



2022-2023 T&T Information

What to bring to Evaluations?

Parent

- Driver's License
- Registration Fee
- Birth Certificate

Athlete

- Leotard
- Athletic Clothing
- Hair Pulled Back

How can I prepare?



Private Lessons: Contact the front desk and schedule a tumbling, stunt or cheer private lesson. Lessons range from \$25-\$50.

Open Gym: Join us on Tuesdays from 7-8pm. Cost is \$10 for members and \$12 for non-members.

Practice
begins the
week of
August 8th



Team Announcement Week

July 28th-August 4th

During announcement week, ICT Coaches will hand deliver team announcements as well as practice information to each athlete's doorstep.

438 Kelly Lane
Clarksville, TN 37040
like us on **facebook**



931-572-0089
info@clarksville-tumbling.com
follow us on  Instagram

T&T Team

What is T&T Team?

Trampoline & Tumbling consists of 3 events. While these events are different in looks, they all translate to one another and are equally important.

Trampoline: 10 skill routine that consists of flips, twists and body control while maintaining height in air.

Double Mini: 2-3 passes in which athlete runs and hurdles onto DM and does 2-3 skills, one being a dismount.

Floor: Athlete competes tumbling 2 passes down the floor doing 3-8 skills in each pass depending on the level.



Program Options

Classic

This program is perfect to instill a love of t&t in your young athlete. This program is geared for ages 4-7 for those looking for a smaller commitment.

The Classic Season runs August-July. Team members will practice 90 minutes each week.

Classic Athletes will Compete on Floor & Trampoline Only.

They will compete at two competitions which are both held at our gym in Clarksville, TN. (October & January)

Deluxe

This program is perfect for those looking for more. This program is geared for ages 6-18. The Deluxe Season runs August-July. Team members will Compete in all 3 events against others in the same age group and skill level.

Deluxe teams will compete at local and/or travel competitions. Families will decide which competitions they would like to attend. They can choose up to 6 regular season competitions.

All athletes may compete at Nationals if they qualify at State Meet in May.

The Competition Schedule will be released October 1st.





Nationals 2022
Lakeland, Florida

Practice

Championships are won at practice, not competition.

Deluxe- 2 Hour Team Practice 2 Day/Week
Classic- 45-90 Minute Team Practice 1-2 Day/Week

Each practice includes a proper dynamic warm-up and conditioning training. We typically work on 2-3 events at each practice.

Practice Additions/Cancellations- Inevitably, over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays and weather. We do our best to keep these at a minimum. We will not make up any missed classes. Likewise, there will be occasions when additional practices or activities may be added in an effort to prepare for a competition.

Practice Viewing- Practices are open to parents, but if at any time the coach feels it's necessary to close practices, he or she may do so.

All personal belongings must be kept in a cubby during practice. Water is the only drink permitted during practice.



Competition Levels

Our philosophy is to compete any level after it has been completely mastered. Besides the obvious safety factors, we want the competition experience to be positive and rewarding. Our goal is to place our athletes at a level that will provide a challenge, but also an opportunity for success. Athletes will compete at the level they are best prepared for. The professional coaching staff will decide when an athlete can safely perform the skills and when skills are competition ready.

Practice Gear

Athletes must wear the designated team practice uniform as soon as it arrives. If an athlete is not wearing the correct practice uniform, he or she is required to purchase a new set. Any extra practice gear will be charged to the card on file. Athletes must wear a leotard or ICT Tank and shorts.



Meets at Infinity

We are fortunate to be able to host a few meets AT OUR GYM throughout the season. We cannot do it without the help of our AMAZING families. Every T&T family is responsible for signing up for a volunteer position at every meet AND bringing an item (food or drink) for the coach's and judge's room. **If you do not wish to volunteer, you can make a \$100 donation to our scholarship fund instead.**

Parent Travel Obligation

Parents are responsible for their athlete's activities and behavior at all out of town events. If a parent/guardian cannot attend an out of town event, you will arrange for another responsible adult to travel with your athlete to and from the event. This person will also be responsible for the athlete during the entire event.

Appearance & Attire

ICT carries it's own team apparel on site. We require practice uniforms to be worn to scheduled training sessions. Competition Leotards/Step-in (boys) are required for all competitions. Additional ICT apparel and merchandise is also available for purchase through our pro shop. Keep in mind that the uniform orders can take up to 90 days to arrive in hand. Please stay on top of your athletes sizes and order in a timely fashion.

Competition Rules

1. Show up to competition at least ONE HOUR prior to scheduled start time with your BEST attitude.
2. Hair should be in a bun and competition ready.
3. Competition attire is the only thing an athlete can wear to warm up, compete and awards.
4. Trampoline shoes/socks, heathy snack and a bottle of water in gym bag.
5. Cell phones are not permitted on the competition floor.



Our Gym

Infinity offers athletes of all ages and abilities the opportunity to develop and grow under the supervision of our professionally trained coaches. Our focus is not solely on winning, but rather on the process of developing athletes both in and out of the gym. Our staff finds and fosters these qualities, providing a positive influence while helping each athlete set and achieve their personal goals. From our coaching staff to our facility, Infinity is proud to offer the premier trampoline & tumbling program in the area.

Practice Expectations

1. Proper practice attire should be worn
2. Proper shoes/socks will be worn.
Leotards are highly recommended for girls.
3. Hair should be pulled up.
4. Cell phones must be on silent in your bag.
5. Bags should be left in the cubbies.
6. No jewelry.
7. Only water is allowed on the floor.
8. All athletes should bring a water bottle to practice.
9. Athletes should arrive to practice on time.
10. Athletes should be picked up on time. If you are running late, please call the front desk.
11. Families should make practices and competitions a priority.



Communications

In order to have a great season, communication is very important. All information about practice & competition schedules as well as extra practices, fundraisers and any other gym information will be emailed and posted in team reach app. Email is our main source of communication. Please check your email often for important team information. Below is a list of our communication lines.

Email- Again, this is our main source of communication. We email all information as soon as it is available. Please be sure to provide a valid email address that you check in order to receive all important information. If you do not check your email, you will be out of the loop on what is going on in the gym.

Team Reach App- We often send out short quick updates through our Team Reach app. As our teams are set up, we will pass out the information you need to text in order to be included on the list.

ICT Cheer or Fan Apparel

1. All ICT apparel should be ordered through the Proshop.
2. To protect the integrity of our brand, no parent, athlete, or fan is permitted to use ICT logos without permission from the owner. This includes but is not limited to: Team names, mascot, logos, ICT logo or any gym initials.

If you have an apparel idea, please email it to the owner.
(brooke@clarksville-tumbling.com)



Role of the Gym & Staff

Our Staff at ICT is highly trained, motivated and invested in the success of all of our athletes. You can expect the following from us:

1. We coach for the love of the sport and the athlete.
2. We show integrity and lead by example.
3. We demonstrate a positive coaching style.
4. We remain safe and realistic with athlete progression while also challenging the athlete to reach her or his highest potential.
5. We strive to provide a fun, safe and overall positive experience for your athlete, while focusing on the importance of healthy competition.

Role of the Athlete

We expect the following from all athletes in the gym and at competitions, as well as in the community and on social media:

1. You participate in T&T for FUN!
2. You are gracious when you win and when you don't.
3. You will show good sportsmanship and class at all times.
4. You are expected to be respectful to staff, parents and teammates, both in the gym and at competitions. Inappropriate behavior can result in expulsion from practice or immediate dismissal from the team.
5. You will put the team first.
6. You are expected to be accountable for your own actions.
7. You will refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the ICT reputation in any way. These are grounds for immediate dismissal from the program.
8. Athletes will not text or call coaches on their personal cell phone. They will contact staff members through the gym phone or email.

Role of the Parent

We expect parents to do the following:

1. Parents should do everything possible to make the athletic experience positive for your child and others.
2. Parents should view the routine with TEAM goals in mind.
3. Parents should be an encourager. Encourage athletes to keep their perspective in both victory and defeat.
4. Parents should BE YOUR CHILD'S BIGGEST FAN!
5. Parents should encourage their athlete to always treat fellow teammates, parents, coaches, and ICT staff with respect.
6. Parents will not express their opinions during practice or coach their child from the sideline.
7. Parents will not use social media, networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to any child, parent, and the ICT reputation in any way. These are grounds for immediate dismissal from the program.
8. Parents should not listen, participate or instigate idle worthless gossip. It is a detriment to team unity and chemistry.
9. Parents are responsible for their athlete's activities and behavior at all events.
10. Parents must understand that competitions are a time for the athlete to focus and should be fully committed to the team and ICT through the end of the event.
11. If a parent/guardian cannot attend an event, they will arrange for another ICT parent or responsible adult to travel with your athlete to and from the event, and to be responsible for the athlete during the entire event.
12. Parents will not text or call coaches on their personal cell phone. They will contact staff members through the gym phone or email.

Travel

Travel fees are not included in the monthly payments. You will be responsible for transportation for your athlete. ICT Staff will not be responsible for finding a way to practice, competitions or performances for your athlete.

Gym Closings or No Team Practices

September 5th: Labor Day

October 10th-14th: Fall Break

October 22th: T&T Meet

November 24th: Thanksgiving

December 23rd-January 4th: Christmas Break

March 6th-10th: Spring Break

July 3rd-7th: Summer Break



Quitting Mid-Season

Our Program requires a commitment from the athletes, parents, families, and coaches. If an athlete quits the team mid season, you will be responsible for paying the next 3 monthly installments. This does not apply to anyone who moves more than 50 miles away.

Social Media Guidelines

All athletes, parents and staff members are prohibited from posting inappropriate or negative comments about teammates, coaches, parents, ICT, competitors or other gyms. Violation of this rule may lead to immediate dismissal from the program. Please remember that we are always representing our gym whether we are wearing the infinity logo or not.



Competition Schedule

Final Schedule will be released as soon as we receive it on October 1st.

Classic	
October 22nd	Clarksville, TN
January	Clarksville, TN
June	Clarksville, TN
Deluxe	
October 22nd	Clarksville, TN
December	TBA
January	Clarksville, TN
February	TBA
March	Atlanta, GA
March	TBA
April	TBA
May	Nolensville, TN
June	Clarksville, TN
June 19th-24th	Springfield, IL (Nationals)

Deluxe will choose 6 regular season competitions. Nationals is an option for everyone who qualifies.



Financial Commitment

Your Monthly Installments Include:

- 1. All team practices including any additional practices scheduled August 2022-July 2023
- 2. Competitions
- 3. 1 Set of Practice Gear
 - Classic- Tank & Shorts
 - Deluxe- Tank, Shorts & Leo
- 4. 22-23 USTA Membership Fee
- 5. Coach’s Fees
- 6. 22-23 USTA TN State Membership Fee

Installments do not include: Uniforms, Jerseys (optional), Warm-ups (optional), Trampoline Shoes (Required), Backpacks (optional). These items will be ordered separately as needed. Travel expenses and awards ceremony are also not included. This is a complete season commitment and all fees are non-refundable.

Leotard- We are on Year 1 of 3 for a new leo. We will wear the new leo for 3 seasons.

Boys- We will get a new step in. We will still wear solid black pants and shorts.

Classic Cost (Full Season): \$1625*

Deluxe Cost: (Full Season): \$2865*

*Includes: Monthly Installments & Registration Only

Classic	Cost	Due Date	Notes
Registration	\$185.00	August 1st	
Monthly Installments	\$120.00	August 2022-July 2023	
Uniform	\$60.00	September 1st	Everyone will need one
Boys Uniform	\$115.00	September 1st	Not required if you have it already.
Deluxe	Cost	Due Date	Notes
Registration	\$285.00	August 1st	
Monthly Installments	\$215.00	August 2022-July 2023	
Uniform (Boys)	\$200.00	September 1st	\$120 if you have bottoms
Uniform (Girls)	\$325.00 \$475.00	September 1st	Less expensive leo has sequins. More expensive leo has crystals/gems.
Trampoline Shoes	\$40.00	As needed	Not required if you already have them