

2023-2024 TGI 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). Athletes will compete in statewide competitions and will have the opportunity to qualify for nationals. USTA Nationals is scheduled to be in Louisville, Kentucky June 17th-22nd 2024!!

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	Tues 4:30-6:00	Mon 6:00-7:00 Boys	Tues 5:00-6:00
Tues 6:00-8:00	Wed 6:00-7:30	Fri 5:00-7:00	Thurs 5:00-6:00
Thurs 6:00-8:00			Thurs 6:00-7:00

**Normally, the Dev Team or Developmental Team won't be competing; however, because of the excitement with USTA Nationals being in Louisville next year, Kathy is encouraging them to get competition experience to be able to participate at this event.*

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 7:00- 9:00** Open gym is \$8 members and \$10 non-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.

2023-2024 Competition Schedule

Nov 18	Morehead, KY, Dynamite Twisters
Dec 9	Corbin, KY Gail Fredricks
Feb 3	Louisville, KY, Sparks Athletics
Feb 24	Morehead, KY, Dynamite Twisters
Apr 13	Louisville, KY, Spark Athletics
Apr 27	Morehead, KY, USTA State
June 17-22	Louisville, KY, USTA Nationals

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 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 must be flesh tone

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

EXPENSES

May be subject to change.

Yearly Fees: \$35 Thoroughbred Tumbling/Trampoline, Inc. Membership
\$75 USTA Athlete, KY State and Club memberships first child in family
\$55 for additional siblings

Monthly Tuition:	\$ 90 1 ½ hours per week	\$140 4 hours per week
	\$100 2 hours per week	\$150 4 ½ hours per week
	\$110 2 ½ hours per week	\$160 5 hours per week
	\$120 3 hours per week	\$170 5 ½ hours per week
	\$130 3 ½ hours per week	\$180 6 hours per week

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

Competitions: \$95 local invitations (\$65 plus \$30 coaches' fee for each competition)
\$110 USTA State
USTA Nationals (Fees to be announced)

Uniforms:

Female red leotard w/jewels \$170 long sleeve and/or \$45 sleeveless – see attached order form

Male step-in, shorts, pants estimate \$150

Trampoline shoes – order from Amazon – no emblems on shoes

Team Jackets - **\$117** – see attached order form

Team Backpack - **\$88** – see attached order form

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. Entry forms for competitions will be displayed in the gym 4-6 weeks prior to a competition.
4. Sign up and pay entry + coaches fees when you sign your child up.
5. Must be current on TGI 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.

2023-2024 GK Uniform Order Form

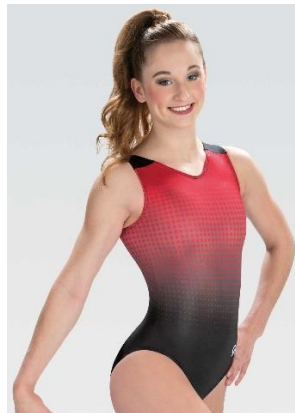
Athlete's Name _____

Red Leotard w/Jewels **\$170** circle one Yes No

Size _____

Sleeveless Workout Leotard **\$45** circle one Yes No

Size _____



2023-2024 Champion Order Form

Athlete's Name _____

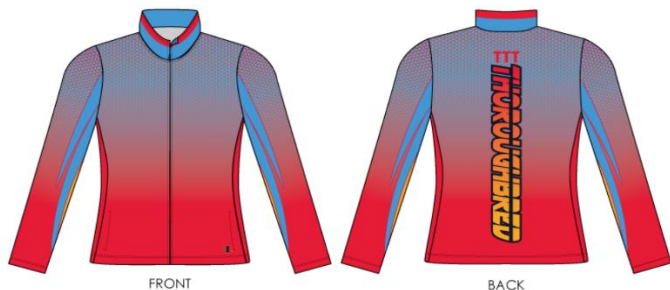
Athlete's Name as it appears on Jacket and Backpack _____

Team Jacket w/Name **\$117** circle one Yes No

Size _____ Name to print _____

Please Print

Backpack w/Name **\$105** circle one Yes No



SKU: UFProduct | Color: Alloy

List of Items Purchased:

Leotard w/Jewels _____

Workout Leotard _____

Team Jacket _____

Backpack _____

TOTAL PAID _____