



Team Handbook
2010 - 2011 Season

Welcome to the Team!

To our returning members...

Welcome back for another great year of competitive trampoline! We had a successful and fun 2009 - 2010 season and I hope that we can continue to improve as the new season begins. Please make sure to read through this season's manual as there are many changes to our policies and procedures.

To our new members...

Welcome to your first season as a competitive T&T team member! This year will be a fun, challenging, and hopefully enjoyable season for everyone.

This manual will help you become familiarized with practices, meets, and fund-raising opportunities throughout the year.

History of Trampoline & Tumbling

Trampoline and tumbling can be traced to archeological drawings in ancient China, Egypt and Persia. Over the years a number of methods have been devised to allow man to gain time in the air and perform a variety of skills. The trampoline is one of these methods. Trampoline was not actually a competitive event until after its invention by an American, George Nissen, as a portable unit in 1936. From 1947-69, trampoline was included as an event in gymnastics competitions by both the AAU and NCAA. The first Trampoline World Championships was in 1964, and trampoline was first recognized as a sport in its own right in the United States in 1967. Trampoline made its debut as an Olympic sport at the 2000 Olympic Games in Sydney, Australia.

Power tumbling, first performed on simple mats, has had U.S. National Championships dating back to 1886. A number of different surfaces have been used for power tumbling, including mats, ski floors, spring floors and today's fiber-glass rod floors, invented by Randy Mulkey. Double mini-trampoline competition was added in 1978. The first double mini-trampoline began as two individual mini-tramps, separated by a small table covered by a mat. Later, a one-piece unit was developed by Bob Bollinger and is used today as the official equipment for that event.

Trampoline and tumbling joined USA Gymnastics in 1999.

Team History

The Jets Trampoline Team began in 2002 as a supplemental program for those gymnasts who wanted additional training time on trampoline to build up their spatial awareness.

As our original athletes evolved from novice ranks to veteran status, our program has expanded to almost 400% in team membership. After 8 years, we are proud to have produced 63 State Champions & 30 Regional Champions. We are most proud that we have accomplished this without losing site of the most important goal – HAVING FUN!!!

Safety

Trampoline is an inherently dangerous sport; this fact, combined with the difficulty level many athletes at Jets will achieve, only adds to the potential for injury. All parents & athletes must be fully aware of the risk involved in the sport. Speed, motion, height, flipping, and the difficulty of the skill put our athletes in potentially dangerous situations on a daily basis.

We at Jets Gymnastics are very aware of the potential dangers and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is too much doubt in the consistency of a skill. We believe in padding, matting and using any training devices designed to make learning as safe as possible.

Our Mission

The Jets Trampoline Team's main objective is to have a positive impact on your child's future. We are not only committed to helping each person become the best athlete he/she can possibly be, but we are also committed to making each athlete a happy, healthy and responsible individual.

Group Workouts

This year our team structure had to be modified to accommodate the diversity of our athletes' goals for the season.

Group 'A' is our standard workout group that we have had since the beginning of the program. Athletes are not required to attend every practice and may make-up workouts just as they would if they were in a class at Jets. This group best fits those athletes that want to enjoy the sport but not commit a lot of time per week.

Group 'B' has stricter rules that follow the USAG Women's Team standards (required workout times, no make-ups, etc.); this group is by invitation only. This group is for those trying to achieve pre-elite status and compete nationally and possibly internationally.

Financial Commitments

This list will try to break down our expenses leading into the season. Some of these costs are estimates only – the actual costs will be announced as soon as possible.

- Tuition for Group "A" (Group "B" is by invite only)
 - Trampoline - **\$135.00 per month** - 1 day a week workout - 2.5 hours
 - Tumbling - **\$77.00 per month** - 1 day a week workout - 1 hour
 - \$10 off per class if paid by the 15th of each month
- USAG Membership Number – **\$49.00 per athlete**
 - due by September 25th, 2010
 - Membership number is good for one season.
 - All athletes competing in the USA Gymnastics Trampoline & Tumbling Program are required to have a membership number.
- Women's 3/4 Sleeve Leotard or Men's Competition Shirt, Pants, & Shorts - **\$92.00**
 - due date to be announced
 - Our new leotard will be used for at least 2 seasons to keep costs down.
- Team Warm-Up - **Please see desk for cost**
 - due date to be announced
 - Our Purple and Black warm-up that was used last season. If you are a returning member and you have pants or top that no longer fit, please let Tony know and we can pass it along to another teammate at a discounted cost.
- Team assessment - **\$90.00 per quarter per athlete**
 - due by the 15th of each month
 - This money will be used to pay for all coaching expenses and some team functions throughout the season.
 - It is not refundable.
 - Every member who stays on the team for the season will be charged the assessment (regardless if they compete or not).
 - Athletes will not be able to attend any meets and/or team functions with outstanding assessments due.
 - As we approach the end of the season, our budget may allow us to cease assessments for the remainder of the season. I will keep everybody up-to-date on that status.
- Meets – due dates will be announced at least one month before competition if possible
 - Meet entries vary from meet to meet. Local State meets are usually \$35.00 per athlete while some of the bigger competitions can get up to almost \$100.00 per athlete.

Athlete's Guide for the Competitive Season

Following are guidelines in which all team members are expected to follow:

- **Each athlete is encouraged to attend all regularly scheduled workouts.**
- **Proper workout attire is a must.**
 - *A properly fitting leotard is the only acceptable workout attire for girls. Pants may be worn in the winter if the hems do not go below the ankle. Shorts will be permitted as a courtesy.*
 - *Ankle-high socks must be worn on our white "Pi" trampoline bed (the new trampoline shoes can be used at meets and on double-mini trampoline only)*
 - *Shorts with a tucked in shirt or step-in and shorts are acceptable for boys.*
 - *Hair should be appropriately tied so as not to interfere in any way during the workout.*
 - *No jewelry, other than stud earrings, may be worn during the workout. (medical ID bracelets must be taped)*
- **Work hard and try your best.**

This is all that we will ever ask of you and this is always what you should demand of yourself. Do not compare yourself with other athletes. You are all different and will advance at different rates. Only concern yourself with things YOU can control, which are: YOUR ATTITUDE & YOUR EFFORT!
- **No food or drink permitted on the workout floor.**

All snacks & drinks (including water bottles) must remain in the cubby area.
- **Alert your coach when your body is telling you to slow down or stop.**

If you are sick, on medication, or are injured we need to know, and you need to listen to your body. Pain is the body's way of telling you to stop. Trampoline has minimal pounding on body parts, so recovery is usually fast!
- **Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.**
- **Sitting down.** - *We have the shortest possible workout times available so that this sport does not interfere with other activities. With that said, it is imperative that all athletes stay focused and efficient while in the gym.*
 - **Those who sit down will:**
 1. Receive one warning to determine why the athlete is sitting.
 2. Need to leave the gym for 15 minutes on the second instance to try and recover from whatever is ailing them.
 3. Have their parents called and leave practice. (Make-ups will only be available for illness.)
- **Treat your coaches, teammates, & others with respect.** - *No explanation needed.*
- **Be honest.** - *Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and, most importantly, to yourself. Cheating your assignments & conditioning will not benefit anyone!!!*
- **Maintain a positive attitude when facing fears and frustrations.** - *All athletes suffer setbacks, frustration, and fear. Expect these things, learn from them, face them and overcome them. Set high goals and achieve them step by step.*

Parent's Guide for the Competitive Season

➤ **Please let a coach know, before practice, if your child may be injured or sick.**

While we want to have the most efficient practices, our expectations need to be realistic for those athletes feeling "under-the-weather" or hurt.

➤ **Check team mailboxes, e-mail, and website regularly.**

Every team member will receive a mailbox that we use to hand out meet schedules, directions to meets, fund-raising opportunities, and extra-curricular events all year!

Considering that most of our athletes only workout once a week, every public memo that is put into your mailbox will also be e-mailed to you and posted on our website: www.jetsgymnastics.com/tnt

➤ **Communicate with the coaches regarding any problems.**

We are in business to serve you. Your thoughts are important to us. The best way to communicate with the coaches is through e-mail or written notes. The coaches are usually working straight through normal business hours and will most likely not be able to discuss issues while in the gym.

➤ **Attendance Policy**

Due to the number of athletes in the program and an overwhelming problem this season, we must enforce attendance policies specific to the Trampoline Team.

- Lateness
 - If your athlete is late to practice, he/she will have to complete the full warm-up list alone before training begins (NO EXCEPTIONS)
- Leaving early
 - If your athlete needs to leave early, please let a coach know as soon as possible so that your athlete gets the proper amount of conditioning time at the end of their practice.
- Missing practice
 - If your athlete will be missing a practice, please inform the desk as soon as possible.
- Making up a workout (Group "A" athletes only)
 - If your athlete wants to do a makeup, you must call in to schedule it ahead of time. Athletes will not be permitted into practice without a scheduled makeup assigned prior to arrival at the gym.

➤ **Meet Fees**

- Due to erratic meet announcements, meet entry deadlines will be sent home via mail, email, and online as soon as they become available. **Athletes will not be entered into meets outside of New Jersey if they are not comfortably completing their routines as of the meet deadline date.** If an athlete is missing a skill and needs a meet to qualify to States, it must be done within the State.

➤ **Parental behavior at meets/practices**

- How parents behave at meets & practices greatly influences the athlete
- One of our main goals for our team parents is to try and eliminate the stereotypical gossip you hear in sports such as gymnastics, cheerleading, and TnT. In the past 8 years we have been lucky enough to have a great core group of parents that don't tolerate this behavior.
- If a parent or athlete has an issue, please bring it to the coach's attention as soon as possible. It is the responsibility of the Head Coach to help resolve issues involving the team.

Competitive Trampoline Rules & Regulations

➤ Competitive Warm-ups

- Levels 5-8: Minimum of 2 Warm-up touches on Trampoline & Double Mini Trampoline each
- Levels 9-Elite: 30 Minute Warm-up plus "2 touch" prior to competition or a "3 touch" warm-up

➤ Competition

- Level 4-7 athletes have one 10-skill compulsory routine to attempt to complete without interruption (stopping routine, forgetting skill, doing incorrect skill, etc).
- Levels 8-Elite athletes have one 10-skill compulsory and one 10-skill optional routine to attempt to complete without interruption. Each routine will have a designated difficulty rating based on the skills performed.

➤ Scores

- The scoring system is based on 10.0 (plus difficulty for level 8's and up)
 - Levels 4-7 will usually see average scoring range of 7.0 up to 8.5. To move up to the next level, the athlete must average 7.6
 - Levels 8-Elite will see average scores of 6.5 up to 8.3. The reason for the difference in scoring is based on the difficulty levels of each athlete.
For example, athlete #1 scores 7.9's and athlete #2 scores 7.6's. Athlete #2 could still win because of difficulty:
ATHLETE #1 - $7.9 + 7.9 + 7.9 + 3.0 \text{ Difficulty} = 26.7 \text{ Total Score}$
ATHLETE #2 - $7.6 + 7.6 + 7.6 + 4.0 \text{ Difficulty} = 26.8 \text{ Total Score}$

➤ Mobility

- Athletes are required to achieve a mobility score and complete a ten-skill mobility list prior to moving up to the next level on trampoline.
- Coaches reserve the right to deny a request for mobility at any time, even if the athlete has achieved all requirements to move up. Lack of conditioning, attendance, and attitude can be contributing factors to any decisions made.

➤ Awards

- All athletes will have their competition attire on while receiving their awards unless notified otherwise.
- There will be NO PUBLIC DISPLAYS of poor sportsmanship from any representative of our gym during any phase of the meet. If you are not happy with how you or your athlete did at a meet, we will discuss it at the next practice. Fits of anger, tantrums, etc. will not be tolerated under any circumstances and will result in suspension/termination from the team.
- Athletes will not be excused from attending the award ceremonies at the end of the meet unless severe illness has occurred. If there is a case of severe illness, the athlete must return with a doctor's note before he/she is allowed to practice with the team.

➤ Spectator Rules

- Spectators cannot come onto the competition floor during the meet.
- Please do not summon your athlete out of the gym without the coach's knowledge. If their rotation is ready to compete, the athlete must be present in the gym or they scratch (forfeit) their turn.
- Any siblings or other small children are not allowed on ANY EQUIPMENT!
We keep the rules of our gym in effect while we are visitors at other gyms. It can be a dangerous situation if your children cross the path of any athlete warming up or competing.
- Please be respectful to all of those competing. You never know who is sitting next to you at meets!

Fundraising

All fundraising must be approved by Eileen Houghton, the owner of Jets Gymnastics. This year we will try to have parent meetings for those that wish to fundraise during the year.

Use of names and/or images during the season.

Names or Images

Please be aware that any athlete competing during the season may have their name or image (including video) appear online or in print at the discretion of the photographer, meet director, or hosting gym. Jets cannot be held responsible for image/name use without consent in a meet setting.

The Jets Trampoline & Tumbling Team reserves the rights to use any athlete's image, name, or likeness for informational or commercial purposes such as meet results, training/promotional videos, or posters for upcoming events. For security of our athletes, Jets Trampoline & Tumbling Team will only post images with names at the Jets Gymnastics facility (exceptions would be newspaper/ web articles, or videos which would need an additional release from the parent or guardian).

If your athlete joins any group related to Gymnastics, Trampoline & Tumbling, or Jets Gymnastics on any social networking site (such as facebook), the Jets Trampoline & Tumbling Team cannot guarantee the anonymity of that athlete. Those groups are public pages that anyone may visit.

Thank you for taking the time to read this team handbook.

We take great pride in our team program and look forward to giving your child a wonderfully positive athletic experience! Please sign below to acknowledge that you have received and read this handbook.

Parent / Gymnast Acknowledgement

I have read the document titled "Jets Trampoline Team Handbook 2010-2011 Season" from cover to cover and understand and agree to the guidelines set forth. I also understand that the policies and procedures may change throughout the year. Modifications to this document may be made via letters or communications from the Team Coach/Gym Director. Should I have any questions regarding any policies or procedures, I understand that I should contact the Team Director for the appropriate answers.

Parent Signature

Date

Gymnast Signature

Date

_____ I understand & agree to the terms listed under the "use or images / names" policy.

FOR COMMUNICATION PURPOSES:

E-mail address that you would like JTPA information sent to:
