



TUMBLING + TRAMPOLINE

2015 – 2016

American Twisters

Tumble Team Packet

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Dear Parent and Athlete:

Welcome to American Twisters Tumbling & Trampoline Team Program!

This packet of information is designed to help you understand the level of commitments and requirements that parents and athletes make when they decide to become part of our American Twisters (AT) family. This information will enable you to make an educated decision about the commitment level required to be a part of a competitive power tumbling and trampoline program.

Please read it thoroughly and do not hesitate to contact us if you have any questions.

*****POLICY CHANGES / ADDITIONS*****

If your child is a no-show for a meet with no phone call prior to the event, your account will be fined \$25

If your child is late for flight, they cannot compete, per USTA rules.

COMMUNICATIONS:

In order to have a great season, communication is very important. For the 2015-2016 season, we are implementing paperless communications! This means all information about times for meets & events, extra practices, monthly calendars, and other gym events will be posted and updated weekly through several electronic sources:

- **Parent's Corner – Website:** We will always have current information for our gym posted on Parent's Corner. This will be the first place to look for information on upcoming events for the gym. (www.clarksville-tumbling.com)
- **Shutterfly Team Site – App:** Each season we will have a team app through Shutterfly that has a team calendar, contacts, event info, and photo/video upload capabilities. You will simply sign up for an account with Shutterfly (completely free) then you will be able to access your team app.
- **Facebook – Social Media:** Before any upcoming events, we will always post on Facebook with the most current information. (www.facebook.com/AmericanTwistersTN)
- **Bulletin Board in Parent Area –** We will post all info about current events and meet information on our bulletin board for easy access to parent's while your child is at practice!

POWER TUMBLING & TRAMPOLINE OVERVIEW

Power tumbling is a competitive individual sport which combines skills of artistic gymnastics with those of the trampoline. The sport is practiced by both men and women and consists of three (3) events: floor, trampoline, and double mini. The athletes compete against other athletes who are at the same skill level, the same gender, and around the same age.

During the floor event at a meet, the athletes are judged on two passes; one pass will demonstrate 5 skills, and another pass will demonstrate up to 8 skills. The skills consist of: back handsprings, layouts, whips and tucks. The athlete is judged on aesthetics as well as difficulty of each pass. The floor event is performed on a 6' x 84' slightly elevated tumbling surface, often referred to as a "rod floor". It is made from a series of fiberglass rods. The rods flex and provide additional bounce that an ordinary floor does not. The rods are covered in padding, and the padding is covered in a flooring material suitable for tumbling.

On the double mini the athlete will have a total of three passes demonstrating two skills each pass. The double mini is a trampoline with two jumping surfaces and is much smaller than a standard trampoline. To perform a pass on a double mini trampoline, athletes typically take a running start, jump onto the first jumping surface, which is angled toward the floor, jump onto the next surface, which is parallel to the floor, and then perform a tumbling skill as they dismount. In competition, athletes usually complete three different double mini passes each demonstrating two different skills. The scores from each pass are added together to get the athlete's final score.

The athlete will have one pass on the trampoline to demonstrate 10 skills. Regulation competitive trampolines are designed to provide a higher, more powerful bounce. Competitive trampoline routines look effortless as the athletes fly high into the air, and perform multiple skills within each bounce.

PRACTICE

Placement on AT Tumbling & Tramp Team is a privilege and an honor, athletes have worked hard to earn their position on the team. The ability of all of the athletes to attend all practices maximizes the individual's ability to reach their full potential.

Dress code at practice:

- Girls must wear a leotard; shorts may be worn over a leotard.
- Boys must wear shorts and step-in on double mini and floor
- Boys must wear step-in and pants on tramp
- Foot covering must be worn on tramp and double mini by all athletes
- All nails are to be kept short
- No jewelry at practice.
- Keep hair tied back.
- Athlete must have plain white socks or tramp shoes

Vacation/Absences:

We recommend taking family vacations during TSSAA dead period, June 28th – July 11th, 2015. In order for the team to be successful, attendance at practices and competitions are mandatory. We do understand that there may be conflicts, however, we ask you to let the coaches know by completing the form in the back of the packet and returning it to your coach in advance.

MEETS

American Twisters is working diligently on selecting meets that best suit our program. Official meet schedule with locations and dates will be available after September 30th. We make an effort to select meets in the southeast region (anywhere between Columbia, TN and Louisville, KY). Meets will be between 1-4 hours.

Official performance times will given at the practice prior to each meet. Athletes are expected to be in full meet attire at the time listed. **If your child is a no-show for a meet without a call prior to the event, your account will be fined \$25. If your child is late for flight, they cannot compete, per USTA rules.**

Dress code at meets:

- ❖ Athlete is required to be ready to compete one hour before their designated meet time. Athletes arriving after their line-up will be scratched.
 - **COMPLETE UNIFORM:** Including shoes/socks and team leo. Socks must be white ankle socks with NO MARKINGS. Undergarments MUST not show or athlete will be penalized.
 - **HAIR:** Girl's hair must be in a bun. Boy's hair must be short.
 - **FINGERNAILS:** Must be kept short. No fake fingernails. No fingernail polish.
 - **NO JEWELRY:** No jewelry of any kind. Wearing jewelry could result in serious injury to your child or another child. In addition, it could result in additional deductions and disqualifications.
 - **PERSONAL BELONGINGS:** Do not bring cell phones or other personal items, coaches will not be responsible for them.
 - **AWARDS:** Athletes must be in complete uniform attire for **warm-ups AND awards** per USTA rules.

On meet day, you should plan on arriving early to give yourself plenty of time. Athletes are to arrive dressed in full uniform and with hair complete. Sit in an area with other AT families, this makes it easier for the athletes to keep to their schedules and build team spirit. Plan for these events to be all day events, plan your calendar accordingly.

2015–2016 Tentative Meet Schedule

Month	Location
October 17th**	Clarksville, TN
November 7th	Frankfurt, KY
January 23rd	Brea, KY
February 20th**	Columbia, TN
March 5th	Georgia
March 12th & 13th	Decatur, IL
April 9th**	Paris, TN
May 14th (State)**	Clarksville, TN
TENTATIVE June 14th–18th (Nationals)**	Knoxville, TN
	Limited Travel Meets**

FINANCIAL:

Team Registration:** Our 2015-2016 Tumble Team program will require a registration fee based on Limited Travel or Travel Team: Limited Travel Team Registration will be \$200; Travel Team Registration will be \$275.

This fee will need to be paid in full before your child can participate in a practice or training event with American Twisters Tumble Team.

Tuition: This includes weekly team practices. Tuition will be auto-drafted from your checking account. Please complete the attached form.

AT (All-Star) Fees: This includes USTA and AAU registration, competition fees, as well as Nationals. This is a complete season commitment and the fees are non-refundable.

Travel Expenses: Travel fees are not included in your monthly payments. You will be responsible for paying hotel fees and transportation for your athlete. It will be your responsibility to book your hotel rooms. AT staff will not be responsible for finding a way for your athlete.

American Twisters Tumble Team Expense Chart			
<i>Limited Travel Team</i>		<i>Travel Team</i>	
Team Registration	\$200.00	Team Registration	\$275.00
Monthly Tuition	\$90.00	Monthly Tuition	\$100.00
AT Fee #1	\$175.00	AT Fee #1	\$198.00
AT Fee #2	\$175.00	AT Fee #2	\$198.00
AT Fee #3	\$175.00	AT Fee #3	\$198.00

Uniform Costs			
Boy's Step-in, pants, and shorts	\$104.00	Girl's Long-Sleeve Leo	\$104.00
Warm-Up	\$135.00	Girl's Sleeveless Leo	\$55.00
Tramp Shoes	\$35.00	Socks	\$3.00

Limited Travel Team:

These athletes only practice once a week (\$80) or twice a week (\$100) and do not travel out of state, except for Nationals. Athletes are not allowed to trade meets, meaning they must go to all meets in the state and not trade for another location.

FUNDRAISERS:

American Twisters offers fundraisers for the cheer season. The first fundraiser is sponsorships, the second will be determined at a later date. You are encouraged, but not required to participate.

Sponsorships: This is very successful fundraisers for our athletes. In this package you seek out family, friends, and business owners for their sponsorship to support your child. The money you raise goes directly to your athlete's all-star fees. The payment schedule listed is still your obligation, please plan accordingly.

<u>Fundraiser</u>	<u>Launch Date</u>	<u>Collection Date</u>	<u>Approx. Profit per Item</u>
<i>**Business Sponsorship</i>	<i>20-May</i>	<i>31-July</i>	<i>100%</i>
<i>Coffee/Tea</i>	<i>1-Aug</i>	<i>1-Sep</i>	<i>40% per item</i>
<i>World's Finest Chocolate</i>	<i>1-Sep</i>	<i>1-Oct</i>	<i>\$30 per case</i>
<i>Fun Pasta</i>	<i>1-Oct</i>	<i>1-Nov</i>	<i>40% per item</i>
<i>Butter Braids</i>	<i>15-Oct</i>	<i>6-Nov</i>	<i>\$4.00/Butter Braid Sold</i>
<i>Mall Gift Wrapping</i>	<i>November</i>		<i>100% profit</i>
<i>Santa Pancake Breakfast</i>	<i>End of November</i>	<i>Tickets will be sold</i>	<i>\$5.00 profit per Ticket</i>

Fundraisers will always be posted with additional information a week prior to the start date, located on the American Twisters Tumble Team bulletin board in the parent lobby, as well as our website on the Fundraisers link.

ATTIRE (PARENT AND ATHLETE):

For our 2015–2016 season, any attire associated with American Twisters will solely be available for purchase through our Pro Shop linked to our website. Our logos are copyrighted and cannot be placed on any items without our consent or approval. The only consent or approval given to use our gym logo is our Pro Shop linked to our website.

Parent Responsibilities and Code of Conduct

Parents are vital in helping their children maintain high moral character, fulfill their commitment and keep a positive attitude. AT/ICT is honored to serve as a partner to the parents helping each child achieve these goals, but the primary job must lie with the parents. Please read this carefully and understand that you are making a commitment of time and financial resources. You are also committing to support our program's philosophies and goals.

- 1) I understand that my actions in the gym and at competitions are a reflection of AT/ICT and should be of strong moral CHARACTER. I will be a positive role model for my child and will encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, and spectators at every practice and competition
- 2) I am aware that this is a ONE YEAR COMMITMENT and will do everything in my ability to enable my child to participate in all practices and competitions throughout this season. I understand that a team is depending on my child to fulfill his/her responsibilities as a team member. I will do what is necessary to get my child to practice on time and assure that he/she does not need to leave practice early. I will pick my child up from practice on time
- 3) I will maintain a positive ATTITUDE by remembering that children participate in cheerleading to have fun and that the sport is for children, not adults.
- 4) I will teach my child that doing one's best is more important than winning, so that my child will not feel defeated by the outcome of a competition or his/her performance. I will encourage my child to be a humble winner and a gracious loser.
- 5) I will respect the coaches and their authority during practices and competitions and will not question, discuss or confront the coaches during a practice or a competition, nor will I pull my child out of practice without communicating with the coach. I will take the time to speak with the coaches at an agreed upon time and place. This includes "venting" or being disrespectful.
- 6) I understand that threatening to pull my child from the team will result in his/her immediate dismissal and any and all fees (registration, tuition, and all-star fees) will still be required to be paid in full.
- 7) If my child is involved in any matter of disrespect towards any AT/ICT coach or fellow athlete, I will resolve this problem with my child immediately.
- 8) I understand that my child must wear the appropriate and proper practice outfit and will support this requirement with my child. If my child misplaces any part of his/her practice clothes, I understand that I must purchase a replacement immediately.
- 9) I fully understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition (which may include losing positions) as a disciplinary action if any of the rules, policies, or code of conduct are not adhered to and any and all fees (registration, tuition, and all-star fees) will still be required to be paid in full.
- 10) I fully understand that this is a complete season commitment and registration, tuition, and all-star fees are non-refundable. I will adhere to the payment schedule as outlined in the all-star packet.
- 11) I understand that if my child does not continue throughout the entire season, it is my responsibility to pay the remainder of any Monthly tuition and All-Star fees due to American Twisters/Infinity Cheer Tennessee for the year. This obligation to pay remains if I choose to withdraw my child from the team, or if my child is suspended or dismissed from the team.

Parent Signature: _____ Date: _____

Coaches Signature: _____

I have read over the athlete code of conduct with my child, understand what is expected of my child and will help to ensure my child's adherence to these matters.

Athlete Code of Conduct

AT/ICT's athletes are held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their own personal goals. Parents, please read through the following obligations with your athlete explaining each one.

- 1) I will not use inappropriate language or participate in inappropriate, immoral behavior. I will not participate in the illegal consumption of tobacco, alcohol or drugs. I understand that all of my actions both inside and outside of the gym are a reflection of AT/ICT and should demonstrate strong CHARACTER.
- 2) I understand that this is a ONE YEAR COMMITMENT and that a team is depending on me to fulfill my responsibilities as a team member. I will be committed to my coaches, my teammates and myself striving to reach both the team's goals and my personal goals
- 3) I will come to practice with a positive ATTITUDE, and I will work hard to achieve the goals set by my coaches. I realize that a positive attitude is contagious, and I will do my best to influence my teammates in a positive manner.
- 4) I will not disrespect any fellow athlete, coach, parent or competitor from AT/ICT or any other gym for any reason at any time.
- 5) I will demonstrate good sportsmanship striving to be a humble winner and a gracious loser.
- 6) I will learn and obey the rules and regulations of AT/ICT.
- 7) I will wear the scheduled practice clothes to each practice. I understand that it is my responsibility to keep up with the schedule and the outfits.
- 8) I will arrive at all competitions on time with my uniform, hair and makeup completed to AT/ICT standards.
- 9) I understand that threatening to quit will result in my immediate dismissal from the team.
- 10) I understand that breaking any of the codes of conduct above may result in suspension or dismissal from AT/ICT.

Athlete Signature: _____ Date: _____

Coaches Signature: _____

COPY PAGES 11 AND 12 FOR PARENT & ATHLETE RECORDS



TUITION PAYMENT FORM—AUTOMATIC WITHDRAW



Athlete Name(s): _____ Team: _____

Monthly payment amount of _____ starting in _____ on the 1st **OR** 15th day.

1. I authorize American Twisters to charge my account for payment of my monthly tuition and any other outstanding charges to the account listed below each month until further notice. The total balance due on my account may include: tuition, annual registration/membership, and any other outstanding charges incurred.
2. Annual Registration/Membership fee will be charged to your account if your child is enrolled in the 2015-2016 All-Star season. This cost for membership/registration is \$170 for Limited Travel teams (Tiny and Mini) and \$260 for Travel teams (Youth, Junior, and Senior) per child.
3. This authorization is to remain in effect until American Twisters/Infinity Cheer has received notification from me of termination in such time to afford American Twisters/Infinity Cheer a reasonable opportunity to act on it (30 days) or until the class has ended.
4. By signing this authorization, I acknowledge that I have read and agree to the above information and warrant all information given to be true.
5. I understand that my obligation to pay for any Monthly Tuition and All-Star Fees due to American Twisters/Infinity Cheer Tennessee for the year remains even if my child is removed from the competition team, or if I withdraw my child from the team.

Signature: _____ Date: _____

BANK ACCOUNT INFORMATION

_____ CHECKING / SAVINGS / BUSINESS CHECKING
Bank Name Bank Account Type

_____ Bank ABA Routing Number Bank Account Number

Customer Name Printed (as appears on account): _____

I understand a \$35 "return/NSF fee" may be charged to this account: _____ (initial) ****attach voided check**

OR

CREDIT / DEBIT CARD INFORMATION

_____ Card Type (MC, Visa, Discover) _____ Card Number _____ Expiration Date

_____ Card Holder Name (as it appears on card) _____ Zip Code (billing address)

I understand a \$35 "return/NSF fee" may be charged to this account: _____ (initial)



ALL-STAR FEES PAYMENT FORM



Fee:

Date:

Amount:

Registration Fee (due on sign-up date)

Uniform

All-Star Fee #1

All-Star Fee #2

All-Star Fee #3

Customer Signature

Date

SAME PAYMENT INFORMATION AS TUITION DRAFT? *(circle one)* **YES** / **NO**

IF NO IS CIRCLED, PLEASE ENTER ALL-STAR FEE PAYMENT INFORMATION BELOW:

BANK ACCOUNT INFORMATION

Bank Name

CHECKING / SAVINGS / BUSINESS CHECKING

Bank Account Type

Bank ABA Routing Number

Bank Account Number

Customer Name Printed (as appears on account): _____

I understand a \$35 "return/NSF fee" may be charged to this account: _____ (initial) *****attach voided check**

OR

CREDIT / DEBIT CARD INFORMATION

Card Type (MC, Visa, Discover)

Card Number

Expiration Date

Card Holder Name (as it appears on card)

Zip Code (billing address)

I understand a \$35 "return/NSF fee" may be charged to this account: _____ (initial)



REGISTRATION FORM



CHILD'S INFORMATION

Name(s): _____

Date of Birth: _____ Female: _____ Male: _____

Current address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email: _____

MOTHER'S INFORMATION

Name: _____ Driver's License Number: _____

Current address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Email: _____

FATHER'S INFORMATION

Name: _____ Driver's License Number: _____

Current address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Email: _____

HOW DID YOU HEAR ABOUT US?

Health History

Please check any of the conditions that apply to the history of the applicant:

- | | | | | |
|--|--|--|--|-----------------------------------|
| <input type="checkbox"/> Kidney injuries | <input type="checkbox"/> Fainting | <input type="checkbox"/> Muscle/ligament condition | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Hearing impairment | <input type="checkbox"/> Heart Condition (disease) | <input type="checkbox"/> Asthma | <input type="checkbox"/> Previous Broken Bones | |
| <input type="checkbox"/> Allergies: (please list) _____ | <input type="checkbox"/> Glasses/contacts | | | |
| <input type="checkbox"/> Other: _____ | | | | |
| <input type="checkbox"/> Is your child currently on any medications? _____ | | | | |

Policy Acknowledgement Agreement

I have read completely and understand the policies and procedures of American Twisters or ICT and agree to abide by such, including but not limited to payment of all fees owed and proper notice of intent to quit (At least 30 days prior to desired day of intent to quit). I understand that should these policies change or be updated, I will be given a copy of the new policies and procedures and will adhere to those as requested.

Athletes Release

Participants, in attending the gym and using the facilities, does so at his/her own risk. The gym operator shall not be liable for any damage arising from personal injuries sustained by participant in or about the premises. Participant assumes full responsibility for any and all injuries and damages which may occur in or about the premises and he/she does hereby fully and forever release and discharge gym operator, all associated gyms, their owners, employees and agents from all claims, demands, damages, rights of action, present or future, resulting from or arising out of participant's use of the gym and/or its facilities. Participation is entirely his or her own choice and with the understanding of risk of accidental injury or death in any activity involving unusual motion or height.

Permission for Medical Treatment

In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital personnel designated by American Twisters or ICT staff to attend to my child.

Acknowledgment of Risk and Liability

I hereby consent to the above person(s) participating in the American Twisters or ICT programs, I recognize that potentially severe injuries including but not limited to permanent paralysis or even death can occur in any activity involving height, motion, or impact including gymnastics. I also realize that my child(ren) will be performing and training on all gymnastics events plus various training devices.

I understand that it is the express intent of American Twisters or ICT to provide for the reasonable safety and protection of me/my child(ren) and in consideration for allowing me/my child(ren) to use these facilities, I hereby for myself, heirs, executors and administrators, forever release American Twisters or ICT, its officers, employees, teachers, and coaches all liabilities for any and all damages and injuries suffered by me/my child(ren) while under the instruction, supervision, or control of American Twisters or ICT.

I also certify that me/my child(ren) is/are and will remain covered by an Adequate Accident insurance Program covering me/my child(ren)'s participation in American Twisters or ICT. As legal guardian of the aforementioned person(s), I hereby agree to individually provide for the possible future medical expenses, which may be incurred by me/my child(ren) as a result of any injury sustained while training at or performing for American Twisters or ICT.

Attendance Policy

Attending class regularly is the responsibility of the parent and athlete. You may attend open gym as a courtesy we offer to our customer.

Permission for Video and Photographic use for each athlete:

I hereby give my permission for any video or photographs taken of my child during any activity in which American Twisters is hosting to be used for any advertising or as seen fit by the staff of American Twisters/ICT.

Payment Record and Agreement

I agree to pay all monthly tuition payments/all-star season fees and registration fees in consideration for instruction provided by AmericanTwisters or ICT. In the event that this account becomes delinquent and collection activity becomes necessary, I understand that I will be responsible for any and all attorney fees/court costs or any other monetary fees associated with the collection of the monies owed for my account. I understand that there is a \$30.00 registration fee due yearly which is discounted to \$10.00 for a sibling and will be due each year on August 1st. Monthly tuition is due on the 1st of each month and is considered late after the 7th day in which a \$20.00 late fee is then added. All classes must be paid for regardless of attendance and in the event that I wish to withdraw my child from American Twisters/Infinity Cheer Tennessee, I must provide a written 30-day notice. There will be no refunds for any uncompleted tuition and/or season fees (i.e. Registration, monthly tuition, or all-star fees) for failing to complete the season, and I understand that I am under an obligation to continue to pay for all Registration fees, All-Star fees, and Monthly Tuition if my child is removed voluntarily or involuntarily.

Parent / Guardian Signature

Date