



# **Integrity TnT Club/HUGS Team Handbook**

**2024/2025**

## Welcome!

Welcome to Integrity Athletics' Trampoline and Tumbling Club Team 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 may grow into well-grounded adults.

### About Trampoline and Tumbling:

The gymnastics discipline of Trampoline and Tumbling, otherwise referred to as T&T, recently celebrated the 54th anniversary of its World Championships. Our national governing body for T&T is USA Gymnastics. There are four events and athletes compete in Levels 1-Elite, based on their skill set. Athletes will only compete against children of the same level, gender, and age. T&T competition is open to both male and female competitors beginning as young as age four.

### Trampoline and Tumbling Events:

There are four events in Trampoline and Tumbling: Individual Trampoline, Double Mini Trampoline, Tumbling, and Synchronized Trampoline. Integrity club team members will be required to compete in all three 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, which allows for an athlete to progress at his or her own pace.

#### Trampoline:

- Levels 1-7 will 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 showcase more difficult skills.

#### Double Mini:

- Levels 1-7 will compete two compulsory routines 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

## Expectations

### Athlete Expectations:

1. Committing to the team from the first week of October to the end of April.
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.

### Practice Attire:

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

## **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 at 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 if your child is injured.
4. Showing respect for his or herself, other athletes, parents, coaches, judges, and volunteers while in practice and at competitions.
5. Follow the directions 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 attention to all students.
4. Keep consistent communication with the parents.
5. Constantly improving the level of personal education by attending clinics, camps, and seminars.

## **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
- If behaviors do not improve, athletes may be removed from the club team and returned to recreational classes

## **Attendance and Injuries**

### **Attendance Policy:**

We do take attendance on a daily basis. If your child is missing 50% of practices, he or she may be asked to move back into a recreational class. The coaching staff cannot ensure your child's safety, progression, or level of success if we do not have adequate opportunities to train your child. *Your child is expected to attend 100% of practices the week before a 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 ensure 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 still attend practice in order to keep up on strength and flexibility. This will decrease the time it takes for your child to return to the apparatus after release.

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. We try our best to be informed on these types of conditions in order to keep your children safe while doing what they love.

## **Competition Information**

### **Competition Expectations:**

You will be responsible for having your child at the event one 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 during awards ceremonies; this means no warm ups, no shorts, no fuzzy slippers, etc.

### **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.

## **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:**

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 Lesson:**

Athletes may schedule private lessons with coaches to work on skills that are appropriate to their level of competition. 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 encourage all team members to participate in any in-house clinics, 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, and 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 inconvenience 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>
Club team	2	\$210.00

**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.

**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. Integrity Athletics aggregates these costs across the entire season and is then assigned per group based on the number of mandatory competitions scheduled for that group. This approach allows us to distribute the financial burden equitably among all participants and ensure that the cost of participation remains manageable for every athlete.

-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 mandatory 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. For any missed competitions, athletes will be refunded a set portion of the coaches fees to be determined yearly.

-**Administrative fees:** Non-refundable costs associated with season management.

-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. Families may choose to work at any of the Integrity Hosted Competitions this season.

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

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

*-1 Volunteer Slot Per Athlete\**

**\*Volunteer Requirements are per athlete, not per family.**

### *Compensation:*

-Families will be credited \$35 per volunteer slot 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 slot not worked.

### *Fundraising:*

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

*Girls with Grit- November 15<sup>th</sup> -17<sup>th</sup>, 2024*

*Blaine Wilson Sports Fest (BWSF) -February 14<sup>th</sup>-16<sup>th</sup>, 2025*

*Arnold Sports Festival-February 28<sup>th</sup>-March 2<sup>nd</sup>, 2025*

*Compulsory State Meet- April 2025*

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