

Airborne Trampoline KW

Competitive Information 2024-2025

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www.airbornetrampoline.ca

Airborne Trampoline KW welcomes you to our 2024-2025 competitive season. Last season our team performed very strongly and exceeded all expectations! Airborne Trampoline KW has received the award from Gymnastics Ontario for being the highest scoring competitive trampoline club in the Olympic sport of Trampoline in all of Ontario for every season from 2018 to 2024 with the exception of 2023 where we earned a 2nd place! 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, Bailey Bartley-Jameson, 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 Chihuahuas!

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

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

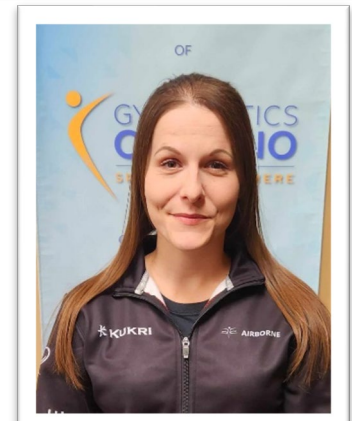
If you had a Superpower, what would it be: Invisibility

Cats or Dogs: Both

Hobbies: Dance, Tennis, Staying Organized.

Favourite type of Music: Hip-Hop, Rap, Banjo Music.

What word can you still not pronounce: Anemone



Bailey Bartley-Jameson

Certification: NCCP Level 2 & Competition 1

Year started Coaching: 2020

Favourite Saying: Mooooooooo!

Favourite Quote: *"That grinds my gears!"*

Likes: Cows

Pet Peeves: Loud Chewing, Flexed Feet, *"I Can't"*

Favourite Colour: Pink

Who Inspires You: My Mom

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

Cats or Dogs: Dogs

Hobbies: Watching Documentaries on Netflix

Favourite type of Music: HipHop, R&B.

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.

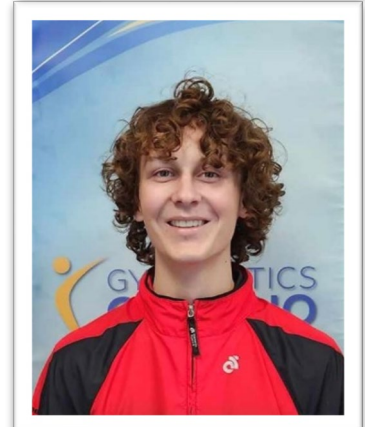
If you had a Superpower, what would it be: Flying

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 3 categories of competitive trampolines:

1. **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 mostly 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 if you are among the top 8 athletes per gender in your level.
3. **National** – This category is for the elite trampolinist. National athletes compete all over Canada and the world. There are multiple National levels: L5, L6, L7), Junior, and Senior.
Required Competitions; 1st, 2nd, and 3rd 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.

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 structured dynamic warm-up.

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

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

Training Schedule:

Level	Monday	Tue	Wednesday	Thu	Friday	Sat	Sun
Interclub	4:00 - 5:30pm	/	4:00 - 5:30pm	/	5:00 - 6:30pm	/	/
Provincial (Sunday Incl Interclub)	5:00 - 6:45pm	/	5:00 - 6:45pm	/	6:00 - 7:45pm	/	6 - 7:45pm
Elite (Provincial + National)	6:15 - 8:30pm	/	6:15 - 8:30pm	/	7:15 - 9:30pm	/	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 be held on Tuesdays and Thursdays from 6-8pm.

Cost will be \$30/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 and the focus will be on new skill development.

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 1st 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 **\$30 NSF fee** will apply. The 1st payment (September) will include the GO membership fee. Credit card and/or Debit payments are not accepted for training fees. The hourly rate reduces with more training classes per week.

1:30 hr classes (*Interclub*)

2 classes/week = \$210/month

3 classes/week = \$279/month

1:45 hr classes (*Provincial*)

2 classes/week = \$245/month

3 classes/week = \$325.50/month

4 classes/week = \$406/month

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

2 classes/week = \$315/month

3 classes/week = \$418.50/month

4 classes/week = \$522/month

**All fees are subject to HST*

***NEW - Mature Student/Adult Training Package:**

For Full Time University/College Students (Minimum Age 17) or Adult Athletes (Minimum age 18). As a Post Secondary Student or an Adult Athlete with a job, it can be difficult to continue training and competing in Sports. Airborne has put together a special training package with unique features to help athletes in these situations. Please request this package if you fit the criteria.

PLEASE NOTE: A payment contract must be signed prior to September 1st, 2023, 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) Registration 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 1st every year.

To read more about this, please go to www.gymnasticsontario.ca

Precomp/Rec: \$48 Tax Incl.

Interclub: \$150 Tax Incl.

Provincial: \$295 Tax Incl.

National: \$398 Tax Incl.

Training Attire:

Females 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. Males 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 must buy a team jacket and wear it to all competitions and events.

They must be always kept clean and in good repair. Please write your names on the tags as they all look the same. All females **must** wear the team leotard. Black gymnastics shorts or leggings can be worn over the leotard at all competitions.

All males 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 athletic braces are now permitted in Ontario but not at the National level. Skin coloured tape can be used to cover a black athletic support if required.

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

Every athlete gets a free team T-shirt when joining our team.

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

Team Jacket: \$110

Girls Long Sleeve Competition Team Leotard: \$190

Girls Competition Shorts: \$29 *(Black)*

Boys Singlet: \$99

Boys Competition Pants: \$69 *(Red)*

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

**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 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 schedule usually comes out about 2-3 weeks before the competition date.

Role of the Parents:

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

It is the coach's 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

TRA – Trampoline

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

Chris Martin

Owner & Head Coach