

# Airborne Trampoline KW

## Competitive Information 2017/18

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[www.airbornetrampoline.ca](http://www.airbornetrampoline.ca)

Airborne Trampoline KW welcomes you to our 2017/18 competitive season. Last season was a great success and we are looking forward to another great year. Our coaches for this season are Chris Martin, Stephanie Stuart, and Ryan Labrie. Please read the following information and if you have any further questions, please ask me (Chris) for more details.

Sincerely,  
Chris Martin  
Owner/Head Coach



### **Tryouts:**

Competitive tryouts are required before becoming a member of our team. There are no set dates and you can make appointments with Chris at any time. Tryouts take around 10 minutes and are more of an assessment to gauge the athlete's abilities, determine if they should be on the team, and decide what level they would start competing at. It is not a fitness test. It is also an opportunity to meet with the athlete and parents. If you are currently on the team, you do not have to tryout again.

### **Levels:**

There are 3 categories of competitive trampoline:

1. **Interclub** – This introductory category has 4 levels. A, B, C, & D. Interclub is structured around competing at any trampoline or gymnastics club that decides to host their own competitions. These competitions are called “Invitational Meets”, and are a great opportunity to compete for fun and experience. Invitationals are mostly held around the GTA.
2. **Provincial** – This category is the official Ontario Provincial competitive stream. There are 4 Provincial levels. 1, 2, 3, and 4 with 1 being the lowest and 4 being the highest. Athletes compete at 3 “Ontario Cup” qualifier competitions and qualify for the Ontario Provincial Championships at the end of the season. There is also an opportunity to qualify for the Eastern Canadian Championships. Provincial athletes can also compete at any Interclub competitions that offer Provincial levels.
3. **National** – This category is for the elite trampolinist. National athletes compete all over Canada and the world. There are 4 National levels: National (L5), Espoir (L6), Junior (17-), and Senior (18+). Required Competitions are 1<sup>st</sup> & 2<sup>nd</sup> Cup, Elite Ontario Championships (during 3<sup>rd</sup> Cup), and the Canadian National Championships. Extra competitions include Invitationals, Canada Cup, International Competitions, World Age Groups (WAG's), World Championships, Pan Am Games, Olympics, etc.

### **Training:**

The competitive training season starts at the beginning of September and ends at the end of June each year. Optional summer training is available in July and August. Training consists of 2 classes per week with a maximum of 12 athletes per class for the two shorter classes and 15 athletes per class for the elite class.

Interclub & Provincial-1 must sign up for either 2 or 3 classes per week.

Provincial 2, 3, 4, and all National levels must sign up for 3 classes per week.

*Please make alternate arrangements with Chris if there are extenuating circumstances preventing training on certain days.*

Our competitive classes are 1:30, 1:45, and 2:15 hours long and they are structured as follows:

-15 minutes Warm-up.

-1:00, 1:15, or 1:45 hours of Trampoline training.

-15 minutes of strength training/conditioning.

### **Training Schedule:**

<b>Level</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Interclub/Provincial 1,2,3.	4:00 - 5:30pm	/	4:00 - 5:30pm	/	/
Interclub/Provincial 1,2,3.	5:00 – 6:45pm	/	5:00 – 6:45pm	/	4:45 – 6:30pm
Elite ( <i>P- 3, 4, + National</i> )	6:15 – 8:30pm	/	6:15 – 8:30pm	/	6:00 – 8:15pm

Make-up classes can only be done only IF there are spots available in other competitive classes. They cannot be done in rec classes or open jump times. There will be no make-up classes for classes cancelled due to extremely bad weather. There are also no classes on stat holidays. There is no training during the two weeks of the Christmas holidays and on the March Break. This has been accounted for in the price. I will set up some optional extra training classes during the holidays and the March Break for an extra fee.

**Summer training** (2017) will be held on Tuesdays and Thursdays from 5 – 6:30pm (*all on trampolines*). Cost: \$18/class + HST. (*Must be paid in full for the whole summer in advance.*) You only need to pay for the individual classes you book. There are no summer sessions. It will be first come, first serve, and will only be booked up to a maximum of 12 athletes per class. (*2 per trampoline.*) Please arrive a bit early so that the athletes can do their own stretch before 5pm. There will be no structured conditioning during summer training.

### **Training Fees:**

It is **required that you sign up for the whole season** (Sept – June) and provide post-dated cheques dated for the first of every month from Sept 1<sup>st</sup> - June 1<sup>st</sup>.

The 1<sup>st</sup> Cheque will include the GO membership fee and any uniform orders however, alternate arrangements can be made if in advance of September.

**1:30 hr classes** (*Interclub + Provincial 1, 2, 3.*)

2 classes/week = \$162/month

3 classes/week = \$207/month

**1:45 hr classes** (*Interclub + Provincial 1, 2, 3.*)

2 classes/week = \$189/month

3 classes/week = \$242/month

**2:15 hr Elite classes** (*Provincial 3, 4 & National*)

2 classes/week = \$241.50/month

3 classes/week = \$310.50/month

*\*All fees are subject to HST.*

A payment contract must be signed prior to September 1<sup>st</sup> 2017 upon the first payment.

If your athlete leaves or quits before the season ends, then you are required to pay 3 months training fees in order to be released from your full payment contract.

Refunds and cancellations without paying a penalty of 3 months of training fees can only be given in the event of a serious illness or severe injury and only with a doctor's note.

**NO VOLUNTEER HOURS OR FUNDRAISING ARE REQUIRED BY THE PARENTS.**

### **Gymnastics Ontario Fee:**

Gymnastics Ontario (GO) requires that all participants in the sport of trampoline/gymnastics register to become a GO member. This is insurance coverage and allows athletes to train and participate in competitions. This mandatory fee is annual and needs to be renewed on July 1<sup>st</sup> every year.

To read more about this, please go to [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)

Interclub: \$140 Tax Incl.

Provincial: \$280 Tax Incl.

National: \$395 Tax Incl.

### **Training attire:**

Girls must wear a bodysuit with bike shorts or yoga pants, or other non-baggy athletic attire such as form fitting t-shirts and/or tank tops. An optional team training suit is available for you to buy.

Boys must wear track pants/shorts that are not too baggy as well as a t-shirt or tank top that is not too baggy. Baggy clothing prevents the coaches from seeing the body positions of the athlete and will be a danger if the coach is spotting the athlete for a flip.

“Dry-Fit” material is the best for training as the athletes tend to get hot.

Everyone must wear socks or trampoline shoes while jumping on the trampolines.

No jewelry, bracelets, watches, chains, or hats while training. (Studs are okay.)

Please bring a water bottle.

Athletes with long hair must tie it back, and boys with longer hair must keep it out of their eyes.

Cell phones on the deck will be confiscated until the end of class.

### **Competition Attire:**

Everyone must buy a team jacket and wear it proudly to all competitions and events.

They must be kept clean at all times and in good repair. We recommend writing names on the tags as they all look the same. Provincial and National girls must wear the team leotard. Black bike shorts can be worn at all competitions if you are Provincial 1, 2, or 3.

Provincial and National boys must wear the team singlet (tank top) and Pants.

If athletic supports are required during a competition, they must be **white** or **beige** in colour or the athletes will lose marks at the competition. Black, hard, orthopedic knee braces will be permitted but not to be confused with soft braces.

All must wear clean white socks with no markings on them. (Cotton socks are the most grippy.)

Trampoline shoes are only optional at the Provincial and Interclub levels, but you can still buy them directly from the following website: *(White only)*

<http://gymslippers.ca/>

For Interclub Girls, there will be a sleeveless team leotard for you to wear at competitions and training, or you can wear one of your own design. Bike shorts are allowed. The Interclub boys can wear athletic t-shirt and shorts, or get the team singlet and pants. (Please no bike shorts on the boys)

### **Suit Costs:**

Team Jacket: Adult - \$115 / Youth - \$105

Girls Interclub Sleeveless Competition/Training Suit: \$75

Girls Provincial/National Sleeveless Competition Team Leotard: \$155

Girls Provincial/National Long Sleeve Competition Team Leotard: \$190

Girls Competition Shorts: \$26

Boys Provincial Singlet: \$119 *(Dry-fit)*

Boys National Singlet: \$129 *(Dry-fit)*

Boys Pants: \$99

*\*All items are subject to HST.*

### **Competitions:**

All competitions are mandatory to attend for all athletes unless there is an injury or extenuating circumstances. All competition fees must be paid by the due dates given and refunds can only be given with a doctor's note provided before the competition date. The coaches will not be responsible for taking care of athletes while at a competition unless they are warming up or competing. An extra *Coaches Expense/Admin Fee* will be added to the competition registration fee per athlete. If your payment is late, it will be subject to a late fee. Competition information (Call to Meet) usually comes

out about a month before each competition date, and the actual schedule usually comes out about a week before.

**The role of the parents:**

Parents are not coaches and therefore not allowed to coach from the sidelines.

It is the coaches' job to teach and push the athlete to achieve the best that they can do. What your child needs from you is support and encouragement i.e. positive reinforcement and also to provide motivation for them to follow through with their commitment to training. That being said, my door is always open to parents and athletes.

Teaching a child to have the proper attitude is important. A "Parent Code of Conduct" must be signed before the commencement of the season.

**Acronyms:**

**ATKW** – Airborne Trampoline KW

**GO** – Gymnastics Ontario

**GCG** – Gymnastics Canada

**FIG** – International Federation of Gymnastics

**NCCP** – National Coaching Certification Program

**TRA** – Trampoline

**TRI** – Trampoline Individual

**TRS** – Trampoline Synchro

**DMT** – Double-Mini Trampoline

**TUM** – Tumbling

**DD** – Degree of Difficulty of the skills and/or routine.

**HD** – Horizontal Displacement i.e.; travelling.

**BN** – Bonus for holding positions longer.

**Definitions:**

**DD Card** – A sheet of paper with the athlete's routines written on it for the judges to use at all Provincial and National Level Competitions.

**FIG Notation** – Code used to describe skills in short form.

**Singlet** – Boys competition outfit resembling a tank top.

**Longs** – Boys competition red pants with a heel strap.

**Leotard** – Girls competition or training outfit either with or without sleeves.

**Meet** – A competition.

**Invitational** – A fun competition hosted by individual clubs.

**On Time** – 5 minutes early.

**Routine** – 10 skills/bounces in a row used to compete.

**Compulsory** – First routine competed in a competition. Same for all athletes.

**Optional** – Second routine competed in a competition. Made-up by coach to show off skills.

**Execution** – Scores for positions/form.

If you have any questions, please email me at [airborne.kw@hotmail.ca](mailto:airborne.kw@hotmail.ca)

-Chris Martin

Head Coach & Owner