

MUSCLETRAIN FITNESS & TUMBLE ACADEMY

Dear MuscleTrain Parents,

First off, I want to 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 creating better 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.

Equipment:

The Tumble Academy has come a very long way with what we have to offer our athletes. We may not be a collegiate level gymnastics facility but, we do bring the most bang for the buck when it comes to getting safe, high quality tumbling equipment that will dramatically help with tumbling progression. Recently we purchased over \$2000 worth of tumbling equipment, and we are getting ready to make another purchase soon. We will be getting a sting mat, a boulder mat, and a twisting belt for the SAMS spotting system very soon. With this equipment all athletes will feel even more comfortable and safe throwing back-handsprings, layout full twists, and other skills. We want every athlete to feel 100% confident that they can complete these skills without any worry of faulty equipment or risk of injury.

MTF Tumble Awards

The MTF Tumble Awards are dedicated to the handwork and dedication each athlete has shown throughout the year. The MTF Tumble Awards will be on **MARCH, 26th 2022**. We will be giving each parent **2 tickets** to attend this event. Anyone else coming to the event will be charged **\$5.00** to attend. This money will be used to help fund new equipment in the future.

Performance Team: We are excited to announce we will be putting together a performance team for the MTF Tumble Awards in 2022. After the awards are presented the magic will come alive! This show will showcase our very talented athletes who have been selected to perform. This will be professionally choreographed, with professional lighting, Stylish outfits and sound that will blow you away. Athletes who are chosen to perform will be those that have shown immense work ethic, dedication and focus.

Calendar, Class Policy and Entrance Guidelines

- **Calendar:** In 2022 we will have a Tumble Academy Calendar with every event scheduled. This calendar will show scheduled clinic dates, days we are not having practice sessions, and days/times for evaluations. To keep parents and athletes well informed, MuscleTrain Fitness & Tumble Academy will be going by this calendar unless something changes. **Moving forward there will not be any makeup days for holidays or terrible weather conditions unless we have to cancel classes last minute due to an emergency or coach calling out.**
- **Class Policy:** For 2022 we have made some adjustments to the class policy. We want the absolute best for your athlete, so we are tightening things up to make classes run more efficiently, create a safer environment, and focus in on even more progress.
- To become more efficient with time, create a safer environment and deliver a better experience for your athlete we have decided to lock the facilities doors **5 minutes after** each class session and unlock the doors **5 minutes before** each class session. Your athlete(s) is extremely important to us, and we are not staffed to focus on anything else but your athlete(s).
- Every athlete MUST have their hair fixed appropriately before their class session. **There will be a \$2.00 charge applied to your account for a hair tie each time an athlete is not prepared.** MuscleTrain Fitness & Tumble Academy is very strict on this because it is a very big safety concern. Please understand Safety is our 1st priority.

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.

2) YELLOW OFFENSE (Being disrespectful to other athletes, coaches, being rude, 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.

Do not bring anything other than Water or Gatorade in the facility. Candy, sugar drinks and junk food is not welcome in the gym. If your athlete does not have a water or gatorade with them, they can purchase a water or gatorade from us for **\$1.00.** **If any athlete decides to try to bring any snacks or beverages in they will be asked to throw it away in the trash can outside.**

- Starting January 3rd 2022 we will be allowing parents to come inside as long as they have their **Monthly Watcher Ticket.** We will be giving 1 family member a ticket to come watch **twice a month. 1 family member can bring up to 3 guests with them.** Once we collect your ticket it will be entered into the quarterly prize drawing. Winners will get a prize valued at \$25 or more.. **Your odds of winning will go up with videos, pictures, reviews and tags on social media.** * PLEASE TAG MuscleTrain Fitness & Tumble Academy

Tuition Cost:

From Nov. 1st 2021 moving forward the cost of tuition will be \$90 (**this will apply to current athletes that drop from the program and new athletes coming in**). As for current athletes that have remained with us your rate will remain the same.

Small Group & Large Group Prices and Policy:

There is a 3 month commitment to all small group and large group training sessions. Soon as a the commitment is up it is fair game to anyone wishing to fill the spots for the next upcoming 3 months. (First Come, First Serve)

Small Group sessions are **\$35.00** per athlete for up to 4 athletes per session. Charged Weekly.

Large group sessions are **\$25.00** per athlete for up to 6 athletes per session. Charged weekly.

These rates will begin January 1, 2022 for every athlete wishing to do small or large group sessions.

The last week of every month there are no small group or large group training sessions.

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 and we have to either completely replace them or get someone to come fix them for us. **To help keep things in order, starting in January 2022, all members of the tumble academy will be required to pay a one time \$20.00 Annual Maintenance Fee.** This will help out the Tumble Academy more than you'll ever know.

New Level Structure:

After launching the new structured format for the Tumble Academy last year, we have learned so much about what works and does not work with our athletes. Again, we are all about making sure these athletes are progressing in the safest most fun way possible. Based on the data we have received from our athletes, we are excited to make these changes to build an even better experience for our athletes. Below is the new list of the skills for each level.

Onboarding/Evaluation (Mastering the Basic Elements Of Tumbling)

- Pike**
- Straddle**
- Tuck**
- Tuck Sit**
- Hollow Body**
- Arch Body**
- Ready Position**
- Bridge**

Level 2 (Mastering the basics Fundamental Skills)

- Backwards roll**
- Forward roll**
- Needle (T-shape)**
- Headstand**

Level 3 (Mastering the Rolls & Basics of a Handstand)

- Backwards Straddle Roll**
- Forward Straddle Roll**
- Handstand Hold**
- Diving Roll/ Diving Roll Step out**

Level 4 (Mastering the Handstand & Cartwheel)

- Handstand walk Down**
- Handstand Blocking**
- Standing Front- Facing Cartwheel**
- Standing Front Facing Cartwheel pop**

Level 5 (Mastering Mobility & Blocking)

- Bridge kick-over**
- Back Extension Roll**
- Front handspring (On Trampoline or air track)**
- Running Cartwheel Pop**

Level 6 (Mastering the Block, Punch and Pull)

- Power hurdle & Running Round Off**
- Backhand-spring Step-out**
- Punch Front (trampoline or air track)**
- Back tuck (Trampoline or air track)**

Level 7 (Mastering the Set)

- Round off, back handspring, tuck**
- Layout mechanics and positioning**
- Round off, back handspring, layout**
- Introduction to Twisting mechanics and positioning**

Level 8 (Advanced Twisting & Pulling Mechanics)

- Round off, back handspring, layout full twist**
- Standing Full-twist**
- Introduction to double Back tucks**
- Aerials**

Please sign and return after you have thoroughly read and agree to the terms of MTF Tumble Academy.

Parent/Guardian Signature:
