



Gymnastics Handbook 2026-2027

TNT's Mission Statement

Unlocking potential through movement

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SECTION 1: TNT KID'S FITNESS OVERVIEW

TNT KID'S FITNESS & GYMNASTICS

TNT is a 501(c)(3) non-profit organization established in 2005 working to unlock potential through movement for individuals of all abilities. TNT offers a variety of programs including: gymnastics, ninja classes, special needs programming, birthdays, special events, Parkinson's Performance Boxing, and a licensed school age childcare program

TERMS

The following terms will be used in this document to describe the following

- TNT: refers to TNT Kid's Fitness & Gymnastics
- Competitive Program: refers to all programs at TNT that are a team program: includes both Development Program and Xcel
- Development Program: refers to women's levels 3-10
- Xcel: refers to the Xcel Bronze, Silver, Gold, Diamond, & Platinum teams
- Athletes: refers to a child participating in a team program
- Coach: refers to an employee at TNT that works with athletes. Used in place of employee, educator, etc
- Parent: refers to the parent and/ or guardian of an athlete
- USAG: USA Gymnastics

TNT CONTACT INFORMATION

- 2800 Main Ave. Fargo, ND 58103
 - Customer Service Phone: 701-365-8868
 - Website: tntkidsfitness.org
 - Customer service email: kidscomefirst@tntkidsfitness.org
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SECTION 2: Athlete Responsibility

Being a member of TNT's Competitive Program is a privilege. Your athlete earned a spot on the team through hard work and dedication. Gymnastics encourages athletes to challenge themselves to take risks, stretch their inner resources, and conquer fears. It teaches athletes to accept failures and the value of sustained effort, to achieve excellence and the concrete rewards of relentless efforts. When you give 100% effort and mix it with drive and determination, you set yourself up for success in life.

Athlete Responsibilities

TNT utilizes a "**Be Someone**" Philosophy & Code of Conduct:

- **Be active:** Be "present" at practice, intentional in your efforts and hardworking during your time at the gym.
- **Be safe:** Be focused during your work and encourage your teammates to do the same – take smart, efficient turns and focus on making corrections and utilizing proper technique.
- **Be respectful:** Respect yourself and those around you. Time spent at TNT is a privilege for you and for your teammates – make sure you are making every effort to utilize it wisely. Respect your body by fueling, resting and maintaining it to be at its best for you and your work in the gym.
- **Be responsible:** Be accountable for your efforts inside and outside of the gym. Take your assignments seriously and follow circuits properly and as intended. The rate of your progress and the level of your accomplishments are a direct result of the work you put in. The choice is yours.

Disciplinary Procedure

TNT fosters a positive and structured environment that encourages learning. **These procedures relate to attitude and behavior, not form or skill acquisition problems such as balking.** We categorize behavior that hinders this environment into the following levels:

Level 1: Affect only the individual.

Level 2: Affect the individual and a select group of others.

Level 3: Affect the individual and their entire training group.

Level 4: Threaten the safety of the individual, other athletes, or TNT Staff.

For levels 1-3 offenses, we use the following steps to maintain a positive learning environment:

1. A verbal reprimand or alternative assignment will take place.
2. Athlete removed from the group or workout.
3. A conference with the athlete and parent takes place to find a solution that is best for all involved, including the team.
4. If solutions fail to curb behavior, TNT reserves the right to dismiss the athlete from the Competitive program.

Level 4 offenses result in immediate removal from TNT and require a parent conference before the athlete returns to the team.

Parental Responsibilities:

Gymnastics is difficult, trying, exhilarating, exciting, and beneficial far beyond what we can see. Congratulations on taking the first steps with your child down this road to success. As the USAG national slogan says, **"Begin Here. Go Anywhere."**

Financial Obligations

All fees must be current. Parents are required to set up automatic payment with the business office before participating in team programming. In the event an account becomes delinquent, a removal from practice or meets will occur until the fees are paid. Any account, more than 30 days overdue, with no payment or communication to the business office receives a collection notification. Subsequently, any account, which goes more than 60 days, with no payment or communication to the business office turns over to collections.

Family Contact Information

Parents are expected to attend parent meetings to have an open form of communication about upcoming events. Please make sure that your email address and phone number is current on your iClassPro account, so that you can receive updated information.

Coach/Athlete/Parent Relationship and Responsibilities (C/A/P)

As a C/A/P team, we work together to create a positive experience for everyone. Together we encourage and motivate our athletes to strive to improve every day. We learn and grow from the success or failures they encounter. All athletes experience ups and downs of year round training, so please communicate with your coaches through a scheduled meeting, an email or a phone call as soon as a problem arises.

SECTION 3: Policies & Procedures

Time Commitment/Attendance Policy

We encourage well-rounded, multi-sport athletes and take into consideration gym time missed for other activities. However, competitive gymnastics is unique from most other sports in that it is a year-round commitment. In order to safely ensure skill maintenance, progression, strength, and flexibility; it is strongly recommended that athletes attend 85% of all scheduled practices.

Gym Etiquette

The viewing area is reserved for recreational classes. TNT competitive practices are drop-off/ pick-up. Parents are not allowed in the gym area unless escorted by a TNT employee. If you need to contact a coach or your athlete, please check in with the Customer Service Team and they will assist you.

TNT Hosted Gymnastics Meets

All competitive families are expected to assist during gymnastics meets that TNT may host. This is a requirement to your membership with TNT. Annually TNT hosts the Winter Challenge, a women's competition during the last week in January. Each competitive family will receive a finalized schedule 1-2 weeks prior to the hosted meet. Please remember that this event is for the benefit of the athlete. Your commitment is valued.

Nutrition

TNT's Wellness Policy adheres to the most updated USDA guidelines and supports healthy food choices. For practices that are more than three hours, there will be a 5-10 minute rest period for a quick snack and energy boost. Only nutritionally sound foods are allowed during this time. Please see the healthy athlete nutrition reference guidelines provided by Essentia Health. This reference is available on our website on our team page and under forms.

Team Uniforms

Uniforms are required for each competitive athlete and vary by level. The cost and upkeep of the uniform is the responsibility of the parent. Competitive level athletes are required to be in the competitive attire from the time they enter the competition site to the time awards are completed. TNT coaches measure each athlete and order the appropriate apparel. TNT keeps uniforms for a minimum of two seasons. All athletes are required to have hair pulled back and out of their face at practice and meets. Jewelry is not permitted.

Conferences/Mobility

Conferences for Development Program athletes are held twice a year (pre-season / end of season) to discuss athlete's progress and **potential mobility**. Conferences for Xcel athletes are held in April. Additional conferences may be scheduled any time to address concerns. Mobility is determined by TNT Level Specific Mobility Standards and mobility is

discussed with C/A/P at conferences. Please remember that moving up is not guaranteed and is based on the athlete's ability and skill acquisition after being assessed her coaches.

Make-Up Policy

There are no make-ups at the team levels for personal reasons. Inclement weather make-up practices may be scheduled after two consecutively cancelled practices.

Competitive Program Communications

TNT's Competitive Teams have an open and direct communication policy. Please contact your athlete's specific coach for day to day concerns or updates. Please contact the Competitive Gymnastics Manager regarding all other concerns. If an after practice ride is going to show up late, please contact our Customer Service Team.

Competitive Program Coach Directory

Kelly Brost:	kellyb@tntkidsfitness.org	(701) 551-5009
Dymon Christensen	Dymon@tntkidsfitness.org	(701) 551-5000
Gracie Cole	gracie@tntkidsfitness.org	(701) 551-5000
Roxy Dobbs	roxy@tntkidsfitness.org	(701) 551-5000
Leslie Frie:	leslie@tntkidsfitness.org	(701) 551-5020
Patty Frosenke-Twigg	patty@tntkidsfitness.org	(701) 551-5000
Ashlee Hilliard:	ashlee@tntkidsfitness.org	(701) 551-5008
Danielle Holte:	danielle@tntkidsfitness.org	(701) 551-5010
Marina Peterson:	marina@tntkidsfitness.org	(701) 551-5000
Kylie Schramm:	kylie@tntkidsfitness.org	(701) 551-5000
Alyssa Stokke:	alyssa@tntkidsfitness.org	(701) 551-5000
Lauren Sekely:	lauren@tntkidsfitness.org	(701) 551-5000

Outside Gymnastics Training Policy

Athletes enrolled in TNT's competitive program are expected to complete their regular gymnastics training at TNT. Athletes may not enroll in or regularly participate in gymnastics classes, team practices, private lessons, or other ongoing gymnastics training at another facility without prior approval from TNT's Competitive Program Manager. This policy helps ensure consistency in coaching, skill progressions, technique, training expectations, and athlete safety.

Camps & Clinics

Team athletes are welcome to attend gymnastics camps, clinics, open gyms at other gyms. Families are encouraged to communicate with their TNT coach or the Competitive Program Manager when attending outside training opportunities, particularly when athletes will be working on new skills or missing practice at TNT.

Special Circumstances

TNT understands that there may be circumstances in which an athlete needs to train at another facility for an extended period of time, such as spending part of the summer in another community. These situations may be permitted with prior approval from the Competitive Program Manager. Families should discuss the situation with TNT in advance so an appropriate training plan can be established.

Exceptions to this policy must be approved in advance by the Competitive Program Manager.

Voluntary Termination

If an athlete decides they no longer want to participate in the competitive program, the parent must submit a drop form through the TNT website. The drop form is located at tntkidsfitness.org, "Forms", "Membership Drop Form". Any tuition collected up to the point of notice will be forfeited, unless in the case of an injury, in which case a physician's note is required.

Forms must be completed by the last day of the previous month to cancel the auto-withdrawal for the next month, or you will be responsible to pay.

Non-Contact Weeks/ Modified Practice Weeks

There will be 1 scheduled non-contact week during the calendar year. This is the first week of school in August, following the West Fargo School District's calendar. There will be modified practices during the week of July 4th, the week of Thanksgiving, and the days between December 23rd and December 31st. TNT reserves the right to cancel or modify practices based on meet schedules and unique events.

In addition to non-contact weeks, TNT recognizes the efforts and stamina it takes to be a competitive athlete. Each athlete has an optional week they can take based on the level they are competing in, culminating their season. Compulsory athletes, the week after state. All Women's Xcel levels, the week after Regionals. Women's DP levels 6-10 the week following DP National Championships.

SECTION 4: HEALTH & SAFETY

Staff Certifications & Athlete Safety Protocols

TNT is committed to ensuring a safe environment for all athletes. All TNT staff who work directly with athletes are required to maintain current certifications and training, including the following:

Concussion Awareness Training

All TNT staff are required to complete concussion awareness training at least once every two years. TNT maintains a Concussion Awareness Program as part of our safety policy. Families must review the concussion protocol in this handbook and understand the risks associated with head injuries in sports. A doctor's clearance is required before an athlete may return to practice or competition following any suspected or confirmed concussion.

SafeSport Training

TNT follows the standards of the U.S. Center for SafeSport. All TNT professional members complete SafeSport training, which includes education in abuse prevention, athlete protection, and safe boundaries. This training is renewed every year and is a condition of staff membership in USA Gymnastics. Families may review the SafeSport policy at www.uscenterforsafesport.org.

First Aid & CPR Certification

All TNT coaches are certified in CPR and First Aid and renew their certifications every two years. In the event of injury or emergency, TNT staff will respond within their training and contact emergency services if the situation exceeds their qualifications.

USA Gymnastics Professional Membership

All TNT coaches hold professional memberships with USA Gymnastics, which includes background checks, safety certification, and regular renewal of education and compliance training. This ensures that TNT coaches meet the standards set by our national governing body for youth safety and sports development.

Coaching/Spotting

TNT coaches develop confident, independent athletes using strength, flexibility, drills, and proper progressions. Hands-on training is used to shape technique and build confidence—not to substitute for readiness. If an athlete cannot safely perform a skill independently in practice, they will not be allowed to compete that skill at a meet. This standard prioritizes safety and supports long-term athlete development. In line with our Concussion Awareness Policy, any suspected head injury will result in immediate removal from training or competition. A doctor's clearance is required before returning. Athlete safety always comes first.

Liability Coverage & Insurance

TNT holds liability & accident medical coverage through Snyder Insurance. If an injury occurs at practice, a TNT employee fills out an accident report, provides one copy to the guardian, and keep the original for TNT's records. Any medical expenses first process

through the individual's insurance company. Any remaining expenses for the claim, the individual pays up to a \$100 deductible and the remainder processes through TNT's insurance. Injuries that occur at a meet are handled through USAG.

Accidents, Injuries, and Emergency Care

TNT requires coaches to be certified in both CDC's HEADS UP to Youth Sports Concussion training and First-Aid/CPR training and renew every two years. In an event of an injury, employees provide immediate care. In the event an injury supersedes employee's training, the parent/guardian and/or 911 is called. If the parent/guardian does not answer, TNT calls the emergency contact listed on the registration form. TNT employees do not transport injured individual to obtain care at another facility. Serious injuries require written athlete clearance from a health care provider before re-entering practice or a competition. To help prevent re-injury, the athlete completes a roughly 6 week return to fitness regimen before resuming normal practice.

Ill Athlete

Illness policy strictly enforced

Athletes with a fever of 100.4 or above are required to stay home from practice until fever free (without medication) for 24 hours.

If your child becomes ill or displays flu like symptoms while at TNT, TNT calls the child's parent/guardian and ask for the child to be picked up.

Mandated Reporting

All TNT employees are 'Mandated Reporters'. If a TNT employee has reasonable suspicion of abuse of a child, they make a good faith report and call Cass County Social Services Family Services Division Intake Unit or complete the Child Abuse Neglect Form.

Closures

TNT reserves the right to reduce, suspend, or close programs due to weather concerns, facility damage, or other emergency conditions that prevent normal operations. The decision to reduce, suspend, or close programs for emergency reasons, disruptive actions, or health risks comes from the Executive Team.

SECTION 5: TNT COMPETITIVE GYMNASTICS

TNT's Competitive Team is composed of the Women's Development Program and Women's Xcel Program.

TNT Women's Program

Developmental Program

TNT's Developmental Program is comprised of four groups: Profile 1, Profile 2, Level 1, and Level 2. The Developmental Teams are **non-competitive**, achievement-based groups focused on proper skill, technique, and shape development for progression into the competitive levels. Participation in our development program is not required to advance to the competitive levels, nor does it guarantee mobility to the competitive levels.

Fast Track Program

- 1. TOPS:** Talent search and educational program for athletes ages 8-10 and their coaches. Athletes are identified based on physical abilities, cognitive maturity, and gymnastics skill set. Athletes must meet or exceed all current program expectations to be considered for TOPS

Compulsory Program

TNT's Compulsory Program is comprised of three levels: Level 3, Level 4, and Level 5. The Compulsory-level athletes train and compete routines designed by USA Gymnastics to build upon the foundation of skills and techniques learned in the developmental levels as well as prepare the athletes for optional level competition. Athletes in TNT's Compulsory Program compete within North Dakota as well as in surrounding states with their season culminating at the State Championship Meet.

Optional Program

TNT's Optional Program is comprised of five levels: Level 6, Level 7, Level 8, Level 9, and Level 10. The Optional-level athletes train and compete routines designed specifically for them following the guidelines and requirements set by USA Gymnastics. Athletes in TNT's Optional Program compete throughout the state, region, and nation with their seasons culminating at three different meets: Region 4 Championships (Levels 6, 7, & 8), Westerns Championship (Level 9), and National Championships (Levels 9 & 10).

Xcel Program

TNT's Xcel Team is an alternative to the Development program. Xcel offers individual flexibility to athletes with varying abilities and commitment levels and allows them the opportunity to experience a rewarding competitive gymnastics experience. TNT's Xcel Program is comprised of five divisions: Bronze, Silver, Gold, Platinum, and Diamond. Xcel athletes train and compete routines designed specifically for them following the requirements set by the USA Gymnastics Xcel Code of Points. Xcel athletes compete within North Dakota as well as in surrounding states with their season culminating at the State or Regional Championship Meet.

SECTION 6: Competition Rules

Gymnastics meets are typically held at gymnastics clubs and/or public facilities. Most competitions are held on weekends, including Fridays, between November and May. Meet information will be distributed to families immediately upon coaches' receiving of it. Meet attendance requirements vary per specific competition level.

Requirements for competitions:

- Athletes must arrive to the competition site at least 15 minutes prior to the start of general stretch.
- Athletes are allowed to have one small snack that should remain in their gym bag during the competition. They will be allowed to eat at the meet site only when given permission by their coach, so plan meals accordingly and appropriately. They should have a water bottle with them filled only with water, and stored in a zip lock bag to avoid spilling.
- Athletes are to remain with the team at all times. There are no exceptions to this rule.
- Athletes are expected to compete all-around at competitions. In the event that an athlete cannot safely execute all of the required skills in a routine, he or she will not compete on that particular event. Athletes will not be spotted on skills during a competition, and will have to scratch the event if they cannot perform the skills in warm-up. While rare, this does occur, and is enforced for the safety of your athlete.
- Athletes expressing negative attitudes, emotions, or comments prior to the competition will be removed from the meet.
- Parents are not allowed to contact the athlete during warm-ups, competition, or during the awards ceremony. Athletes will return to their families upon the completion of awards.
- **Parents, under no circumstances, will contact a meet host.** Any questions regarding a specific meet (schedule, session, refund, etc.) should be directed to your coach.

Travel Meets

Some competitive athletes are expected to leave the state (and region) for competitions. Parents should plan to travel with their athlete(s) or arrange for their athlete(s) to travel with another family and notify the competitive coaches of their arrangements. This would also apply to "fly" meets that may be scheduled. Fly meets are typically for optional levels only. Parents and athletes are welcome to coordinate travel plans with the competitive coaches. TNT releases flight numbers and hotel information of TNT staff, but does not make travel or lodging arrangements for athletes or families. Parents are responsible for ensuring arrangements are made.

Routine Choreography

Women's optional level athletes are required to have tailor made routines on both the Balance Beam and Floor Exercise. Floor music selection and routine choreography will be arranged and approved by the coaches. **Athletes/families are responsible for any fees and or expenses incurred, generally \$200 and up for floor routine choreography, \$75 for music, and \$75 and up for beam choreography.**

Xcel Athletes: Athletes pay a \$25 yearly fee for choreography. Platinum and Diamond athletes may opt out if they purchase their own music and choreographer.

Outside Choreographer Policy:

TNT will provide families with a list of approved/accredited choreographers who are familiar with the requirements of the competitive program. Athletes may choose to use a choreographer outside of this list; however, it is the athlete/family's responsibility to ensure the routine meets all applicable requirements of the current Code of Points for USAG.

The Competitive Program Manager has final approval of all routines and may require changes if a routine does not meet competitive requirements. If an outside choreographer is used, TNT and the Competitive Program Manager are not responsible for providing the choreographer with the Code of Points, routine requirements, or other technical materials. Any costs associated with necessary changes or additional choreography are the responsibility of the athlete/family.

TNT will make reasonable efforts to accommodate gym space for an outside choreographer to teach or work on an athlete's routine. Gym space and scheduling are not guaranteed and must be approved in advance by the Competitive Program Manager. Depending on the space, time, and staffing required, a facility or gym use fee may apply and will be communicated to the family prior to scheduling.

Grips and Tiger Paws

As gymnasts progress in skill level, grips and wrist guards are necessary. We try to keep them on hand and sell them at cost, between \$65 and \$85 per pair. We recommend all gymnasts have two pair of grips at all times once the coach determines that they are ready to wear them.

SECTION 7: Tuition and Additional Fees

Tuition payment

Monthly payments are withdrawn from either a checking account or credit/debit card each month on the 1st (or the following business day if the 1st falls on a weekend). Every athlete is required to have an account to be debited each month for tuition costs. The account holder shall provide written authorization to TNT Kid's Fitness to debit the account each month on the 1st for tuition.

If tuition payment is rejected, the account must be brought current by the 15th of the month or the athlete will be held out of practice and potentially withdrawn from participating in a meet.

Competitive Program Fees

Tuition: Fees are based on a set yearly tuition. Monthly payment varies by amount of practice hours and occurs on a sliding scale, more hours = less money per hour. **The Competitive Programs are a year-round commitment and competitive program families are expected to maintain monthly enrollment.**

All Competitive and Development Program Athletes:

1. **TNT Registration Insurance Fee:** \$55 per year, due & paid with September 1st Auto-payment.

All Competitive and Development Program Athletes:

1. Development Program Athletes and Women's Level 3-10 USAG Annual Membership Fee:

- \$75
- \$27 for first time athletes

This fee covers the athlete's membership that is set and required to compete in sanctioned USA Gymnastics competitions. USAG will email each family a link to register and pay online.

2. North Dakota USAG Annual Membership Fee (Amount subject to change):

- Women's \$21
- Xcel \$21

This fee covers the athlete's membership that is set and required by the North Dakota State Administrative committee and may change from year to year. North Dakota USAG Annual Memberships are due September 1st of each year.

3. **Meet Fees:** Athletes are required to attend all scheduled meets. Payments will be processed in conjunction with monthly tuition payments.
 - **Xcel:** Must submit meet RSVP by due date or your athlete will be registered for all scheduled meets.

Travel Fee

Travel fees are collected per athlete per month for the duration of the competitive season, November – April (6 months). Travel fees are non-refundable and are a season-long commitment regardless of injury or withdrawal from the program.

Competition Meet Entry Fees (Development Program & Xcel Athletes)

Competition entry fees are set by the host gym and vary from meet to meet. The prices range from \$60 – \$200 per competition.

All meet entry fees:

- Are due by the dates specified.
- Will be processed on the due date through the auto-payment system
- If not paid in full by the due date, will result in the athlete not being entered with their team into the respective meet.
- Are to be considered non-refundable. In the event of an injury, the meet host may deem some entry fees refundable (with Dr.'s Note) at their discretion.

Mini Meet & Annual Banquet

Our Profile 1, Profile 2, Level 1, and Level 2 athletes compete in a Mini Meet in May at TNT. The meet fee will be released in April.

TNT hosts an annual banquet in May and there is a \$20 fee per family.

Withdrawing:

If an athlete must withdraw from a program, we require a drop form and notice given to Kelly Brost by the 25th of the month before the athlete plans to drop. This ensures stoppage of the auto payments. The drop form is located at tntkidsfitness.org, "Forms", "Membership Drop Form". Any tuition collected up to the point of notice will be forfeited, unless in the case of injury, in which case a physician's note is required.

Fundraising Opportunities:

TNT provides at least 1 fundraising opportunity per athlete to offset the cost of uniforms, travel, and or meet fees. Fundraising dollars cannot be credited or refunded and remain with TNT if an athlete drops from the program.

iClassPro Account:

If families have questions on any charges or payments, individual TNT accounts can be accessed through the iClassPro parent portal. <https://app.iclasspro.com/portal/tntkids>

TNT asks parents to either update their iClassPro account or notify customer service with any change of information such as address, phone number, email, payment information, etc.

