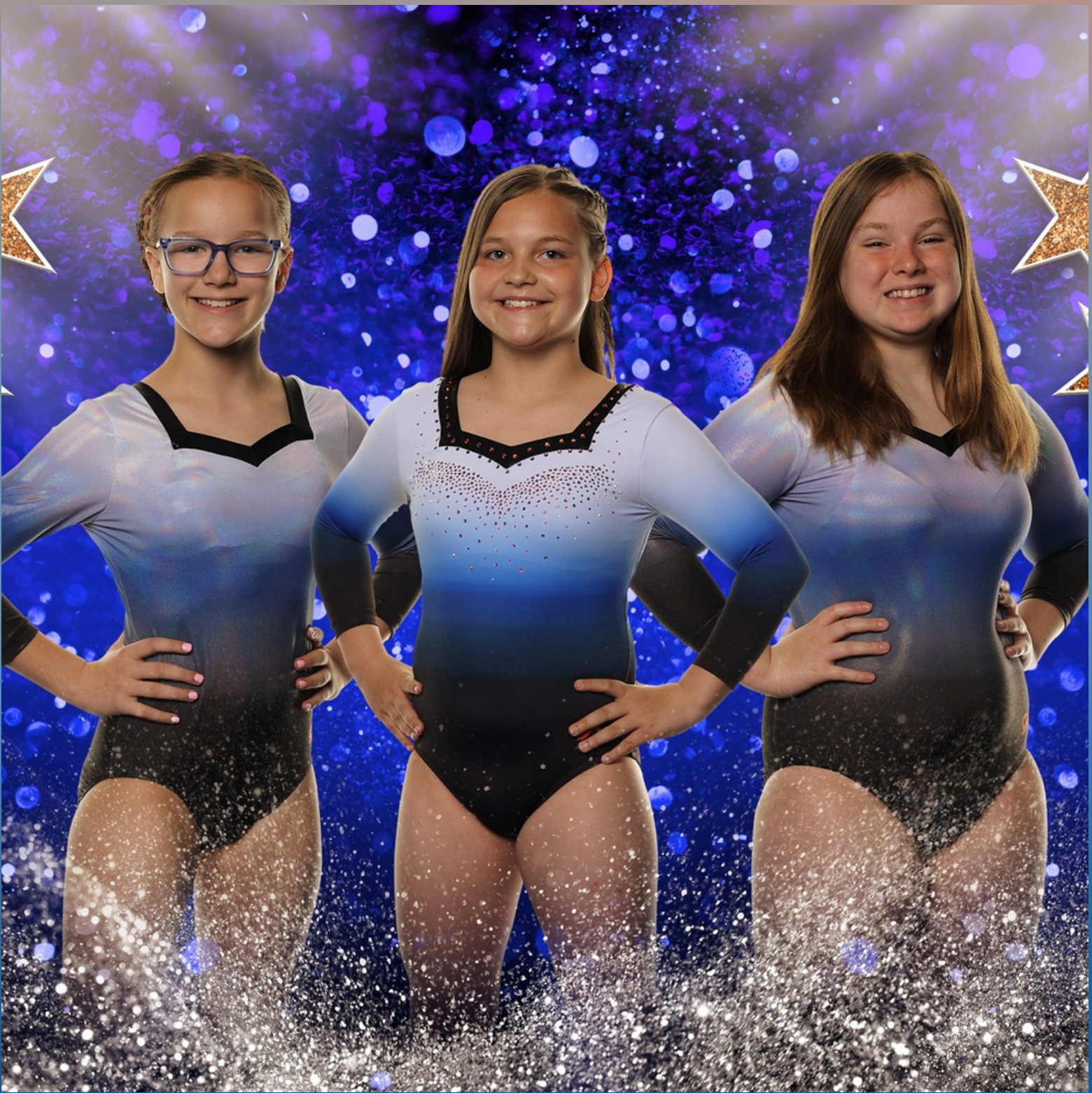


INFINITY CHEER & TUMBLING



Trampoline & Tumbling Team



Handbook

Evaluation Information

Each athlete will attend an evaluation where they will demonstrate any skills that they have mastered on trampoline, double mini trampoline and floor. If they are new to the sport, that is completely fine. We will teach them everything they need to know.

This is an individual sport so athletes will be placed in the class that is best for them as well as everyone in the class.

If you are unable to attend, please call 931-572-0089 or see the front desk to schedule a private evaluation.



Evaluation Pricing



SCAN ME

Cost:
\$40

To register, scan qr code or visit
<https://app.iclasspro.com/portal/infinityct>

Evaluation
Dates
& Times

January 20th

All Ages

All Levels

3:00-5:00

Can't make it? Call us to
schedule a private tryout.

438 Kelly Lane
Clarksville, TN 37040
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931-572-0089
info@clarksville-tumbling.com
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What to bring to Evaluations?

Parent

- Child's Birth Certificate
- Drivers License
- Registration Fee

Athlete

- Socks or Tramp Shoes
- Leotard/Athletic Clothing
- Hair Pulled Back

How can I prepare?



Private Lessons: Contact the front desk and schedule a tumbling or trampoline private lesson. Lessons are \$35-\$40.

Open Gym: Join us on Tuesdays from 7-8pm. We have equipment open and coaches available to assist skills. The cost is \$15.

Practice
begins
February
1st



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What is T&T?

Trampoline and 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 the air.

Double Mini: 2-3 passes in which the athlete runs and hurdles onto the DM followed by 2-3 skills also on the DM. The last skill is a dismount.

Floor: 2 separate 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 athlete. This program is designed for athletes aged 4-12 who are looking for a smaller commitment.

The classic season runs February-July 2024. Team members will practice 90 minutes each week.

Classic athletes will compete on floor and trampoline only.

They will compete at one competitions and one showcase per season. Events are local.

Deluxe

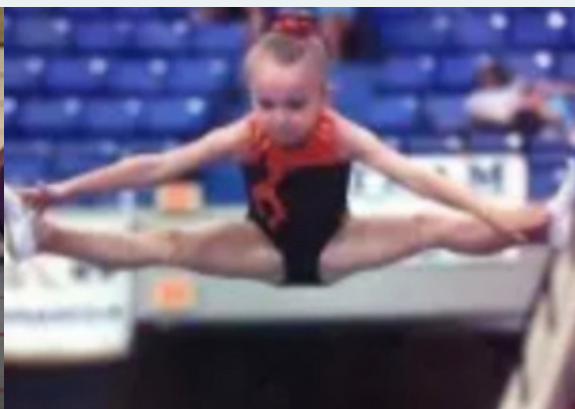
This program is perfect for those looking for more. It is geared for athletes aged 6-18. The Deluxe Season runs through July.

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 5 regular season competitions.

In addition to the regular season competitions, athletes will also compete at State Meet and Nationals.

Due to the nature of an individual sport, there is no minimum number of meets you must attend. You simply choose the events that work within your schedule.



Practice

Championships are won at practice, not competition.

Deluxe- 2 Hour Team Practice 2 Day/Week

Classic- 1.5 Hour Team Practice 1 Day/Week

Each practice includes a proper dynamic warm up and conditioning training.

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 to 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. We do ask that parents watch practice and do not coach from the sideline.

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



Competition Levels

Our Philosophy is to compete a 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.



Gym Closings or No Team Practices

- March 4th-8th Spring Break
- June 17-22 Nationals
- July 1st-5th Summer Break

Social Media

All athletes, parents and staff members are prohibited from posting inappropriate or negative comments about teammates, coaches, parents, ICT, competitors, competitions, 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.

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 on team facebook pages. Email is our main source of communication. Please check your email often for important team information. Below is a list of communication lines.

Email- Again, this is our main source of communication. We email all information as soon as it's 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- We often send out short quick updates through the "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 This is a great place to share practice and competition photos too.

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.



Meets at Infinity

We are fortunate to be able to host a few meets at OUR GYM throughout the season. We cannot do this 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 judges room. **If you do not wish to volunteer, You can make a \$100 donation to our scholarship fund instead.**

Parent Travel Obligation

Parent's are responsible for their athlete's activities and behavior at all competitions. If a parent/guardian cannot attend an out of town event, they 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. Travel fees are not included in the monthly payments. You will be responsible for transportation for your athlete.

Appearance & Attire

ICT carries its 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 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. Arrive to the competition at least 90 minutes prior to the scheduled start time with your BEST attitude. Competition can run up to 60 minutes ahead.
2. Hair should be in a bun and competition ready. If your child has rolls in their floor pass, they should have piggy buns or a side bun.
3. Competition attire is the only thing an athlete can wear to warm up, compete and awards. This is the USTA Rule.
4. Trampoline shoes, healthy snack and a bottle of water in gym bag.
5. Cell phones are not permitted on the competition floor.

The Infinity Way

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 and tumbling program in the area.

Practice Expectations

1. Proper practice attire should be worn.
2. Proper shoes/socks should be worn.
3. Leotards or compression tanks are required. This is for the safety of the athlete and the spotter.
4. Cell phones must be on silent and in the cubbies.
5. No jewelry.
6. Only water is allowed on the floor.
7. All athletes should bring a water bottle to practice.
8. Athletes should arrive to practice on time.
9. Athletes should be picked up on time. If you are running late, please call the front desk.
10. Families should make practices and competitions a priority.



ICT Fan Apparel

1. All ICT apparel should be ordered through our proshop or purchased in our 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 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 will put the team first.
5. You are expected to treat the staff, coaches and parents with respect both in the gym and at competition. Inappropriate behavior can result in being sent home from practice or dismissal from the team.
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 all others.
2. Parents should be an encourager. Encourage athletes to keep their perspective in both victory and defeat.
3. Parents should BE YOUR CHILD'S BIGGEST FAN!
4. Parents should encourage their athlete to always treat fellow teammates, parents, coaches, and ICT staff with respect.
5. Parents will not express their opinions during practice or coach their child from the sideline.
6. Parents will not use social media, networking, messaging services or electric 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.
7. Parents should not listen, participate or instigate idle worthless gossip. It is a detriment to team unity and chemistry.
8. Parents are responsible for their athlete's activities and behaviors at all events.
9. 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.
10. 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 adult to travel with your athlete to and from the event, and to be responsible for the athlete during the entire event.
11. Parents will not text or call coaches on their personal cell phone. They will contact staff members through the gym phone or gym email.

T&T SCHEDULE

DELUXE

Date	Location	Deadline
January 21st	Clarksville, TN	Automatically Registered
February 17th-18th	Pana, IL	December 14th
March 2nd	Suwanee, GA	January 4th
March 16th-17th	Effingham, IL	January 18th
April 6th	Nolensville, TN	February 8th
April 7th State Meet	Nolensville, TN	Automatically Registered
June 8th Nationals Send-Off	Clarksville, TN	Automatically Registered
June 17th-22nd Nationals	Louisville, KY	April 1st

CLASSIC

Date	Location	Deadline
April 7th State Meet	Nolensville, TN	Automatically Registered
June 8th Nationals Send-Off	Clarksville, TN	Automatically Registered

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Financial Commitment

Your Monthly Installments Include:

- 1. All team practices including any additional practices scheduled February 2024-July 2024
- 2. Competitions
- 3. 1 set of practice gear
 - a. Classic- Tank and Shorts
 - b. Deluxe- Tank, Shorts, Leo
- 4. 23-24 USTA Membership Fee
- 5. Coach’s Fees
- 6. 23-24 USTA 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 end of year awards ceremony should we have one are not included. This is a complete season commitment and all fees are non-refundable.

Competition Leotard- We are on Year 2 of 3 for a new Leo. We will wear our Leo for 3 seasons.
Boys- We will get new step-ins and will solid black shorts and pants.

Classic Cost: \$975*
Deluxe Cost: \$1645*

*Includes monthly installments and registration only.

Classic	Cost	Due Date	Notes
Registration	\$195.00	February 1st	
Monthly Installment	\$130.00	August 2023-July 2024	
Uniform	\$125.00	February 15th	
Boys Uniform	\$125.00	February 15th	Not required if you already have one.
Deluxe	Cost	Due Date	Notes
Registration	\$295.00	February 1st	
Monthly Installment	\$225.00	August 2023-July 2024	
Uniform	\$325.00 or \$475.00*	February 15th	*has crystals instead of sequins.
Boys Uniform	\$210	February 15th	\$120 if you already have bottoms
Trampoline Shoes	\$30-\$40	Front Desk can recommend a good website to order these.	Not required if you already have them