

MUSCLETRAIN FITNESS & TUMBLE ACADEMY

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.

MUSCLETRAIN AWARDS:

THE MTF AWARDS IS DEDICATED TO THE HANDWORK AND DEDICATION EACH ATHLETE/CLIENT HAS SHOWN THROUGHOUT THE YEAR. WE WILL BE LETTING EVERYONE KNOW THE DATE OF THE EVENT SOON. TICKETS WILL BE \$10 PER PERSON (CHILDREN UNDER THE AGE OF 4 ARE FREE BUT HE/SHE HAS TO SIT IN A PARENT/GUARDIANS LAP). THIS MONEY WILL BE USED TO HELP FUND THE 2024 MUSCLETRAIN FITNESS AWARDS. EACH ATHLETE WILL BE PERFORMING A ROUTINE AT THE CEREMONY TO SHOW THE SKILLS THEY HAVE LEARNED THROUGHOUT THE YEAR IN CLASS. (MORE DETAILS COMING SOON.)

CALENDAR, CLASS POLICY AND ENTRANCE GUIDELINES

CALENDAR:

TO KEEP PARENTS AND ATHLETES WELL INFORMED, MUSCLETRAIN FITNESS AND TUMBLE ACADEMY WILL BE SENDING OUT EVENT SCHEDULES AND HOLIDAY CALENDARS FROM MONTH TO MONTH. 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.**

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- **CLASS POLICY:** FOR 2024 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 \$5.00 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 ALLOWED 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**

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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.**

PROGRESSION POLICY:

MUSCLETRAIN FITNESS AND TUMBLE ACADEMY STANDS FOR EXCELLENCE IN PROGRESSION AND SAFETY. EACH AND EVERY ATHLETE THAT WE HAVE TRAINED THROUGHOUT THE YEARS HAS GIVEN US A GREAT UNDERSTANDING OF THE AMOUNT OF TIME IT TAKES TO LEARN THESE SKILLS WITHIN EACH GIVEN LEVEL. THROUGH OUR EXPERIENCE IF THE ATHLETE(S) REMAINS IN THE SAME CLASS TOO LONG THEY LOSE MOTIVATION, FOCUS AND THE ABILITY TO REALLY WANT TO PUSH THEMSELVES TO GET TO THAT NEXT LEVEL. **FOR EVERY ATHLETE IN OUR PROGRAM STARTING JANUARY 1ST, 2024 THEY WILL HAVE 26 WEEKS TO MOVE UP.** THAT GIVES THEM PLENTY OF TIME TO BE WORKING ON THE REQUIRED SKILLS IN EACH LEVEL. **IF THEY DO NOT MOVE UP BY THE END OF THE 26 WEEKS, THEY WILL BE REQUIRED TO MOVE TO TUMBLE CLINICS/PRIVATE LESSONS IF AVAILABLE TO FINISH LEARNING THE SKILLS REQUIRED TO LEVEL UP. ONCE YOUR ATHLETE HAS COMPLETED LEVEL 7 THEY WILL BE GIVEN A CERTIFICATE AND GRADUATE OUT OF THE PROGRAM.** THEY WILL THEN BE ELIGIBLE TO ATTEND OUR SPECIALTY PROGRAM.

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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.

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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.

Annual Maintenance Fee:

We want our equipment to be at its best each and every time your athlete comes to the facility. Keeping our equipment top notch is one of our highest priorities. We do our best to keep our equipment clean and updated as much as possible. Unfortunately, we do have mats rip, nets rip and we have to either completely replace them or get someone to come fix them for us. **To help keep things in order, in January 2024, all members of the tumble academy will be required to pay a one time \$25.00 Annual Maintenance Fee.** This will help out the Tumble Academy more than you'll ever know.

Tuition Cost:

For all new athletes enrolling January 1st, 2024 the cost of tuition will be \$150.00 a month for one 45min class a week. For existing athletes the rate will stay \$120.00 a month. (If the existing athlete drops for any reason whatsoever the tuition rate will go up to \$150 for re-enrollment.) 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 \$80.00 per 30min session**
- **All other coaches \$65.00 per 30min session**
- **Small groups 2-4 athletes \$40 per session per athlete with coaches other than Jason**

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Private Lessons/Small Groups:

- If your athlete is enrolled in private lessons for Level 2 & 3 they will get a maximum of twelve 30 minute sessions to complete all of the skills in level 2 & 3. If the athlete has not mastered all of the required skills within the 20 sessions he/she will be taken out of private lessons and moved to virtual training until they have mastered all skills.
- If your athlete is in a small group for Level 2 & 3 they will get a maximum of twenty-four 30min sessions to complete all of the skills in level 2 & 3. If the athlete has not mastered all of the required skills within the 24 sessions he/she will be taken out of small group and moved to private lessons if available until they have mastered all skills.
- If your athlete is in level 4-7 taking private lessons because they got pulled from the class they will get a maximum of 5 sessions to move to the next level.
- **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.**

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Policy:

Starting January 1st, 2024 we will be heavily enforcing the progression policy. From Levels 4 - 6, each athlete will have up to 6 months to move up. If your athlete does not level up within those 6 months they will be moved to private lessons (if available) or clinics. For level 7 each athlete will have up to 8 to 12 months to level up.

Question.

“Why do we have a progression Policy? I just want my athlete to come tumble.”

Answer: MuscleTrain Fitness & Tumble Academy is all about Safety, Progress and Fun. We take progression very seriously, and want our athletes to improve inside and outside our facility. If your athlete is not putting in the work, and not taking it seriously then we are not the facility for them. 6 months should be plenty of time to level up and show tremendous improvement. Also, we are a facility in high demand. If your athlete does not want to put in the work, they will be replaced with an athlete that will.

Full Completion:

Once your athlete has completed levels 4-7 they will go through a thorough evaluation on every skill we coach within our Tumble Academy. If everything has checked off, they will receive one of our highest awards at the next MuscleTrain Fitness awards, and will be invited to our scheduled Train Track Specialty Sessions.

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Levels of Progression: Each level will have 6 skills that will increase in difficulty as they progress. In order to master these skills we highly encourage athletes to do exercises at home to build strength and work on mobility. This will only help with producing better results for your athlete.

Onboarding/Evaluation (Mastering the Basic Elements Of Tumbling)

Pike -

Straddle -

Tuck -

Tuck Sit -

Hollow Body -

Arch Body -

Ready Position-

Bridge-

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Level 2 (Mastering the basics Fundamental Skills)

- Backwards roll**
- Forward roll**
- Needle (T-shape)**
- Headstand**
- Candle Stick Jump**
- Bridge**

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Level 3 (Mastering the Straddle Rolls, Pike Rolls, Basics of a Handstand)

- **Backwards Straddle Roll**
- **Forwards Straddle Roll**
- **Backwards Pike Roll**
- **Forwards Pike Roll**
- **Handstand wall climb (Hold for 45 seconds)**
- **Hollow Body Hold for 30 seconds**

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Level 4 (Mastering the Handstand, Cartwheel and Bridge Kick-over Progressions

Handstand walk down

Handstand Snap Down

Standing Cartwheel

Running cartwheel Pop

Bridge Kick-over on elevated surface

Back Bend

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Level 5 (Phase I: Mastering Punching, Blocking, Kicking)

Bridge kick-over

Front Handspring Flat Back

Round-off, rebound, “C” shape

- **Power hurdle**
- **Running**

Handstand Forward Roll

Front Handspring Step-out

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Level 6 (Phase II: Mastering Block, Punch, Pull and Kick)

- **Backwalkover**
- **“C” shape, Back Handspring, “C” shape**
- **“C”, Back handspring Step- out**
- **Back Tuck (Trampoline)**
- **Front Tuck(Trampoline or air track)**
- **Hollow Body Hold 60 seconds**

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Level 7 (Phase I: Mastering Connection & Set)

- **Round Off, Back handspring, tuck**
- **Standing Back Tucks (On floor)**

Layouts:

- **Trampoline**
- **Round, off Back handspring, Layout**
- **Punch Front**
- **Side Aerial**

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Train Tracks:

Once Level 7 is complete, you will be eligible to participate in Train Tracks. Currently we have 1 track.

Full-twist Track: Solely focused on twisting mechanics and executing the standing full twist and Layout full- twist.

More will be added at a later date.

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CLASS SCHEDULE

MONDAY

LEVEL 4 4:30PM TO 5:15PM
LEVEL 5 5:15PM TO 6PM
LEVEL 6 6PM TO 6:45PM

TUESDAY

LEVEL 4 4:30PM TO 5:15PM
LEVEL 5 5:15PM TO 6PM
LEVEL 6 6PM TO 6:45PM
LEVEL 7 6:45PM TO 7:30PM

WEDNESDAY

LEVEL 4 4:30PM TO 5:15PM
LEVEL 5 5:15PM TO 6PM
LEVEL 6 6PM TO 6:45PM
LEVEL 7 6:45PM TO 7:30PM

THURSDAY

LEVEL 4 4:30PM TO 5:15PM
LEVEL 5 5:15PM TO 6PM
LEVEL 6 6PM TO 6:45PM
LEVEL 7 6:45PM TO 7:30PM

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Please sign and return this page after you have thoroughly read and agree to all the terms and conditions of the 2024 MuscleTrain Fitness & Tumble Academy Contract.

I _____ have thoroughly read and agree to all the rules, regulations and policies that MuscleTrain Fitness & Tumble Academy has stated in the 2024 Contract & Agreement Form.

Parent/Guardian Signature:

_____ **Date** _____

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