

Airborne Trampoline KW

Competitive Information 2020-2021

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www.airbornetrampoline.ca

Airborne Trampoline KW welcomes you to our 2020-2021 competitive season. Last season was very successful until the COVID-19 quarantine. Airborne Trampoline KW earned an award for being of the highest scoring club in the Olympic sport of Trampoline in all of Ontario for the previous 2 consecutive years! We are so proud of our team and are looking forward to another incredible season. Our coaches 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. We look forward to having you join our team!

Sincerely,
Chris Martin
Owner & Head Coach



Coaches Corner

Chris Martin – Head Coach & Club Owner

Certification: Full Level 3

Year started Coaching: 1994

Favourite Saying: “Jump higher!”

Favourite Quote: “You don’t need LUCK if you’re GOOD!”

Likes: Being a Foster Parent, Movies, Cars, Learning, Driving, Athletes with a good work ethic.

Pet Peeves: Bad traffic, Attitude, Repeating Things.

Favourite Colour: Royal Blue

Who Inspires You: Anthony Robbins, Elon Musk, Neil DeGrasse Tyson.

If you had a Superpower, what would it be: Immortality

Cats or Dogs: Dogs (Formerly Cats)

Hobbies: Mountain Biking, Landscaping, Organizing Things, Cooking, Writing, Building Things, Hiking, Shopping.

Favourite type of Music: Classic Rock, Alternative, New Rock.

What word can you still not pronounce: Thesaurus



Stephanie Stuart – Assistant Head Coach

Certification: Full Level 3 & Provincial Judge

Year started Coaching: 2007

Favourite Saying: “Point your toes!”

Favourite Quote: “Life is either a daring adventure or nothing.”

Likes: Camping, Being Organized, Details, Athletes who try hard.

Pet Peeves: Disrespect, Cars Not Signaling, Late People, Chaos.

Favourite Colour: Purple

Who Inspires You: Rosie MacLennan, My Parents, My Cat.

If you had a Superpower, what would it be: Invisibility

Cats or Dogs: Both

Hobbies: Dance, Tennis, Staying Organized.

Favourite type of Music: Hip-Hop, Rap.

What word can you still not pronounce: Anemone



Ryan Labrie

Certification: Full Level 2 & Parkour Coach

Year started Coaching: 2013

Favourite Saying: Anything Punny

Favourite Quote: “Anyone who has never made a mistake has never tried anything new.”

Likes: Athletes who listen and remember

Pet Peeves: Inefficiency

Favourite Colour: Sky Blue

Who Inspires You: Elon Musk, Donald Glover, Manu Prakash.

If you had a Superpower, what would it be: Sorcery

Cats or Dogs: Dogs

Hobbies: Martial Arts, Parkour, FreeRunning.

Favourite type of Music: Hip-Hop

What word can you still not pronounce:

Pneumonoultramicroscopicsilicovolcan



Tryouts:

Competitive tryouts are required before becoming a member of our team and can be booked by making appointments with the Head Coach, Chris Martin, anytime throughout the year. If you are currently on the team, you don't have to tryout again, year after year. Tryouts take around 10 minutes and are an assessment to gauge the athlete's abilities, determine if they should be on the team, decide what level they would start competing at, and is also an opportunity to meet with the athlete and parents. Don't worry, it is not a fitness test and there are no exams to write.

Levels:

There are 3 categories of competitive trampoline:

1. **Interclub** – This introductory category has 3 levels; Beginner, Intermediate, and Advanced. Interclub is structured around competing at any trampoline club or gymnastics club that decides to host their own competitions. These competitions are called “Invitational Meets” or “Interclub Cups” and are a great opportunity to compete for fun and experience. These 5 or 6 competitions per season are usually held around the GTA.
2. **Provincial** – This category is the official Ontario Provincial competitive stream. There are 4 Provincial levels; L1, L2, L3, and L4 with L1 being the lowest and L4 being the highest. Athletes compete at 3 “Ontario Cup” qualifier competitions to try to 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: Novice (L5), Espoir (L6), Open (L7), Junior (18-), and Senior (19+). **Required Competitions;** 1st, 2nd, and 3rd Ontario Cups, Elite Ontario Championships, and the Canadian National Championships. **Extra competitions;** Invitationals, Elite Canada, 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. Training consists of a minimum of 2 classes per week with a maximum of 4 classes per week. There is a maximum number of 12 of athletes per class for the 4pm classes, and a maximum number of 18 athletes per class for the 5pm and Elite classes. Interclub & L1 must sign up for either 2 or 3 classes per week, L2 & L3 must sign up for 3 or 4 classes per week, and L4 & All National Levels must sign up for 4 classes per week.

Optional summer training is available in July and August for all levels and is strongly recommended for L4 and all National Level athletes to attend as much as possible.

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

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

-15 minutes of warm-up.

-1:00, 1:15, 1:30, or 1:45 hours of trampoline training.

-15 minutes of strength training/conditioning or flexibility training.

Training Schedule:

Level	Monday	Tue	Wednesday	Thu	Friday	Sat	Sun
Interclub/Provincial L1	4:00 - 5:30pm	/	4:00 - 5:30pm	/	4:00 - 5:30pm	/	
Provincial L1, L2, L3	5:00 - 6:45pm	/	5:00 - 6:45pm	/	5:00 - 6:45pm	/	5:30 - 7:15pm
Elite (L - 2, 3, 4, + National)	6:15 - 8:30pm	/	6:15 - 8:30pm	/	6:15 - 8:30pm	/	6:45 - 9pm

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 **no classes** on stat holidays as well as during the two weeks of the Christmas holidays and on the March Break and 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 additional fee.

Summer Training (2020) will be held on Mondays and Thursdays from 5-6:30pm and 6:45-8:15pm. Cost: \$20/class + HST (*Must be paid in full for the whole summer in advance*). You only need to pay for the individual classes you book as 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*). There will be no structured conditioning during summer training. Please follow COVID-19 safety guidelines.

Training Fees:

It is **required that you sign up for the whole season** (Sept – June). Payment for training fees are due on the 1st of each month. Monthly payments will be done by Pre-Authorized Debit (PAD), otherwise known as Electronic Funds Transfer (EFT). If monthly payment is unable to process due to insufficient funds, a \$10 NSF fee will apply. The 1st payment (September) will include the GO membership fee. Payment for uniform (if applicable) will be due by Sept 1st and the order placed once everybody has been measured.

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

2 classes/week = \$180/month

3 classes/week = \$234/month

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

2 classes/week = \$210/month

3 classes/week = \$273/month

4 classes/week = \$336/month

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

2 classes/week = \$300/month

3 classes/week = \$351/month

4 classes/week = \$432/month

**All fees are subject to HST*

PLEASE NOTE: A payment contract must be signed prior to September 1st, 2020, 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 (GO) Fee: *(Tentative at this time – More info will be sent when pricing is confirmed with GO)*

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 1st every year.

To read more about this, please go to 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 leggings, or other non-baggy athletic attire such as, form fitting t-shirts and/or tank tops. Boys must wear shorts or track pants 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 and write your name on it.

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. Please write your 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.

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

If athletic supports are required during a competition, they must be **white** or **skin** colour, or else the athletes will lose marks at the competition. **Black, hard, orthopedic knee braces** will be permitted, and only with a doctor’s note, but not to be confused with soft braces.

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

Trampoline shoes are optional at all levels but are highly recommended for all Provincial and National levels. You can buy them directly from the following website: *(white only)* <http://gymslippers.ca/>

Interclub Girls; there is a team leotard that you can choose to wear at competitions, or you can wear one of your own design. Black bike shorts are allowed. The Interclub boys can wear an athletic t-shirt and shorts or get the team singlet and pants (please no bike shorts on the boys).

Uniform Costs: *(Tentative at this time – More info will be sent when pricing is confirmed)*

Team Jacket: Adult - \$115 / Youth - \$105
Girls Sleeveless Competition Team Leotard: \$155
Girls ¾ Length Sleeve Competition Team Leotard: \$190
Girls Long Sleeve Competition Team Leotard: \$190
Girls Competition Shorts: \$26 *(Black)*
Boys Provincial Singlet: \$119 *(Dry-fit)*
Boys National Singlet: \$129 *(Dry-fit)*
Boys Competition Pants: \$99 *(Black)*
Boys Competition Shorts: \$35 *(Black)*
Interclub T-shirt: \$TBD

**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 will be withdrawn from your account on the registration deadline of each competition (1st of the month) and refunds (in the form of a credit with Airborne) can only be given with a doctor's note provided before the change deadline TBD prior to each competition. 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 can't process due to insufficient funds, a \$10 NSF fee will apply. Competition information (Call to Meet) usually comes out about a month before each competition date, and the final schedule usually comes out about a week before.

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 athletes 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. 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
GymCan – 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
WAG – Women's Artistic Gymnastics
MAG – Men's Artistic Gymnastics
DD – Degree of Difficulty of the skills and/or routine.
HD – Horizontal Displacement i.e.; Travelling.
TOF – Time Of Flight
EX – Execution

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 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. Can be known as an “Interclub Cup”.

On Time – 5 minutes early.

Routine – 10 skills/bounces in a row used in a competition.

Compulsory – First routine competed in a competition. Same routine for all athletes within the same level.

Optional – Second routine competed in a competition. Constructed by the coach to show off 10 different skills.

Execution – Scores for positions/form.

If you have any questions, please email me at airborne.kw@hotmail.ca

-Chris Martin

Owner & Head Coach