

# Infinity Trampoline & Tumbling

## What to Expect at Your First Competition

The following information is to help new members of our American Twisters Family know what to expect at competitions and to make sure the athletes have the best possible experience. Please feel free to ask Coach Alex or Coach Brooke if you have any questions.

### **Before Competition Day:**

- In practice, your child has been working on his/her routines for the competition. Your child has 2 to 3 passes on double mini, 2 passes on floor, and 1 pass on trampoline.
- Remind App: Send a text with the message @tumbleteam to 81010 to receive important messages regarding American Twisters Trampoline and Tumbling program. We use this app to communicate any last minute changes. We strongly suggest that every family connects with us in this manner.

### **Competition Day:**

1. Attire (girls):
  - American Twisters leotard, long-sleeved or sleeveless. No undergarments showing of any kind.
  - Hair must be up and completely out of the face, no fly-aways.
  - Trampoline shoes (for sale in the office) or socks below the ankle bone, completely white with no logos.
  - No jewelry anywhere or hair ties on wrist. Please no finger nail polish.
2. Attire (boys):
  - American Twisters step-in with shorts for tumbling and double mini and pants on trampoline. No undergarments showing of any kind.
  - Hair must be completely out of the face. Bangs must not be long enough to touch eyebrows.
  - Trampoline shoes (for sale in the office) or socks below the ankle bone, completely white with no logos.
  - No jewelry anywhere.
3. Arrive at least one hour before your child's first scheduled warm-up time. Your child should be ready to go at this time, as they could be called to warm ups this early.
4. Most competitions have admission at the door. This is often cash only. Please be prepared.



5. Spectator Guidelines: We strive to promote good sportsmanship among all families and competitors. Please keep your opinions of all athletes and competitors to yourself. You never know who is listening. No one is allowed to confront or converse with judges or opposing coaches. Any questions, complaints or concerns should be addressed with Coach Alex or Coach Brooke. Please do not hesitate to ask.

6. Photography/Videography: FLASH PHOTOGRAPHY IS NOT PERMITTED at any time during the event. Tumblers use the lights in the ceiling as a point of reference, so flash photography is a safety concern. You are welcome to take videos and pictures without flash during your child's performance, but please be considerate of the other people around you.

7. Warm up & Competition: Athletes compete in age groups based on their age as of December 31st. Athletes will be called to warm-ups for each event by age and level over the loud speaker. For example, they will call "trampoline beginner girls 11-12". When you hear your child's group, send them to the warm up mat or to the coaches if you do not know where the mat is. Your child should not have anything with them and should be in full competition attire. At this time, parents stay in the stands. You will be able to see your child warm up and compete on the equipment. Children will be released to their parents after each event.

8. Awards: Awards are given shortly after competition on each event. Once your child has competed, you and your child should go to the awards area and wait to be called. When receiving the award, all athletes should be either in full competition attire or wearing the full warm-up outfit, jackets completely zipped. Once your child has competed and received awards on all three events, you will be free to go.

If you have any questions or concerns at all, please feel free to contact Coach Alex ([alex@clarksville-tumbling.com](mailto:alex@clarksville-tumbling.com)) or Coach Brooke ([brooke@clarksville-tumbling.com](mailto:brooke@clarksville-tumbling.com)) You can also reach us directly using the Remind App.

Thank you,  
ICT Staff

