

Dear MuscleTrain Parents,

Thank you for giving us the privilege to work with your athlete(s). We are passionate about what we do, and love the process that goes into building incredible athletes who are consistently getting better. With that being said, in order to keep progression strong, and build an even better experience we are enhancing everything we do inside and out.

## **Calendar, Class Policy and Entrance Guidelines**

### **Calendar:**

Our holiday schedule is based off of Lee County School System. **There will not be any makeup days for holidays or severe weather conditions. The only reason we would provide a makeup day is if we have to cancel classes last minute due to an emergency or coach calling out.**

- **Class Policy:** For 2025 we have made some more adjustments to class policy. We want the absolute best for your athlete, so we are tightening things up to make sessions run more efficiently, create a safer environment, and focus in on even more progress.
- Every athlete MUST have their hair fixed appropriately before their class session. **There will be a \$3.00 charge applied to your account for a hair tie each time an athlete is not prepared. We do not allow nails to be longer than the tip of your finger/toes. If we feel your athletes nails are too long they will not be aloud to attend their session that day.** MuscleTrain Fitness and Tumble Academy is very strict on this because these are very big safety concerns. Please understand safety is our 1st priority.
- All athletes must wear appropriate tumbling attire. Athletes can wear any MTF gear, leotards, or gym clothes.

### **IF ATHLETES WEAR:**

- Dresses
- Skirts
- Regular Shoes
- Jeans
- Jewelry

- Chews gum
- Hair Beads
- Long nails/fake nails
- Glasses without proper head ware
- Inappropriate clothing.
- No loose fitted clothing

**THE ATHLETE WILL NOT BE ALLOWED TO BE ON THE FLOOR. NO EXCEPTIONS**

- **Your athlete can only miss up to 2 sessions a month.**
- **If your athlete shows up 10 minutes late or longer they will not be able to participate in the training session. If it happens more than 2 times in the same month the athlete will no longer be in the program.**
- **You must give a 48 hour notice to pull athlete out of the class before draft next month. If you do not give a 48hr notice you will be charged for the next month.**

**Athletes Behavior and Work Ethic:**

Athletes must follow instructions the coach is giving for their own safety and safety to others around them. Proper gym and social behavior is expected of all the athletes. If the athlete fails to act in an appropriate and safe manner it will result in these consequences and parent/guardian WILL NOT receive a refund for any reason.

1) **BLUE OFFENSE** (Not following directions, not listening to the instructor, goofing off.) A. First and second offense is a warning. B. Third offense the child will be asked to sit with the parent/guardian for the remainder of class. C. After the child has sat out for 2 classes the parent/ guardian will be asked to remove their child from the class and will not be eligible to attend classes again for a year.

2) **YELLOW OFFENSE** ( Being disrespectful to other athletes, coaches, being rude, or using foul language.) A. First offense is a

warning B. Second offense the child will be asked to sit with the parent/guardian for the remainder of class. C. This offense the parent will be asked to remove their child from the class.

3) **RED OFFENSE** (Athlete is physically being harmful to coaches or other athletes, throwing objects, pushing, hitting, spitting, etc.) A. This type of offense child will immediately be taken out of class permanently with no warnings given.

### **Food and Beverages:**

Do not bring anything other than Water or Powerade/BodyArmor in the facility. **Candy, sugar drinks, and junk food is not welcome in the gym.** If your athlete does not have a water powerade/ Body Armor with them, they can purchase a drink from us. If any athlete decides to try to bring any snacks or beverages in they will be asked to throw it away in the trash.

### **Tuition Cost:**

**Starting January 1st, 2025 the cost of tuition will be \$140.00 a month for one 45min class a week.** There will also be a \$20 maintenance fee drafted in January 2025. If you are late paying your monthly tuition there is a 3 day grace period. After the 3 day grace period there will be a \$25 late fee added to your payment.

### **Private Lesson Rate:**

- **Coach Jason \$60.00 per 30min session**
- **All other coaches \$50.00 per 30min session**
- **Small groups 2-4 athletes \$40 per session per athlete with coaches other than Jason**

### **Private Lessons/Small Groups:**

- **We have a 24hr cancellation policy for private lessons. If we do not receive a 24hr notice of cancellation you will still be charged for the lesson NO EXCEPTIONS!**
- **If your athlete is enrolled in a small group he/she will be charged**

**regardless if the athlete comes to the session or not for as long as the athlete is enrolled in the group.**

## **Clinics**

We will offer a 1 hour tumbling clinic the 1st and 4th Monday of every month. Athletes that are already enrolled in one of our monthly classes will be eligible to come to 1 clinic a month for free. The cost of the additional clinic or for athletes that are not enrolled in our current class on Tuesday or Thursday the cost will be \$50 per clinic. **This will be first come first serve as there are only 12 spots for each clinic.** T

## **Levels 2-4 (Private lessons/one on one)**

**(ONBOARDING LEVEL 1)** - EVAL Basic Fundamentals

Pike, Straddle, tuck position, tuck sit, hollow body, arch body, ready position,

### **LEVEL 2 SKILLS**

Forward Roll

Backwards Roll

### **LEVEL 3 SKILLS**

T-Shape

Candlestick jump

Bridge ( straight legs, knees together)

30 Sec Hollow Body Hold

30 Sec Arch Body Hold

### **LEVEL 4 SKILLS**

Handstand block walk down

Standing Cartwheel

Running block cartwheel

Back Bend

Dive Roll

Handstand 3 Sec hold

**Strength:**

5 pushups (Chest to floor)  
45 Sec Handstand Hold  
45 Sec Hollow body Hold

## **Levels 5-7 (class setting)**

**LEVEL 5 SKILLS:**

Handstand Block Snap Down  
Round-Off “C” Shape  
Power Hurdle Round-Off “C” Shape rebound  
Round-off Back handspring “C” Shape rebound  
Standing Back handspring “C” Shape rebound

**Strength:**

- 60 second Handstand Hold
- 60 Second Hollow Body Hold
- 8 Push-ups (Chest to floor)
- Standing Box Jump (Hip Height of Athlete)

**LEVEL 6 SKILLS:**

Standing Tuck On floor/ Air Track  
Power Hurdle Round-Off Back handspring Tuck Rebound On Air Track/floor  
Round-off Tuck  
Round-off Backhand spring Tuck

**Strength:**

- 1:15 Sec Handstand Hold
- 1:15 Sec Hollow Body Hold
- 12 Push-ups (Chest to floor)
- 15 Box Jumps in 45 seconds

- Shorter athletes **16in** box Jumps
- Taller athletes **24in** Box Jumps

### **LEVEL 7 SKILLS:**

Power Hurdle Round-Off Back handspring Layout

Round-off Backhand springs Layout

Round-off Backhand springs Full Twist

Power Hurdle Round-Off Back handspring Full Twist

Standing Full Twist on Trampoline or Air Track

### **Strength:**

- 1:30sec Handstand Hold
- 1:30 sec Hollow Body Hold
- 15 Push-ups (Chest to Floor)
- 20 Box Jumps in 45 seconds
  - Shorter Athletes 16in Box Jumps
  - Taller Athletes 24in Box Jumps
- 50 Russian Twists with 10lb Plate Unbroken

