child in all situations.
- Please do not coach your child while at the gym or at home. All gymnasts will progress at their own rate, it is our job as coaches to monitor and further help this progression in the gym. If you are interested in how to help your athlete at home, ask your coaches and we will provide non-skills-related tasks.
- If you feel your child is not progressing, please do not hesitate to set up a meeting with your child's coach. Hopefully, we can help you better understand our position and intentions for your child.
- *Social Media:* Parents will not participate in defamatory language or actions towards Integrity Athletics, Coaches, or athletes.

### Disciplinary Actions

The development of the coach/gymnast relationship is vital to the success of the athlete. We will attempt to build our own relationship with our athletes based on time shared in the gym. We will work to solve any discipline problems within the framework of this relationship. In the instance we need the parent's help to overcome a challenge that is too much for us to accomplish on our own, we will contact you.

The following actions may be taken in the case of disruptive/negative behaviors:

- The gymnast may be asked to sit out of a certain event or time frame and watch
- The gymnast may be asked to contact their parents and leave practice early
- The coach may request a meeting with the parent
- The gymnast may be suspended from a practice

**Specific Behaviors that will NOT be tolerated:**

*Athlete to Athlete Altercations* - If an athlete is found bullying (physical/verbal harm) or creating an undesirable environment to train in. This includes Social Media posts.

*Athlete to Coach Altercations* - If an athlete is found to be using disrespectful language or actions towards coaches or other authority figures. This includes Social Media posts.

*Parent to Coach/Adult/Athlete Altercations* - If a parent is found to be using disrespectful language or actions towards coaches, other parents, or other athletes. This includes Social Media posts.

**\*\* If Athletes and/or Parents consistently display behaviors that do not align with Integrity’s mission and values, they may be asked to leave the Integrity Team Program.**

**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**

<b>Girls</b>	<b>Boys</b>
-Leotard -Compression shorts or no shorts Hair pulled back away from face -No jewelry -No headbands that may fly off -Socks or trampoline shoes	-Compression shirt, tank, or t-shirts -Shorts, not baggy -No jewelry -Socks or trampoline shoes

**Attendance Policy**

We do take attendance daily. 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.

**Injuries or Illness**

- If your child will be missing practice for an extended amount of time due to an injury or illness, we will ask you to provide a doctor’s note.
- An athlete is not eligible to return to practice until they have written permission from a medical doctor.
- If your child is injured, we will expect him or her to attend a modified practice schedule with guidance from a physician in order to retain 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, asthma, 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.

### **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. If your athlete needs to be taped and you do not provide the equipment to do so, your account will be billed for the roll of tape.

## **3. Competition Rules & Policies**

### **Level Determination**

If an athlete has never competed before, he or she will begin at the level determined by the coaches. To compete at a certain level, the athletes are expected to be able to perform, to the coach's standards, all the skills at that level of competition.

USA Gymnastics requires that all athletes hit specific mobility scores to advance levels beginning at Level 8. Achieving a mobility score does not guarantee that an athlete will move levels. The level determination is at the discretion of the coaching staff.

### **Attendance Prior to Competitions and Return from Injury**

-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.

-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.)

### **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.

-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.

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

### **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.

-If your athlete needs to touch (salute only) in order to maintain eligibility at their level, the coaches will communicate that as soon as possible.

### **Competition Schedules**

-As soon as the coaching staff receives a competition schedule it is passed on to families. Typically, this happens 2-3 weeks before the competition weekend.

-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 about the event.

### **Levels 9-Elite Commitment**

All athletes, level 8- 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 8 - Elite athletes may be requested, by invitation only, to attend the Elite Challenge and Winter Classic.

### **Cubbies and Lockers**

-Athletes 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.

### **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 by the head coach. If an athlete “looses” 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.

## **4. Financial Obligations**

There are three types of Financial Obligations required by Integrity TnT Team members.

- 1) Tuition
- 2) Apparel, equipment, and other applicable membership fees
- 3) Competition Fees

### **Team Payment Policies**

#### **1) Tuition**

Team tuition is paid monthly and is due by the 1st of each month.

**- If your account balance is overdue more than 30 days your athlete will not be allowed to attend practices until the account is brought current.**

**- A late fee of \$30 will be added to your account if tuition is not paid in full by the 7<sup>th</sup> of the month.**

- Integrity reserves the right to require automatic payments for any family that is late on payments twice within the same Competitive Season (June – May).

- Integrity reserves the right to automatically run any overdue charges on accounts (unless prior arrangements have been made.) This includes but is not limited to tuition, competition fees, apparel fees.

**Absences:** Team tuition is based on a 12 month, 4 week schedule. This covers 48 weeks out of the year. This allows for missed days due to camps, clinics, gym closures, holidays, and sick/vacation days. There are NO make-ups for any team program. We apologize for any inconveniences this may cause, but we have numerous athletes to cycle through each day of the week. We will work to accommodate any extreme cases. Please contact the billing director in the case of an extended, non-injury-related leave. Billing@integritygym.com.

*\*\*We will not pro-rate any tuition due to missed classes. We have a set number of athletes at each level and therefore must staff these levels properly. If you commit to a given team level, you are responsible for that monthly tuition regardless of any other conflicts.*

<b>Trampoline and Tumbling Team</b>		
<b>2023-24 Tuition</b>		
<b>Level</b>	<b>Hours/Wk</b>	<b>Monthly</b>
Hot Tots	2	\$195.00
Minis	4	\$227.00
Group 2	6	\$275.00
Group 3	9.5	\$315.00
Group 4	10.5	\$325.00
Group 5	11	\$330.00
Group 6	11.5	\$335.00

**Injury Tuition Adjustment:** In the case that an athlete is injured and is restricted by a doctor or a physical therapist, the gym and coaches will adjust tuition based on their restrictions. In most cases, injured athletes can continue to train in a modified capacity, and we encourage them to do so. We REQUIRE a written note of release from a medical professional for an athlete to return to workouts without any restrictions.

**Covid-19 Closure:** In the event the gym or an individual program is forced to close due to Covid-19 restrictions, tuition credit will be offered for the remainder of the affected month.

**Withdrawing from the Team Program:** If a situation arises in which an athlete must withdraw from the team program, we require written notice provided to the program director and your head coach by the 24<sup>th</sup> of the month.

**-Any tuition collected up to the end of the final training month will be forfeited, unless in the case of injury, in which case we will require a physician's note.**

## 2) Apparel, and Other Fees Obligation

### **Apparel:**

Each family is responsible for the apparel that the program will use for the given year. Each year is different, and the program director will disseminate the appropriate fees for the year's apparel when it is picked out.

### **USAG Membership Fee:**

Each competitive athlete must be a member of USAG gymnastics and re-register online yearly.

- Annual membership due August 1<sup>st</sup> each year and is approximately \$70.

## 3) Competition Fees

Yearly competition fees include Meet Entry Fee, Coaches Fees, Banquet Fee, and other costs associated with competitions.

-Fees are calculated for the year and broken into equal monthly payments that are charged in addition to monthly tuition from approximately August- April.

-Yearly costs are estimated based on the previous 3 seasons and reflect the number of meets each level attends and coaches attending meets.

-*Meet Entry Fees:* Costs associated with entry into each competition. Meet entry price is set directly by the host gym of each meet. Refunds are only given if the athlete scratches (informs coaches of non-participation) before the refund deadline set by the host gym. Unfortunately, Integrity does not receive a refund for late scratches due to injury, illness, or other events so we, in turn, cannot refund families.

- *Coaches Fees:* Cost associated with sending coaches to competitions. Hotel, mileage, session fees. Athletes will be refunded their portion of the coaches fees for missed required competitions.

-Each level will have a specific number of required competitions. If the athlete attends more than the required number, they will be charged the additional associated competition fees.

-At the end of each season, each family's Competition Fees will be adjusted to reflect additional meets attended, missed competitions, earned credits, etc.

-**No adjustments to Competition Fee accounts will be made until the end of the competition season.**

-**After November 1st, no refunds of Competition Fees already paid will be given. Families will still be responsible for any additional meet entry fees Integrity has paid that are not covered by previous payments.**

### **Volunteer Requirements:**

Families are required to **work a specific number of sessions per athlete\*** at one of our hosted competitions.

*Please note you may need to volunteer for a spot in a different discipline or in a session your athlete is not competing.*

### **TnT Club Team/HUGS:**

*-1 Session Per Athlete*

-Required Competition: Arnold SportsFest- March 1<sup>st</sup>-3<sup>rd</sup>

### **TnT Team:**

*-3 Sessions Per Athlete*

-Required Competition: Arnold SportsFest- March 1<sup>st</sup>-3<sup>rd</sup>

### *Compensation:*

-Families will be credited \$35 per session worked. This will be applied to the yearly competition fees.

- If Families do not meet the above requirements, they will be charged an additional \$50 per session not worked.

**\*Volunteer Requirements are per athlete, not per family. Ex) If a family has 2 athletes on a team, they would be required to work 8 sessions.**

### ***Fundraising:***

Families can earn additional credits by working any of the Integrity-hosted competitions throughout the year.



*Girls with Grit- November 14<sup>th</sup>, 2023*

*Blaine Wilson Sports Fest (BWSF) -February 15<sup>th</sup>-18<sup>th</sup>, 2024*

*Xcel State Meet- April 5-7, 2024*

Information regarding volunteer times and duties available will be sent out closer to each competition.