

ATB ATHLETICS TRAMPOLINE & TUMBLING

*"Coming together is a beginning; keeping together is progress; working together is success."
- Henry Ford -*

ATB ATHLETICS TRAMPOLINE & TUMBLING MISSION STATEMENT:

- ★ To build self-confidence through fitness and fun and to raise the child's level of self-esteem.
- ★ To teach the sport of trampoline and tumbling in a safe, nurturing environment.
- ★ To redefine the typical definition of winning in our competitive culture. This means placing value on effort, personal performance, self-improvement, and skill mastery, all of which are within the control of each individual.
- ★ To teach the principles of TEAM (Together Everyone Achieves More).
- ★ To teach a high standard of morals and values in the gym and to carry those standards into life lessons as well. (*"We cannot always build the future for our youth, but we can build our youth for the future."* – Franklin Delano Roosevelt)

Dear Athlete and Parent,

Welcome! Thank you very much for your interest in ATB ATHLETICS TRAMPOLINE & TUMBLING. We are extremely excited and looking forward to the increasing development of an awesome trampoline and tumbling program in the League City area.

Please be assured that the ATB ATHLETICS TRAMPOLINE & TUMBLING staff is dedicated to building a strong program based on a solid foundation. We believe strongly in faith and family and the moral fabric of our society. Our personal character and integrity will automatically permeate the ATB ATHLETICS TRAMPOLINE & TUMBLING program. We will encourage our athletes to pray and be thankful for their individual gifts and to pray for their team as a whole and uplift their teammates.

Our goals at ATB ATHLETICS TRAMPOLINE & TUMBLING are manifold, but our main focus is to positively impact young people physically, mentally, emotionally, and spiritually. Some of the physical attributes that you will find developing in the athlete will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, and grace. Some of the mental/emotional attributes that we hope to develop are positive self-image, self-motivation, tenacity, patience, goal setting, courage, and commitment. Some of the spiritual attributes that we hope to develop are humility, forgiveness, sacrifice, compassion, and caring.

We want your continuing impressions with ATB ATHLETICS TRAMPOLINE & TUMBLING to be even better than your first impression, so we promise to always strive to improve ourselves as individuals and the ATB ATHLETICS TRAMPOLINE & TUMBLING program as a whole. We will be honest about and learn from our mistakes, fair in our dealings, humble in our spirit, proud in our accomplishments, consistent in our purpose, and maintain our character of integrity at all times.

Thank You,
ATB Athletics

"Success is a journey, not a destination." – Ralph Arbitelle –

COMMUNICATION

Communication is key to any organized, successful program. ATB ATHLETICS TRAMPOLINE & TUMBLING will do its very best to keep you informed in a timely manner about all matters relating to your child and the program. Information that is important will be communicated either at the front desk, through a team parent, by e-mail, or on the ATB ATHLETICS TRAMPOLINE & TUMBLING website. It is your responsibility to keep up with all pertinent information.

UNIFORMS AND PRACTICE WEAR

UNIFORMS

The ATB ATHLETICS TRAMPOLINE & TUMBLING uniform was carefully selected to represent best the ATB ATHLETICS TRAMPOLINE & TUMBLING program. Modesty, simplicity, sharpness, and sensitivity to cost were all considered when choosing the right uniform. Both the ATB ATHLETICS TRAMPOLINE & TUMBLING style and colors are unique to the Houston area. We purposely chose uniforms that were different from any other local team. *("It's not the glitz of the uniform that matters, but the spirit that shines within." – Anonymous)*

The ATB ATHLETICS TRAMPOLINE & TUMBLING uniform will consist of a practice leotard and a competition leotard for female athletes and a competition step-in, shorts, and pants for male athletes. Female athletes must also purchase a special bra and briefs. A personalized team warm-up suit and bag is also required. Uniform fittings will generally be done in August and the uniform must be paid at the time of the fitting. This money must be collected before the ATB ATHLETICS TRAMPOLINE & TUMBLING order can be turned in. All uniform costs and any additional items purchased are non-refundable. Parents are required to attend the uniform fitting and sign a confirmation of your child's order. ATB ATHLETICS TRAMPOLINE & TUMBLING will not be responsible for uniforms that do not fit upon arrival. In addition to the uniform, trampoline shoes are required for those who compete trampoline unless otherwise determined by the head coach.

Lost or damaged items throughout the season are the financial responsibility of the athlete and must be immediately replaced.

During competition, female athletes must wear their hair back away from their face and in a tight ponytail or bun. Female athletes must not have any undergarments showing at any time in competition. Deductions will be taken from the athlete's score if seen by the judges. Male athletes must keep their bangs above the eyes. No jewelry of any kind is allowed at all in competition.

PRACTICE WEAR

ATB ATHLETICS TRAMPOLINE & TUMBLING requires that female athletes wear our practice leotard on the first practice of the week and other leotards the rest of the week. Gym shorts are optional. Male athletes must wear our practice outfit the first day of the week and fitted t-shirts and gym shorts (no loose or long shorts allowed) the rest of the week.

RULES AND POLICIES

PRACTICE ATTENDANCE

Practices are essential to the development of the athlete and to the team as a whole, so every practice is considered important. It is your obligation to attend all practices. It is the responsibility of each athlete to learn any new material or gain information given out when missing any practice. (*“There are only two options regarding commitment. You’re either in or out. There’s no such thing as in-between.” – Pat Riley*)

Athletes may not have more than **one** unexcused absence in one month. You may be asked to leave the team if you have excessive absences. This absence policy will be enforced:

EXCUSED	UNEXCUSED
Family Event: Birth, Wedding, Death	Family Celebrations
Contagious Illness	Non-contagious illness or injury (you can still watch)
School functions	School activities/dances
Grade related problems	Homework/studying for tests (plan appropriately)
Pre-approved absences (request form)	Other activities/birthday parties

Tardiness is a sign of disrespect to your teammates, coaches and the ATB ATHLETICS TRAMPOLINE & TUMBLING program. Please make every effort to ensure that you will be to practice on time. If you are going to be late, you must call the front office at 281-672-7198 and let the coaching staff know. Leaving practice early can also be very disruptive to the team practice. Please arrange your schedules to arrive and leave on time.

There may be, at the discretion of the coaches, extra practices called before a competition. These are to be treated as any other practice and are absolutely mandatory. ATB ATHLETICS TRAMPOLINE & TUMBLING may add or cancel practices at any time at the coaches’ discretion. There will be no extra charges for extra practices.

PRACTICE CONDUCT

- ★ Maintain an aggressive, competitive, and positive attitude and give your best effort at every practice. (*“Whether you think you can or whether you think you can’t – you’re right.” – Henry Ford*)
- ★ Treat yourself and other teammates with respect and dignity, displaying positive sportsmanship at all times.
- ★ Every member of the team is vital to its success, and no one member is more important than another. Egos do not and cannot play any part in practices. (*“Strength lies in differences, not in similarities” – Stephen Covey*)
- ★ All coaching is to be done by coaching staff. Please refrain from coaching other teammates unless specifically asked to do so.
- ★ We want the gym to be a happy, motivating, and uplifting place to be. There is no place in our gym for rude or belittling comments, display of anger or disgust, and talking back to coaches or other adults (including eye rolling).

- ★ There is no room for crying and giving up because you have given in to your frustrations and fears. (*“Many of life’s failures are people who did not realize how close they were to success when they gave up.” – Thomas Edison*)
- ★ Absolutely no profanity allowed, including inappropriate gestures.
- ★ No talking during practice. Athletes are here to work and when you are talking, goals are being impeded. Time is precious.
- ★ Concentrate and focus on what you are trying to accomplish during practice. “Fooling around” is an accident waiting to happen. You will be dismissed from practice for playing around.
- ★ Show respect for your safety and to the wishes of your coaches by staying off the equipment without specific permission and supervision of a coach.
- ★ Be honest. Cheating in practice is the ugliest form of disrespect. It shows disrespect to your coaches, to your parents, and most importantly, to yourself. If you cannot or will not complete an assignment, be honest about it.
- ★ Tell your coach when your body is telling you to stop or slow down. This shows respect for yourself and for the coach and protects your body from injury.
- ★ You should not attempt skills if you are on any medication that causes drowsiness, imbalance, weakness, lightheadedness, etc. It is potentially dangerous to perform under these conditions. Inform your coach of your situation.
- ★ ATB ATHLETICS TRAMPOLINE & TUMBLING prides itself on being a tobacco, alcohol, and drug-free program. Any team member coming to practice under the influence will be immediately dismissed from the program.
- ★ No food or drink is allowed in the gym. No soda may be consumed during practice. Gum is also not allowed during practice.
- ★ If an athlete is going to be late or absent, they must call the gym before the beginning of practice.
- ★ Cell phones will not be permitted in the gym. You may only make or receive a phone call in the case of an emergency.
- ★ Ask permission to leave the gym. This applies to leaving practice early, going to the restroom, or calling home. Your coach should always know where you are at all times.
- ★ Always wait inside the facility for your ride home. Athletes are not to wait outside for pick-up following practice.

COMPETITION ATTENDANCE

Attendance at all ATB ATHLETICS TRAMPOLINE & TUMBLING competitions is **required** up to and including Regionals. A tentative competition schedule will be available in June and will be finalized in August. It is your responsibility to make arrangements with your schedule to attend the competitions.

It is the parents’ responsibility to get your child to and from competitions. Please show up on time ready to go (fully dressed, no jewelry, and hair done). Be sure to go to the designated meeting area the day of the competition. Not showing up on time places unnecessary stress on your child, your child’s team, and their coaches.

We appreciate it when athletes stay and support each other. This shows unity with our teammates. All athletes must stay until their awards are presented (in full uniform).

COMPETITION CONDUCT

- ★ Any display of insubordination to the coaching staff will not be tolerated. Be respectful to yourself, your teammates, and your coaches.
- ★ Inappropriate behavior, profanity, or lewd conduct is unacceptable.
- ★ Placing blame of a bad performance on anyone will not be tolerated. (*“Success is never final. Failure is never fatal. Courage is what counts.” – Sir Winston Churchill*)
- ★ Unsportsmanlike behavior or disrespect to another team is inappropriate.
- ★ Tobacco, alcohol, or illegal substance is strictly forbidden at all competitions and will result in dismissal from the ATB ATHLETICS TRAMPOLINE & TUMBLING program.
- ★ An 11:00 p.m. curfew must be enforced at out-of-town competitions so that every athlete is well rested for competition the next day.
- ★ Remember at all times you are representing ATB ATHLETICS TRAMPOLINE & TUMBLING and we will hold our athletes to a higher standard. (*“Reputation is what people think you are. Character is who you really are. Take care of your character and your reputation will take care of itself.” – Unknown*)

PARENT RESPONSIBILITIES AND CODE OF CONDUCT

ATB ATHLETICS TRAMPOLINE & TUMBLING is aware that parents play a valuable role in this program. Your interest, encouragement, cooperation, involvement, and support are vital to its success. Parents also play a huge role in the development of successful athletes. Your role is every bit as important as that of the athlete or of the coaches. It is also every bit as difficult. That is why we welcome your presence at every practice, at every team function, at team meetings, and at every competition. We want your support because we want your child to succeed. Here is what you can do to help your child achieve their dreams.

On the physical side, it is your job to ensure that your young athlete gets enough rest, gets enough of the healthy kinds of food and drink, gets to and from the gym on time, and has the proper clothing and equipment.

The emotional side is just as important. It is your role to provide unconditional love, support, and encouragement. Your love is not based on whether your child makes their back handspring in practice. Your support is not dependent on an outstanding score in competition. Your encouragement is not conditioned on them somehow making you look good by being the best on the team, in the state, in the region, or in the nation.

It is through the physical and emotional support described above that you show your respect for your child and the effort she is putting into her sport. Any more or any less does a disservice to your child and will limit their opportunity for success.

The responsibilities and code of conduct as an ATB ATHLETICS TRAMPOLINE & TUMBLING parent are as follows:

- ★ Support your child and their coaches throughout the season.
- ★ Uphold a positive attitude regarding your child, their teammates, the coaches, and the program. There is a no tolerance policy for gossip at any time – the athlete will be dismissed immediately. If you have questions or concerns, please direct them to the coaches, not other parents. (*“To respond is positive; to react is negative.” – Zig Ziglar*)
- ★ You are to contact the coaches regarding **your child** only. Please do not come to us about any other child other than your own.
- ★ Do not interrupt practices to speak to your child or the coach. Coaches are available before or after practice.
- ★ Call in absences due to unforeseen illness or family emergency and understand that all practices are mandatory, and the only accepted absences are due to illness, family emergency, or school commitment.
- ★ Be responsible for transportation to get your child to and from practices, competitions, and special events.
- ★ Please do not use ATB ATHLETICS Trampoline & Tumbling as a disciplinary tool against your child. We don't want to be associated with a bad connotation.
- ★ Understand that skill selection, training techniques, competitive level, and all other similar matters are the responsibility of the coach, not the parent. Please do not interfere with the coaching staff.
- ★ You have the responsibility to accept the decisions of the coach regarding routines, competitions, practices, camps, apparel, etc.
- ★ Understand that additional practices may need to be called, sometimes with only 24-hours notice (in time for performance). Effort to provide as much advanced notice as possible will be made.

- ★ You give permission to ATB ATHLETICS TRAMPOLINE & TUMBLING to use your child's picture for promotional and advertising purposes (please let us know if otherwise).
- ★ You give permission to ATB ATHLETICS TRAMPOLINE & TUMBLING to provide your address, phone numbers, and e-mail contact information to other team members within the program.
- ★ You have the responsibility to represent ATB ATHLETICS TRAMPOLINE & TUMBLING at competitions and events with good sportsmanship.
- ★ No parent is allowed in the warm-up area or on the competition floor at any time.
- ★ Do not approach competition judges or officials at any events. Understand that competition judging is subjective and that you may not agree with the outcome of the judging scores.
- ★ Understand that tuition must be kept current in order to participate in the program. (Please make an appointment with the Director if you are having financial difficulty.)
- ★ Understand that tuition cannot be prorated for missed practices.
- ★ Understand that all competition fees are due according to the established schedules (no exceptions please).
- ★ Understand that uniforms must be paid in full prior to ordering.
- ★ Understand that being on team is a privilege not a right.
- ★ Make sure that you have the time, finances, and commitment necessary to be a member of the ATB ATHLETICS TRAMPOLINE & TUMBLING team.
- ★ Sign, enforce, and abide by all forms, releases, and regulations.

FINANCIAL COMMITMENT

Competitive trampoline & tumbling is a very rewarding sport. However, there is no way to sugarcoat it – it is also very expensive. That is why ATB ATHLETICS TRAMPOLINE & TUMBLING makes every effort to ensure that you as a parent understand this financial commitment you are making. The following is an **estimation** of what you can expect for the June 2019 – May 2020 competition season:

ITEM	COST	DUE DATE
Practice Leotard/Uniform	\$55.00	July 1, 2019
Annual Team Registration Fee	\$65.00	July 15, 2019
Girls' Leotard/Boys' Uniform (1/2)	\$137.50/\$80.00	July 15, 2019
So. Texas USAGTT Fee	\$10.00	July 31, 2019
USAG Athlete Membership	\$59.00 or \$27.00	July 31, 2019
Girls' Leotard/Boys' Uniform (1/2)	\$137.50/\$80.00	August 15, 2019
Warm-up Jacket	\$135.00	September 15, 2019
Bag	\$50.00	September 15, 2019
Tramp Shoes	\$35.00	As Needed

Tuition is based on the number of hours practiced per week:

4 hours	\$180
6 hours	\$210
9 hours	\$285
12 hours	\$325

Beginning August 15, 2019 through February 15, 2020, \$135 per month will be added on to tuition for the season's total competition/coaches' fees up to STX State. **STX State, Regionals, and Nationals' competition/coaches' fees will be charged separately.**

Team pricing is already discounted from regular class pricing, so we do not prorate for holidays, gym closings, or missed practices. There is a 5% discount on tuition for the first sibling and a 10% discount for each consecutive sibling. All other fees will apply per athlete.

The team practices are as follows. The coaches will determine each athlete's schedule depending on their skill level. There will be no make-ups for missed practices:

Mondays	5:30 pm – 7:30 pm or 8:30 pm
Wednesdays	5:30 pm – 7:30 pm or 8:30 pm
Fridays	5:30 pm – 8:30 pm
Saturdays	9:30 am – 12:30 pm

The competition and coaches' fees are based on estimations. ATB ATHLETICS TRAMPOLINE & TUMBLING reserves the right to decrease or increase fees once the competition schedule is finalized. If the competition fees are not paid by the deadline, the athlete will not be entered in the competition. Coaches' fees are based on the total number of team members and are non-refundable.

Other expenses that will incur during competition season are travel costs, including but not limited to gas, meals, hotel accommodations, parking fees, and spectator fees. It may be necessary to travel outside of the greater Houston area and/or state for regional and national competitions. This may result in a possible Thursday or Friday arrival and/or Monday departure. Hotel accommodations will be the sole responsibility of the parent. ATB ATHLETICS TRAMPOLINE & TUMBLING will coordinate blocks of hotel rooms for any out-of-town competitions but will not reserve them. It is the parents' responsibility to reserve the rooms. It is suggested that all athletes stay in the determined hotel unless circumstances prohibit otherwise. Please inform the Director if this is the case.

FUNDRAISING ACTIVITIES

We are fully aware of the high cost of competitive trampoline & tumbling. We will always be as fair as possible in our tuition and fees without jeopardizing the quality of the program. Even so, some families may still struggle with the financial commitment of a program like this.

To offset these expenses, all athletes and their parents can participate in fundraising projects throughout the year if they wish to benefit from them. The money raised will be used to fund competition expenses during the year and will be credited to each individual's account.

Since we are very careful to protect the ATB ATHLETICS TRAMPOLINE & TUMBLING name, all fundraising must be approved by ATB ATHLETICS TRAMPOLINE & TUMBLING. This includes sponsorships of individual athletes. We have official sponsorship forms available for those purposes.

We are very proud of our organization and we do not want anything detrimental to ruin our reputation. We will do everything possible to help any fundraising activity, but we ask that you honor the guidelines.

PRIVATE INSTRUCTION

We value every minute of workout time just as you do and strive to make the most of each practice. Sometimes, however, an athlete may be in need of individual attention. Athletes may request private class instruction with any of our coaches. Please note that our instructors are contracted directly by you, the customer, for private classes. Coaches are responsible for scheduling and collecting payment for private lessons they give.

Private instruction fees are \$60 per hour. Please arrive 15 minutes early to your scheduled private class to stretch, warm up, and condition on your own, as we want to minimize injury. Otherwise you will lose precious private instruction on the above.

CAMPS AND CLINICS

There will be a mandatory STX T&T clinic in November in which your attendance is required. Check your email and website for the dates of this clinic. Other camps may be offered throughout the season and attendance is voluntary.