

Infinity Cheer
Trampoline & Tumbling



T&T Team Packet 2021-2022

Dear Parent and Athlete:

Welcome to our Trampoline & Tumbling Program! We are delighted that you have chosen to be a part of our gym family. Outside of training amazing athletes, we pride ourselves on developing great adults as well. Our goal every day is to teach our athletes values of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport! Each and every family is important to our program and us. We invite you to come and see what it is like to be a part of the "Infinity Nation".

This packet of information is designed to help you understand the commitments and requirements parents and athletes make when they decide to become part of our Infinity Family. Please read the packet thoroughly and do not hesitate to contact us if you have any questions.

Infinity offers athletes of all ages and abilities the opportunity to develop and grow under the supervision of our professionally trained coaches. Our focus is not solely on winning, but rather on the process of developing a champion both in and out of the gym. Our staff finds and fosters these qualities, providing a positive influence while helping each athlete set and achieve their personal goals. From our coaching staff to our facility, Infinity is proud to offer the premier Trampoline and Tumbling Program in the area. Our 15,000 square-foot building offers all the amenities you associate with a championship organization:

- 1 Regulation Sized Rod Floor
- 2 40 Foot Slat Floors
- 3 Full Size Trampolines
- 2 Tumble Traks (1-30 Foot and 1-60 foot)
- 1 Air Pit Landing Zone
- Spotting Belt
- 2 Resi-Pits
- 2 Double Mini Trampolines
- 3 Spring Floors
- Carpet bonded foam floor
- Comfortable Parent Area with TV viewing
- Free wifi
- Pro Shop

Trampoline and Tumbling Team Description

Trampoline and Tumbling consists of three events. While these events are different in looks, they all translate to one another and are equally important.

- Trampoline uses cardio endurance. The athlete will bounce 15-20 times, completing a ten skill routine. This routine will consist of flips, twists, and body control, while maintaining a level of height in the air.
- Double-Mini is a two level trampoline. The athlete will run towards the double-mini, hurdling onto the trampoline. They will complete a two or three bounce routine that will show quick bursts of energy and full effort in each skill they complete. The double-mini is a two bed trampoline, one with an incline and the other flat.
- Rod Floor Tumbling: In its entirety, the rod floor is 120 feet long and 6 feet wide. The athlete will be required to do a three, five, or eight skill tumbling pass down the floor. This event requires more strength than the others and promotes a higher level of endurance.

Program Options

Classic

ICT offers a new and exciting program for young athletes. This program is for children ages 4-6 who are looking for an introduction into the competitive trampoline & tumbling world. This program is perfect to instill a love of trampoline & tumbling in your young athlete. Members of this program will compete twice this season both at our Clarksville location and practice 2 times per week for 45 minutes to an hour.

Standard

We are thrilled to offer a team that will compete in local competitions only. This program is designed for both new and experienced athletes. Athletes will enjoy lighter time and financial commitments than our excel teams. These teams will compete in the Middle Tennessee Area and will practice 2 days/week. Athletes on our standard team are welcome to compete at Nationals for an additional fee.

Excel

This program is designed for athletes who are interested in a bigger time and travel commitment. These teams will compete locally, regionally and nationally and will practice 2 days/week. Excel teams will compete at both 1 and 2 day events.

Practice Structure

Each practice includes a proper dynamic warm-up and conditioning training. We work on two to three events every practice day. An exception to this guideline would be working other necessary stations such as using the tumble track, rotation of progression drills, or strength and conditioning. Sometimes we add a little extra fun such as games, stick it competitions, or new skill day.

Athletes will practice 2 days/week. You may add extra practice days at any time during the season for an additional fee.

Practice Additions/Cancellations

Inevitably, over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, or weather. We do our best to keep these at a minimum. Likewise, there will be occasions when additional practices or activities may be conducted in an effort to prepare for a state championship or a qualifying meet.

Yearly Training Schedule

There are four phases of our competitive season:

- Summer Season: This is the time from July through August which tends to be the most fun for athletes. We do few routines and the focus leans toward new skills and sequences as well as strength and flexibility in preparation for the upcoming competitive season.
- Pre-Season: This is the time from mid-August through October. At this time of the year, we will be maximizing our strength, power, flexibility, and skill development. We start half and full routines.
- Competitive Season: This is the time from the first competition (end of October) through the last competition of the season. We will still be working new skills, but training primarily full routines, endurance, and strength maintenance.
- Post-Season: From the last competition to the summer session. The practices are less intense mentally and physically. Much time is spent on goal setting, skill selection for the next year, and fun activities.

Placement at the Competitive Levels

Our philosophy is to compete an athlete when they are ready to compete and **not** before. Besides the obvious safety factors, we want their competition experience to be positive and rewarding. Our goal is to place our athletes at a level that will provide a challenge but also provide an opportunity for success.

Athletes progress at different rates for a multitude of reasons. Your athletes may move up faster or slower than their friends. It is your role as a parent to help your athlete through these stages by giving support and positive motivation.

All athletes must be able to perform at practice all of the required skills necessary in a level in order to compete at that level (NO exceptions). Athletes will compete at the level they are best prepared for and will be given an opportunity to be judged in the gym before going to a meet. The professional coaching staff will decide when an athlete can safely perform the skills and that they are competition ready.

Meets at ICT

We are fortunate to be able to host a few meets AT OUR GYM throughout the season. We cannot do it without the help of our amazing families. Every T&T family is responsible for signing up for a volunteer position at every meet AND bringing an item (food or drink) for the coaches and judges room. **If you do not wish to volunteer, you can make a \$100 donation to our scholarship fund instead.**

ICT Staff, Athletes, and Parents

Role of the Staff

The staff at Infinity is highly trained, motivated and invested in the success of all of our athletes. You

can expect the following from the Infinity Staff:

- Coach for the love of the sport and the love of the athlete
- Show integrity and lead by example
- Demonstrate a positive coaching style
- Remain safe and realistic with athlete progression, while also challenging the athlete to reach his or her potential.
- Strive to provide a fun, safe, and overall positive experience for your athlete, while focusing on the importance of healthy competition

Role of the Athlete

We expect the following from all athletes in the gym, at competitions, as well as in the community

and on social media:

- Have fun!
- Be gracious when you win and when you don't
- Show good sportsmanship and class at all times
- Athletes are expected to be respectful to staff, parents, and teammates, both in the gym and at competitions. Inappropriate behavior can result in expulsion from practice or immediate dismissal without refund.
- Be accountable for your own actions
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Infinity Reputation in any way. These are grounds for immediate dismissal from the program.

Role of the Parent

Parents are expected to do the following:

- Do everything possible to make the athletic experience positive for your child and others.
- Be an encourager - encourage athletes to keep their perspective in both victory and defeat. You are your child's cheerleader.
- Encourage their athlete to always treat fellow parents, teammates, coaches and Infinity staff with respect.
- Not express their opinions during practice or coach their athlete from the sideline
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Infinity Reputation in any way. These are grounds for immediate dismissal from the program.
- Parents should not listen, participate or instigate idle, worthless gossip. It is a detriment to team unity and chemistry.

Parent Travel Obligation

- Parents are responsible for their athlete's activities and behavior at out of town events.
- If a parent/guardian cannot attend an out of town event, you will arrange for another Infinity parent or responsible adult to travel with your athlete to and from the event, and to be responsible for the athlete during the entire event.

Appearance and Attire

Infinity carries its own team apparel on site. We require practice uniforms to be worn to scheduled training sessions. Competition leotards/step-in/warmups are required for all competitions. Additional Infinity apparel and merchandise is also available for purchase through our pro shop. Keep in mind that uniform orders can take up to 90 days (3 months) to arrive in hand. Please stay on top of your athlete's sizes and order in a timely fashion.

Practice

- Designated Infinity practice tanks, shorts or leotard.
- NO dangling earrings, necklaces, bracelets, watches.
- Hair must be tied up and out of face
- Trampoline shoes or socks

All personal belongings must be put away into a gym bag or cubby. **NO cell phones or smart watches will be permitted during practices. Water is the only drink permitted at practice.**

Competition

- Show up to Competition one hour prior to scheduled start time with their "Infinity Best" attitude
- Hair will be in a bun and competition ready
- Leotard/step-in will be on with proper warm up suit
- Trampoline shoes or socks, healthy snack, and a bottle of water in gym bag
- NO cell phones are permitted on the competition floor

COMMUNICATIONS:

In order to have a great season, communication is very important. All information about times for competitions & events, extra practices, monthly calendars, and other gym events will be posted and updated weekly through email. Email is our main source of communication. You may also find updates and details by way of the other forms of communication listed below.

Texting App- We often send out short quick updates through the texting app Remind Now. As our teams are set up we will pass out the information you need to text in order to be included on this list.

Parent's Corner – Website: We will always have current information for our gym posted on Parent's Corner. (www.clarksville-tumbling.com)

Bulletin Board in Parent Area: We will post all info about current events and competition information on our bulletin board for easy access to parent's while your child is at practice.

Social Media Guidelines

In this day and age, social media has become the frenzy. All athletes, parents, and staff members are prohibited from posting inappropriate or negative comments about teammates, coaches, parents, Infinity Cheer, Trampoline & Tumbling, competitors, or other gyms. Violation of this rule may lead to immediate dismissal from the program. Please remember that we are always representing our gym name, no matter if we are wearing our infinity logo or not.

Financial Commitment

Your Monthly Installments Include:

1. All Team Practices including any additional Practices scheduled (August 2021-July 2021)
2. Competitions
3. 1 set of practice gear
 - a. Classic- Infinity Shorts & Tank
 - b. Standard- Infinity Shorts, Tank & Leo
 - c. Excel- Infinity Shorts, Tank & Leo
4. 2021-2022 USTA Membership fee
5. Coaches fee for the regular season
6. 2021-2022 USTA TN State Membership Fee

Does not include: Competition Leotard, Warm-ups (optional) or Backpacks (optional), Trampoline Shoes (Required).

These items will be ordered separately as needed. Travel expenses are also not included. This is a complete season commitment and all fees are non-refundable. Please note that you are still responsible for your monthly commitment and any outstanding balances on your account should you choose to withdraw from the program prior to the end of the season. Dismissal from any team for any reason is non-refundable.

Full Season Fees

	Classic	Standard	Excel
Registration Fee	\$150.00	\$225.00	\$275.00
Monthly Fee (August-July)	\$114.00	\$174.00	\$205.00
Nationals	\$250.00 (Optional)	\$250.00 (Optional)	\$0.00
Additional Practice Day	\$40.00 (Optional)	\$40.00 (Optional)	\$40.00 (Optional)
Competition Leotard (Girls)	\$50.00	\$200/\$325	\$200/\$325
Competition Step-in Set (Boys)	N/A	\$115	\$115

Optional Fees

Optional Merchandise	
Team Backpack	\$110.00
Personalized Team Backpack	\$120.00
Warm Up	\$200.00
Trampoline Shoes	\$35.00

Tentative Event Schedule

Schedule will be released October 1st. October 24th meet date and location is final.

Classic	
October 24th	Clarksville, TN
January	Clarksville, TN
June	Clarksville, TN

Standard	
October 24th	Clarksville, TN
January	Clarksville, TN
April	Nashville, TN
May	Nolensville, TN (State)
June	Clarksville, TN (Nationals Showcase)
June 13th-18th	Lakeland, Florida (Nationals)

Excel	
October 24th	Clarksville, TN
January	Clarksville, TN
February	TBA
March	Atlanta, GA
April	TBA
May	Nolensville, TN (State)
June	Clarksville, TN (Nationals Showcase)
June 13th-18th	Lakeland, Florida (Nationals)

Gym Closings or No Practice

- July 5th-9th-Summer Break
- September 6th- Labor Day
- October 11th-15th- Fall Break
- November 24th-26th- Thanksgiving Break
- December 22nd-January 4th Christmas Break
- March 7th-11th- Spring Break
- June 13th-18th Nationals

Fundraisers

We have many fundraiser opportunities to help pay for the season in its entirety or partially. To best serve our families, we offer sales based fundraisers as well as sponsorship fundraisers. You are not required to participate in any fundraisers.

Make-ups

Due to the different levels and keeping the appropriate athlete to coach ratios, there will be no makeups for team members. Keep in mind that the athlete is expected to attend all scheduled practices and exceptions to this rule cannot be made. T&T Members are welcome to come to Open Gym for no additional charge.