

# 2025-2026 TTT Tumbling/Trampoline Team Guidelines

## MISSION STATEMENT

Develop body awareness, promote fitness, confidence, and self-esteem by participating in USTA (United States Tumbling and Trampoline Association - [usta1.org](http://usta1.org)).

## **PRACTICE SCHEDULE**

*Brandon requires his team members to practice four hours a week. Kathy is allowing a select group of students to compete at a more recreational level but does recommend her students take more than one class a week.*

TEAM (Brandon)	DEV TEAM (Brandon)	NOV/INT CLASS (Logan)	BEG/NOV (Kathy)
Mon 5:00-7:00	Wed 6:00-7:30	Fri 5:00-7:00	Tues 5:00-6:00
Tues 6:00-8:00			Thurs 5:00-6:00
Thurs 6:00-8:00			

## **WARM-UPS**

Be on time! Warm-up activities are an important part of practice.

## **ABSENCES**

Do not skip practices. When you miss practice on a regular basis it can lead to frustration and low morale. Being on time and at practice teaches responsibility and good time management. Please call if you are unable to attend.

Tuition will NOT be altered for missed classes due to vacations, camps, sickness, other sports, etc. Make-up time/classes are encouraged.

## **OPEN GYM**

Open Gym is on **Friday and Saturday 7:00pm - 9:00 PM** : Open Gym is \$11 card \$10 cash for gym members.

## **EXTRA PRACTICES AND CLINICS**

From time to time there may be extra practices, Judges' clinics and/or regional clinics. There are extra charges for these, cost to be announced.

## **PROPER NUTRITION AND REST**

Proper nutrition and rest are important for the overall health and fitness level for athletes. Pay close attention to your child's sleep and eating habits. A balanced diet and proper rest are a major safety factor and can either make or break an athlete. Anyone that observes this fact has an edge on their competitors and on life. Pop and candy are prohibited from practice. Water, juice, pretzels, nuts, and fruit for snacks are highly recommended. Your athlete should be active in planning their meals and nutrition.

## **PRACTICE ATTIRE**

Female team members are encouraged to wear a leotard or similar attire. Male Athletes are encouraged to wear shorts and fitted shirt. Baggy clothes and jeans are prohibited for safety reasons. Appropriate undergarments must be worn.

## **POSITIVE ATTITUDE**

At Thoroughbred it is our policy to promote positive attitudes. Our Coaches do not tolerate negative behavior and/or the use of negative words from athletes and parents. Our coaches promote encouragement and suggestions at any time.

## 2025-2026 Competition Schedule

Saturday, November 8, 2025	Spark Athletics, Louisville, KY
Saturday, November 22, 2025	Dynamite Twisters, Morehead, KY
Saturday, January 31, 2026	Tumble Shine, Berea, KY
Saturday, February 28, 2026	Dynamite Twisters, Morehead, KY
Fri, Sat, Sun, March 6, 7 & 8, 2026	Arnold Sports Festival (details TBA)
Saturday, March 28, 2026	Sparks Athletics, Buckner, KY
Saturday, April 18, 2026	Tumble Shine, Berea, KY
Saturday, April 25, 2026	USTA State, Dynamite Twister, Morehead, KY
June 15-20, 2026	USTA Nationals, Madison Wisconsin (not sure if TTT is attending)

### COMPETITION ATTIRE

#### **Females**

- Team leotard
- Trampoline shoes
- Hair pulled back neatly so that it does not touch face or neck

#### **Males**

- Step in team uniform, gymnastic shorts and pants

#### **Footwear**

- Trampoline and double-mini require trampoline shoes or white ankle socks without any emblems or colored stitching
- Tumbling - barefoot, trampoline shoes or ankle socks without any emblems or colored stitching

#### **General**

- Earrings or other piercings are not allowed
- Tattoos must be covered
- Undergarments cannot show

### COMPETITIONS

United States Tumbling and Trampoline Association (USTA) have different age and level categories. For more details go to USTA's website, [usta1.org](https://usta1.org).

### TRANSPORTATION

Transportation to and from competitions is the responsibility of parents and/or guardians.

### ETHICS

During competitions we ask anyone representing our team to act in an ethical manner.

## EXPENSES

*May be subject to change.*

**Yearly Fees:** \$40 Thoroughbred Tumbling/Trampoline, Inc. Yearly Membership  
**\$75 USTA Athlete, KY State and Club memberships (first child in family)**  
*\$60 for additional siblings*

**Monthly Tuition:** \$105 1 ½ hours per week  
\$125 2 hours per week  
\$140 2 ½ hours per week  
\$155 3 hours per week  
\$170 3 ½ hours per week  
\$180 4 hours per week

*There is a \$10 discount for sibling and \$20 discount per month for each additional sibling.*

**Competitions:** \$100 local invitations (\$65 entry fee plus \$35 coaches' fee for each competition)  
\$115 USTA State  
USTA Nationals (Fees to be announced)

### Uniforms:

**Female Long ¾ Sleeve Leotard: \$210+tax - or - Sleeveless Leotard \$100+tax** – see attached order form

Trampoline Shoes: Order from Amazon – no emblems on shoes

Team Jacket: **\$120+tax** – see attached order form (optional)

### PROCEDURES FOR ENTERING A COMPETITION

1. All team members must be able to consistently perform their passes with required elements before they are allowed to enter a competition. To enter the first time or change levels, you must get approval from the head coach.
2. All students must pay the USTA Yearly Fee.
3. Athlete must have a current USTA Athlete Waiver on file.
4. Sign up and pay Entry Fees plus Coaches' Fees.  
Entry forms for competitions will be displayed in the gym 4-6 weeks prior to competition.
5. Must be current on TTT membership and class tuition.

*You are not required to attend all competitions, but you are encouraged to attend as many as you can.*

**\*\*\*NOTE: If any team member is not current on their tuition, they will not be allowed to enter a competition. If a team member is more than one month behind on tuition, he/she will not be allowed to participate in any extra gym activities until their account is caught up or has made payment arrangements with Kathy.**

**Any questions or concerns please call or text Brandon (859) 779-9277 or Kathy (859) 749-1895.**

## 2025-2026 OZONE Uniform Order Form

Athlete's Name: \_\_\_\_\_

Red Leotard w/Jewels **\$210+tax** Circle One: Yes No

Size: \_\_\_\_\_

Sleeveless Leotard **\$100+tax** Circle One: Yes No

Size: \_\_\_\_\_



See Sizing Chart Below

Price may not include shipping.

## 2024-2025 Champion Order Form

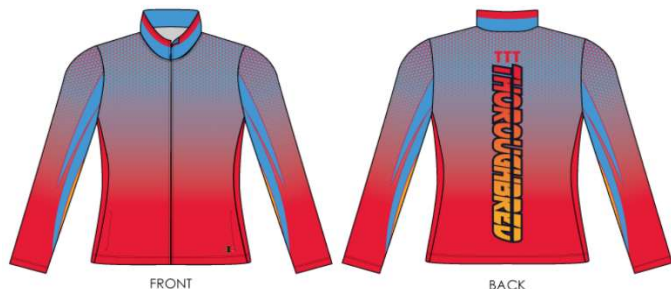
Athlete's Name: \_\_\_\_\_

Athlete's Name as it appears on Jacket: \_\_\_\_\_

(Please Print)

Team Jacket w/Name **\$120+tax** Circle One: Yes No

Size \_\_\_\_\_



Price may not reflect shipping.

### List of Items Purchased:

Long Sleeve Leotard: \$ \_\_\_\_\_

Sleeveless Leotard: \$ \_\_\_\_\_

Team Jacket: \$ \_\_\_\_\_

**TOTAL PAID:** \$ \_\_\_\_\_

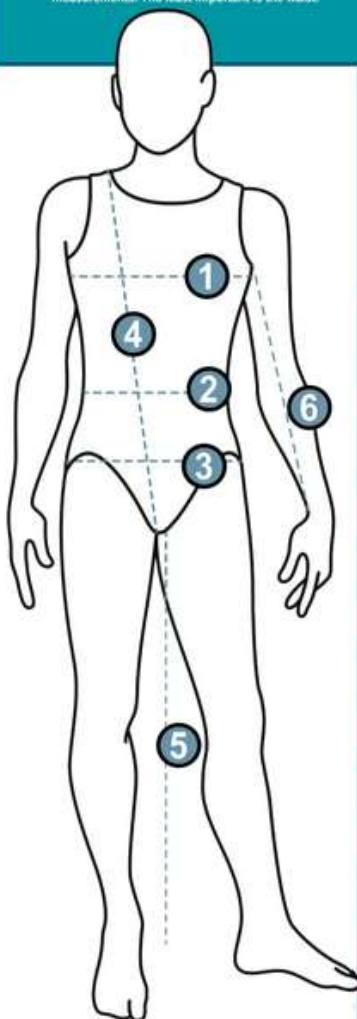


# SIZING AND MEASURING

**FOLLOW THESE  
SIMPLE STEPS  
TO A PERFECTLY  
SIZED LEOTARD.**

## PLEASE NOTE

The torso measurement is the most important measurement, followed by the chest and hip measurements. The least important is the waist.



## STEP 1

Take all of your measurements as outlined in the "Guide to Measure" section below.

## STEP 2

Select the row of measurements that best represents your size. If all of your measurements do not fall within the same row, use the row that represents your largest measurements.

## GUIDE TO MEASURE

1. CHEST MEASUREMENT
2. WAIST MEASUREMENT
3. HIP MEASUREMENT
4. TORSO MEASUREMENT
5. INSEAM MEASUREMENT
6. SLEEVE MEASUREMENT

## GIRL'S/WOMEN'S SIZE CHART (IN INCHES)

CHEST	WAIST	HIP	TORSO	INSEAM	SLEEVE	SIZE
20-22	17-19	20-22	40-42.5	17-18	16	YXS
22-24	19-21	22-24	42.5-45	18-19	17	YS
24-26	21-23	24-26	45-47.5	20-21	18	YM
26-28	23-25	26-28	47.5-50.5	22-23	19	YL
28-30	23-25	29-31	50.5-52.5	25-26	20.5	AXS
30-32	25-27	31-33	52.5-54.5	26-27	21	AS
32-34	27-29	33-35	54.5-57.5	27-27.5	21.5	AM
34-36	29-31	35-37	57-59.5	27.5-28	22	AL
36-38	31-33	37-39	59.5-62	28-28.5	22.5	AXL
38-40	33-35	39-41	62-64.5	28.5-29	23	A2XL
40-42	35-37	41-43	64.5-67	29	23.5	A3XL