



*2024-25 Handbook*

# Welcome from Noa Marting

I am so glad you are not only joining our team, but our gym family! The coaching staff and I are so excited to work with your kiddo and help them grow through tumbling and trampoline. I thank YOU for trusting us to play this important role in your child's life.

In this handbook, you will find all the important information, policies, and expectations for our program. Please read through this thoroughly and as always, message me with ANY questions or concerns. I am always happy to help!

## Our Vision

Our vision at Noa Marting Gymnastics is to provide a positive, encouraging, and inspiring atmosphere for our students to grow physically, mentally, and emotionally through the sport of tumbling and trampoline.

## Our Values

**Inclusion...** We welcome all backgrounds, abilities, and ages into our gym. Everyone will be treated with respect and love when they walk through our doors.

**Patience...** We believe in being patient with ourselves, others, and the process of our sport. When showing patience to our students, we are letting them know that they (and their feelings) are valued and validated. Coaching with patience builds respect, empathy, and positive self-esteem in our students.

**Positivity...** We believe in creating a positive and uplifting environment where our students are praised for their good choices and success and provided with a mentor when faced with challenges. We choose to not participate in negative talk to ourselves or others by speaking affirmations and words of kindness.

**Work Hard (and have fun!)**... We believe in dedicated hard work in and outside of the gym. We teach our students the importance of getting their job and work done and how that is going to better them and their skills. We also do so by having fun! We like to laugh, be silly, and create friendships!

# Our Program

## Coaches

We have an amazing coaching staff here at Noa Marting Gymnastics. All coaches have experience in the sport and/or have been trained by Noa Marting herself. All head coaches are CPR/AED/First Aid trained. We have head coaches, assistant coaches, and student helpers; all who fully understand our vision as a program and incorporate our values in unique and different ways. We believe it is important that we have a variety of different coaches with unique personalities and coaching styles. This helps our students learn about being coachable and working with different types of people. All coaches have in depth training about the way our program runs and their expectations as an instructor.

## Drills Pay the Bills

Drills and stations play a huge role in how we teach skills to our students and the way we facilitate our classes. While our coaches do spot skills when needed, it is important students aren't relying on the coach's strength, but building their own instead. These progressions are what help students advance and prepare for higher skills. Even at the preschool level, students are learning movements and skills that will carry them to and through the advanced level. Along with drills, we also incorporate repetition. Repetition helps build strength, gain student confidence, achieve skill consistency, and move towards new levels and skills.

## Incentives

At Noa Marting Gymnastics, we enjoy recognizing our students' hard work and good choices in many different ways; students of the month, leaders of the class, new "brag tags" for skill improvement and class reward charts to earn prizes and trips to the "store". While intrinsic motivation is our ultimate goal, we

understand that tangible awards and public recognition can aid in finding that inner drive.

## Our Facility

We are extremely excited and proud to offer a state of the art facility in a small town in Iowa. We look forward to the opportunities this can bring to children and families in Independence and surrounding areas. Our facility can hold three classes at one time; a lower level tumbling class, an upper level tumbling class, and a trampoline & double mini class. This allows us to offer more classes, reach more students, and give more children the endless opportunities and learning this sport brings.

Our **facility** consists of:

- Over 8,000 square feet
- 2 in ground Olympic trampolines
- 2 double minis
- 84ft rod floor with 30ft run up space
- Roughly 10 rolls of 42ftx6ft carpet bonded foam
- 40ftx6ftx12in air track
- 60ft in ground tumble track trampoline
- 14ftx11ftx7ft in ground foam pit with a trampoline bottom and over 4,000 foam cubes
- 2 10ft end deck mats
- 2 20ftx10ft competition landing mats
- 1 7ftx14ft landing mat
- 5 soft tumbling landing mats
- 2 trampoline throw mats
- 10 wedges
- 4 booster blocks
- 4 octagon skill builders

- 3 boulder skill builders
- Mailboxes, semi-circle, pacman, mini trampolines
- 6 cartwheel blocks
- Several panel mats
- Hurdle helper set
- Other skill building/training equipment for all levels and ages
- 3 floor beams
- 2 10ft air tracks
- Learning toys, games, manipulatives

Our **lobby** has seating for parents and guests to view classes through a camera system that is projected on the lobby T.V. We have 2 restrooms in our lobby along with a front desk. We have a large gravel **parking lot** with a driveway that allows parents to drop off students at the gym entrance for easy drop off and pick up transitions. Paved handicap parking and sidewalks makes the facility accessible to all.

## Recitals

We hold two recitals a year at our local school gymnasium. We pack up our equipment for our students to demonstrate what they are learning to their families and friends. There is not a limit to how many guests a student can bring. There is not a cost per student. There is a small admission fee for guests. Students may wear an NMG leotard OR girls may wear a leotard and boys may wear an NMG shirt tucked into black shorts. Dates and times will be announced via social media and email.

## More Than Gymnastics

We are proud to be a program that teaches much more than just gymnastics. We teach our younger athletes important **educational skills** such as alphabet, number, letter, and shape recognition, fine motor skills, and hand eye coordination.

We teach all children social and emotional skills such as taking turns, sharing, working as a team, respecting themselves and others, identifying their emotions, communicating when they need breaks, and tools and strategies to regulate their emotions. These skills fall under the five important categories of **social emotional learning**; self management, self awareness, responsible decision making, relationship skills, and social awareness. We also provide different **sensory** experiences for students which include many benefits; improved motor skills, language development, problem solving skills, mindfulness, cognitive growth, improved communication and can act as a mood booster or calming tool. We teach about taking care of our **bodies** by doing exercises that target different areas, stretching, speaking words of affirmation, participating in a variety of workout activities that are challenging yet fun, and learning exercise names and how they help us.

Noa Marting has a bachelor's degree in elementary education and an endorsement in special education (instructional strategist II), which plays a huge role in how our program is structured. Justis Kruse also is continuing his education in exercise science, which provides us with current health and wellness strategies and tips for our students. Noa, Ella, and Hanna Marting were competitive tumblers for years (Noa, 14 years) which helps us understand an athlete's perspective and demonstrate skills to the best of our ability. Our program leaders and coaches have extensive knowledge in all areas that help us coach our students to be the best they can be.

## Next Level

Coaches decide when students are ready to move up based on skill development and social/listening skills. We prefer not to move students down a level, therefore we wait until students have consistently shown us they have met the requirements for the next level. Noa will communicate with you when your child is ready to move levels.

# Expectations

## Student Expectations

Follow the three rules; be respectful, listen, and work hard.

### 1. Be respectful

- a. Respect your mind and body
- b. Treat every coach and volunteer with equal respect
- c. Respect your teammates
- d. No inappropriate language
- e. No bullying behaviors
- f. Be kind with your words and actions

### 2. Listen

- a. Follow all directions
- b. Take feedback from coaches
- c. Do not interrupt others
- d. Be safe in the gym by following the rules
- e. Communicate with your coaches

### 3. Work Hard

- a. Do your job when you are instructed to
- b. Give your very best effort in every class
- c. Set goals and train to reach them
- d. Trust your coaches' plans
- e. 100% effort in all parts of class; stretching, conditioning, warm-ups, stations, passes, cool-downs, etc

### Behavior Procedures

It is extremely important that our students are following directions and making “green” choices in order for everyone to stay safe, learn, and grow. As stated under “incentives”, we do use positive behavior methods to encourage good



choices in our gym. We also understand that everyone has off days, including kids. The behavior strategies we use are research based and have proven to work effectively. We use calm down corners, breaks/time outs, 2-3 minute timers, visual cards, and fidgets and sensory items. If we feel input or suggestions from the parent are needed, Noa will contact you. If the child becomes unsafe to themselves or others, they will be removed from the space for a break. If it continues, further conversation with Noa and the parents will occur.

### **Dress Expectations**

1. Dress options: Fitted t-shirt and shorts, gymnastics leotard, or sports bra and shorts. (Tramp students need white socks or trampoline shoes.)
2. Hair must be pulled back out of the face. Low ponytails/buns or side ponytails/buns work best for students who practice rolls.
3. No hoodies, leggings, sweatpants, colored socks (no socks at all for tumbling), jewelry (studded earrings are okay).

### **Class Expectations**

1. Bring a water bottle into the gym (only water allowed in the gym space)
2. Keep clothing, shoes, bags, etc, in a cubby in the lobby
3. Wait in the lobby until your coach calls your class into the gym
4. Wait in the lobby after class for parent pick up
5. No shoes on the gym mats
6. Use the restroom before class

## **Parent Expectations**

### **1. Tuition**

- a. Pay tuition by the deadline
- b. Pay late fee if tuition is late
- c. Read and follow all tuition policies

### **2. Absences**

- a. Mark absences in the portal, you do not need to send a direct message to Noa
- b. Communicate to Noa if interested in making up a class (1 per month)

### 3. Preparing for Class

- a. Have your child use the restroom before class
- b. If your child can not use the restroom on their own, you will need to stay in the lobby to help them
- c. Send child with a water bottle
- d. Send child in appropriate dress
- e. Arrive in a timely manner

### 4. During/After Class

- a. Parents may choose to watch class in the lobby via the camera/television system or drop off and pick up
- b. Parents/guests/siblings are not allowed into the gym space (besides Tumble with Me class)
- c. Parents must stay in the lobby during class if their child needs assistance using the restroom
- d. Students under the age of 14 are not allowed to leave the gym lobby alone without an adult. You must come into the lobby to pickup.

### 5. Communication

- a. All questions and concerns are directed to Noa Marting via email, phone, text, or NMG Facebook/Instagram
- b. Do not direct message other coaches
- c. Ask the front desk staff member questions you may have while at the gym. They will inform Noa if they don't have an answer for you.

### 6. #1 Cheerleader

- a. Be your child's #1 cheerleader! Cheer them on, help them practice at home, encourage them to do their best, and support them in their tumbling & trampoline journey!

# Pricing

## Financial Obligations

Your child's involvement with gymnastics will cost you time, money, and effort. The students learn and train in a large, nearly million dollar facility under the direction of an educated, experienced, and professional staff. The overhead in running a large gymnastics studio includes mortgage, utilities, maintenance, insurance, taxes, supplies, wages and equipment. The coaches spend an enormous amount of time planning, learning, and supporting the gymnasts in addition to the time they spend coaching. At Noa Marting Gymnastics we believe that the instruction, opportunities, and support we offer our students is valuable and important. Please understand that our prices reflect the services we provide.

### Prices

Class/Service	Cost
Tumble with Me	\$45/mo + tax
Preschool	\$70/mo + tax
Beginner 1	\$70/mo + tax
Beginner 2	\$70/mo + tax
Advanced Beginner 1	\$90/mo + tax
Advanced Beginner 2	\$95/mo + tax
Back Handsprings and Above	\$95/mo + tax
Tramp 1	\$70/mo + tax
Tramp 2	\$70/mo + tax

Beginner Combo	\$70/mo + tax
Ninja	\$70/mo + tax
Competition Team	\$70/mo + tax or \$35/mo + tax depending on enrollment status
Private Lessons <i>(offered when the coach is available)</i>	\$40 + tax for 30 minutes (1 child) \$60 + tax for 30 minutes (2 children)
Birthday Parties	See page 19

## Discounts

Multiple Class (a student's 2nd, 3rd, etc. class)	\$10 off
Sibling (the 2nd, 3rd, etc. child's class/es)	\$10 off
<i>Multiple class and sibling discounts can not be combined</i>	

## Methods of Payment

1. **Cash** (turned in at front desk in envelope with child's full name on it)
2. **Card** (via the parent portal, you are charged the credit card company's fee)
3. **Venmo** (Noa-Marting, if you choose to add the payment protection in Venmo, you will be charged for that amount after payment is sent)

## Credit Card Filing Policy

Every family is required to enter their credit card information into the parent portal at time of registration. Even if you choose to pay your tuition in alternate methods, your card must be on file. This policy protects Noa Marting Gymnastics in

instances of tuition or late fees not being paid. When signing and agreeing to this policy in your registration form, you are giving us permission to charge your card in the circumstance you do not pay. Noa Marting Gymnastics keeps all credit card information confidential and will only be used in the circumstances stated in the handbook policies

## Policies

### 1st of the Month

Monthly tuition is due on the 1st of each month by midnight. If you are enrolled in a class on the 1st of the month, you are required to pay the entire monthly fee.

### Late Fee Policy

If you turn in your monthly tuition after the 1st of the month, you will be charged a \$10 late fee (per family). Any payment that is late will include the late fee, no exceptions besides what is stated below.

### Credit Card Charge Policy

If you do not turn in your monthly payment by the 10th of the month, that is when your card on file will be charged the monthly tuition costs **and** the late fee. A reminder will be sent via email before the credit card charge.

### Drop Class Policy

If you are wanting to drop a class, you need to let Noa Marting know (via email or text) **before** the 1st of the month to avoid paying tuition for the next month. As soon as the 1st of the month arrives, you will be charged for the classes you are enrolled in.

### Tuition Communication & Financial Hardships

We understand difficult times happen and paying tuition on time can sometimes be a challenge. If you are facing financial hardships and need some flexibility with deadlines, please message Noa Marting before the 1st of the month. Please understand that this is based on each family's current circumstances and is not a permanent plan for payment throughout the season.

*(Forgetting to turn in tuition does not qualify for extra time with deadlines.)*

## Missed Class Policy

When you are absent from a class you don't receive a refund or discounted tuition. Your monthly tuition pays to hold your spot, whether or not you are absent or present.

## Makeup Policy

Makeups are **not** guaranteed or included in your tuition. They are simply a "bonus" when it works within the gym's schedule. Students are allowed 1 makeup per month per class if it fits into the gym schedule. A student has 30 days from their missed class to attend a makeup class if they wish to (and if it fits into the gym's schedule). For example, if Sally was absent on January 5th, she has until February 5th to complete a makeup class if she wishes too. After February 5th, that makeup class for January 5th is no longer available. We try our best to make makeup classes work for all students in our schedule, but it can be very difficult to do so with full classes. We appreciate your understanding of this policy.

## Weather Cancellations

NMG does not follow the Independence School District weather cancellations. We will announce via email and Facebook if we are canceling due to inclement weather. We do not offer makeup classes for weather cancellation if we cancel. That means you may **not** makeup a class if it was canceled due to weather. (We RARELY cancel classes due to weather.) If you choose not to come when there is bad

weather (ex: you live far away), you may use your 1 makeup pass to make up the missed class.

## Gym Cancellations

NMG cancels during the following holidays; Fourth of July, Labor Day, Halloween, Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, New Year's Day. These are scheduled cancellations due to holidays so there are no makeups for these missed classes or refunds. The price of the month June (week off due to Nationals) and July (week off due to Noa's family vacation) will be pro-rated due to NMG canceling those dates ahead of time.

# Birthday Parties

At Noa Marting Gymnastics, we offer fun filled birthday parties for members and non-members! Each package includes 60 minutes in the gym space and 30 minutes in the lobby space. Jump on the inground trampolines, tumble along the 60 ft tumble track into the in ground foam pit, climb through obstacle courses, play with toys, create your own games or follow the games of the instructor, bring your own food and cake to be used in the lobby area, and more! Best of all, you don't have to worry about the mess or entertainment! Birthday parties are usually scheduled on Friday evenings or Saturday afternoons. Contact Noa to schedule a time!

## Details

- First 60 minutes is time spent in the gym space.
- All children **must** have a waiver signed through our online system.
- Children who are under the age of 3 **must** have an adult accompanying them at all times on the equipment. (This adult will also need a waiver signed.)
- Children and adults are **not** permitted to do gymnastics skills that they have not yet received training on. Coaches will **not** be spotting any skills.
- Your time in the gym does not start until your planned party time. You may not arrive more than 10 minutes early (unless you paid for the early set up time.)
- 1 adult per 8 children are required to stay and supervise during the party.
- We do not offer themed parties, but you are more than welcome to arrive 30 minutes early at a cost of **\$15.00** to decorate the lobby space!
- The final 30 minutes is time spent in the lobby space.
- We will provide tables and chairs.
- You need to provide your own food, silverware, table cloths, plates, napkins, and drinks.
- All participants will receive a goodie bag at the end of the party!



### Packages

<p><b>Package A:</b></p> <p>Up to 15 participants 1 coach</p> <p>60 minutes in gym space 30 minutes in lobby space</p>	<p>\$170 + tax for non-member families \$160 + tax for member families*</p> <p>*member families have at least 1 child enrolled in a class at NMG and do not have an outstanding tuition balance</p>
<p><b>Package B:</b></p> <p>Up to 20 participants 2 coaches</p> <p>60 minutes in gym space 30 minutes in lobby space</p>	<p>\$220 + tax for non-member families \$210 + tax for member families*</p> <p>*member families have at least 1 child enrolled in a class at NMG and do not have an outstanding tuition balance</p>
<p><b>Package C:</b></p> <p>Up to 25 participants 2 coaches</p> <p>60 minutes in gym space 30 minutes in lobby space</p>	<p>\$270 + tax for non-member families \$260 + tax for member families*</p> <p>*member families have at least 1 child enrolled in a class at NMG and do not have an outstanding tuition balance</p>

\*All packages require a 50% non-refundable down payment at the time of scheduling. The second 50% is due before the party begins. If there is an emergency (birthday kid gets sick, a death in the family, inclement weather), the 50% down payment is still non-refundable but Noa will work with you to reschedule the party. We will not reschedule more than once.

# Competition Team

NMG Tumbling & Trampoline competition team is open to all ages and levels. Please refer to the [competition packet](#) for more details (this is our past season's packet, there will be a few changes). It is **not** required to join the competition team. New competition team sign up will be in October of 2023.

# Communication

All questions or concerns can go directly to Noa Marting. Please do not personally message any other staff members questions regarding Noa Marting Gymnastics, as it is not in their job duties to answer those. Noa's schedule can be quite busy between teaching/coaching and running the business. Please allow 24 hours for her to respond. Responses will be slower during the weekend. Below are our communication methods listed in order of preference:

1. **Email** [noamartinggym@gmail.com](mailto:noamartinggym@gmail.com) OR send an email through the parent portal.
2. **Text or call** 563-608-3437 (Noa). If texting, please make sure to state your name and your child's name.
3. **Facebook Messenger** to Noa Marting Gymnastics.

# Social Media

We would love it if you would follow us on our social media accounts! We are very active in sharing our students' accomplishments, skills, and awards. This is also a great way to stay updated on announcements.

- Facebook: [Noa Marting Gymnastics](#)
- Instagram: [@noamartinggym](#)
- TikTok: @noamarting