2026-2027 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).

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)	BEG/NOV (Kathy)
Mon 5:00-7:00	Wed 6:00-7:30	Tues 5:00-6:00 (Jessica & Kathy)
Tues 6:00-8:00		Thurs 5:00-6:00 (Kathy & Kim)
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 *Friday* and *Saturday 7:00pm - 9:00 PM* : Open Gym is $11 card $10 cash for 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.

2026-2027 Competition Schedule

Saturday, November 14, 2026	Turkey Tumble, Dynamite Twisters, Morehead, KY
Saturday, December 12, 2026	Candy Cane, Gail Fredricks Gymnastics, Corbin, KY
Saturday, January 9, 2027	New Albany, IN
Saturday, February 27, 2027	Dynamite Twisters, Morehead, KY
Saturday, March 13, 2027	Tumbleshine, Berea, KY
Saturday, March 20, 2027	Sparks Athletics, Shepherdsville, KY
Saturday, April 3, 2027	Tumbleshine, Berea, KY
Saturday, April 24th	USTA State, Dynamite Twister, Morehead, KY
June 14th through 19th	USTA Nationals, Cedar Rapids, IA

COMPETITION ATTIRE

Females

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

Males

- Step in team uniform, gymnastic shorts or 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**.

TRANSPORTATION

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

ETHICS

During practices and 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. Membership
$100 USTA Athlete, KY State and Club memberships first child in family
$75 for additional siblings

Monthly Tuition:
$110 1 ½ hours per week
$130 2 hours per week
$145 2 ½ hours per week
$160 3 hours per week
$175 3 ½ hours per week
$185 4 hours per week

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

Competitions: $110 local invitations ($70 entry fee plus $40 coaches' fee for each competition)
$120 USTA State
$TBA USTA Nationals

Thoroughbred Invitational January 9, 2027 – Door Money goes towards rent – Other income minus competition expenses go towards team coach fees for USTA National Team Trials, Decatur, IL and USTA Nationals in Cedar Rapids, IA. Team members will be responsible for having at least one parent work this competition at our gym. Should you not be able to attend, your account will be charged $100.

Uniforms:
Female Long ¾ Sleeve Leotard: **$225.00 +tax - or -** Sleeveless Leotard **$112.50 +tax**
Trampoline Shoes: Order from Amazon – no emblems on shoes
Team Jacket: **$TBD** – 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 for 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.