

# Airborne Trampoline KW

## Competitive Information 2023-2024

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www.airbornetrampoline.ca

Airborne Trampoline KW welcomes you to our 2023-2024 competitive season. Last season was the first full season post pandemic that competitions were permitted to be hosted in Ontario, and our team came out strong and excited to be able to compete again. Airborne Trampoline KW has received the award from Gymnastics Ontario for being of the highest scoring club in the Olympic sport of Trampoline in all of Ontario for every season from 2018 to 2022, and 2<sup>nd</sup> place for the 2023 season! We are so proud of our team and are looking forward to another incredible season. Our coaches for this season are Chris Martin, Stephanie Stuart, Alysha Matson, and Adam Norton. Please read the following information and if you have any further questions, please email 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:** NCCP 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 Repetitious Repetitions.

**Favourite Colour:** Blue

**Who Inspires You:** Tony Robbins, Elon Musk, Peter Zeihan, Neil DeGrasse Tyson, Jordan Peterson.

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

**Cats or Dogs:** Dogs (Formerly Cats). I now have 3 Chihuahuas!

**Hobbies:** Mountain Biking, Landscaping, Organizing Things, Cooking, Writing, Building Things, Hiking, Shopping, Being a Dad.

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

**What word can you still not pronounce:** Thesaurus



## Stephanie Stuart – Assistant Head Coach

**Certification:** NCCP 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



## Alysha Matson

**Certification:** NCCP Level 2

**Year started Coaching:** 2018

**Favourite Saying:** *"You never know until you try."*

**Favourite Quote:** *"Kindness always comes back."*

**Likes:** Hawaiian Pizza, Music, The Beach.

**Pet Peeves:** Cars that Drive Too Slow, Used Car Prices.

**Favourite Colour:** Blue

**Who Inspires You:** Coach Stephanie!

**If you had a Superpower, what would it be:** Telepathy

**Cats or Dogs:** Dogs

**Hobbies:** Trampoline, Baking.

**Favourite type of Music:** Pop

**What word can you still not pronounce:** Worcestershire



## Adam Norton

**Certification:** NCCP Level 2

**Year started Coaching:** 2022

**Favourite Saying:** *"You can't give up already..."*

**Favourite Quote:** *"The ONLY guarantee of FAILURE, is if you stop trying!"*

**Likes:** People who Listen, Good Music, Long Drives.

**Pet Peeves:** Unreliability, High Gas Prices.

**Favourite Colour:** Dark Blue

**Who Inspires You:** My Parents, Bill Gates, Elon Musk.

**If you had a Superpower, what would it be:** Flying

**Cats or Dogs:** Dogs

**Hobbies:** Biking, Drawing, Swimming.

**Favourite type of Music:** Hip Hop & Rap.

**What word can you still not pronounce:** Worcestershire



## Tryouts:

Competitive tryouts are required before becoming a member of our team and can be booked by making appointments with Chris Martin or Stephanie Stuart anytime throughout the year. If you are currently on the team, you don't have to tryout again year after year. Tryouts take around 15 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 their parents. Don't worry, it is not a fitness test and there are no exams to write!

## Levels:

There are 4 categories of competitive trampoline:

1. **Precomp** – This pre-competitive category is for potential competitive athletes to learn the basics of competitive trampoline without attending any competitions yet. Training is only once per week. If you are unsure about competing, this is the introductory category for you.  
- *Existing competitive athletes are NOT allowed to move to Precomp.*
2. **Interclub** – This introductory category has 3 levels; Beginner, Intermediate, and Advanced. Interclub is structured around competing at fun competitions that are hosted by any trampoline club or gymnastics club. These competitions are called “Invitational Meets” or “Interclub Cups” and are a great opportunity to compete for fun and experience. There are usually 3 to 5 competitions per season and are usually held around the GTA.
3. **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 if you are among the top 8 athletes per gender in your level.
4. **National** – This category is for the elite trampolinist. National athletes compete all over Canada and the world. There are multiple National levels: Novice (L5), Espoir (L6), Open (L7), Junior (18-), and Senior (19+). **Required Competitions;** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Ontario Cups, Ontario Provincial Championships, and the Canadian National Championships. **Extra competitions;** 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 although National Championships are often in July. 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 Friday and Sunday classes, and a maximum number of 18 athletes per class for all classes on Mondays and Wednesdays. Interclub & L1 must sign up for either 2, 3, or 4 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. Precomp is only required to train one class 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:** \*No Precomp on Fridays

| Level                                       | Monday        | Tue | Wednesday     | Thu | Friday         | Sat | Sun           |
|---|---------------|-----|---------------|-----|----------------|-----|---------------|
| Interclub/Precomp                           | 4:00 - 5:30pm | /   | 4:00 - 5:30pm | /   | 4:00 - 5:30pm* | /   |               |
| Provincial ( <i>Sunday Incl Interclub</i> ) | 5:00 - 6:45pm | /   | 5:00 - 6:45pm | /   | 5:00 - 6:45pm  | /   | 6 - 7:45pm    |
| Elite ( <i>Provincial + National</i> )      | 6:15 - 8:30pm | /   | 6:15 - 8:30pm | /   | 6:15 - 8:30pm  | /   | 7:15 - 9:30pm |

Make-up classes cannot be guaranteed and 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 and refunds will not be issued. 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. We will set up some optional extra training classes during the holidays and the March Break for an additional fee.

**Summer Training** (2024) will tentatively be held on Tuesdays and Thursdays from 5:15-6:45pm and 6:45-8:15pm. Cost will be \$TBD/class + HST (*Must be paid in advance*). You only need to pay for the individual classes you book as there are no set summer sessions. Availability will be based on “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.

**Training Fees:**

It is required that you sign up for the whole season (Sept – June) although we can take late registrations for new athletes provided there is still space in the requested class. Payment for training fees will be due on the 1<sup>st</sup> of each month. Monthly payments will be done via Pre-Authorized Debit (PAD), otherwise known as Electronic Funds Transfer (EFT). If monthly payment is unable to process due to insufficient funds, a **\$50 NSF fee** will apply. The 1<sup>st</sup> payment (September) will include the GO membership fee. Credit card and/or Debit payments are not accepted for training fees.

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

1 class/week = \$120/month (*Precomp Only*)

2 classes/week = \$204/month

3 classes/week = \$270/month

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

2 classes/week = \$238/month

3 classes/week = \$315/month

4 classes/week = \$392/month

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

2 classes/week = \$306/month

3 classes/week = \$405/month

4 classes/week = \$504/month

*\*All fees are subject to HST*

PLEASE NOTE: A payment contract must be signed prior to September 1<sup>st</sup>, 2021, 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:**

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)

Precomp: \$45.20 Tax Incl.

Interclub: \$150 Tax Incl.

Provincial: \$275 Tax Incl.

National: \$375 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. Please read the details on our Athlete Cell Phone Contract that must be signed prior to the commencement of training.**

### **Competition Attire:**

Everyone (Except Precomp) must buy a team jacket and wear it 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 gymnastics shorts or leggings can be worn over the leotard at all competitions.

Provincial and National boys must wear the team singlet (tank top) and gymnastics 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** coloured braces are now permitted in Ontario but not at the National level. Skin coloured tape can be used to cover a black athletic support.

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/>

I will be making a team shoe order in September and again in January.

Interclub Girls; there is a team leotard that you can choose to wear at competitions, or you can wear one of your own design. The team T-shirt is also permitted and black bike shorts are allowed.

The Interclub boys wear the team t-shirt and shorts or can get the team singlet and pants (please no bike shorts on the boys). Every athlete gets a free team T-shirt when joining our team and they look great when you wear them to competitions.

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

Team Jacket: \$110

Girls ¾ Length Sleeve Competition Team Leotard: \$190

Girls Long Sleeve Competition Team Leotard: \$190

Girls Competition Shorts: \$26 *(Black)*

Boys Singlet: \$99

Boys Competition Pants: \$99 *(Red)*

Boys Competition Shorts: \$35 *(Black)*

*\*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 (1<sup>st</sup> of the month) and refunds (in the form of a credit with Airborne) can only be given 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 \$50 NSF fee will apply. Competition information (Call to Meet) usually comes out about a month or two 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 Kitchener-Waterloo

**GO** – Gymnastics Ontario

**GymCan** – Gymnastics Canada

**FIG** – International Federation of Gymnastics

**NCCP** – National Coaching Certification Program

**TRI** – Trampoline Individual

**SYN** – 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 [info@airbornekw.com](mailto:info@airbornekw.com)

-Chris Martin

Owner & Head Coach