



Birons Trampoline & Tumbling Handbook

Effective for 2017-2018 Season



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Overview

Birons Mission Statement

It is our mission to help build the self-esteem and self-worth of every athlete through the joy of gymnastics. We believe that every athlete has the innate ability to learn and succeed. Our goal, as individuals and as a team, is to lead athletes toward a happy, healthy, and responsible lifestyle. While success in building physical skills is important, teaching kids to love themselves is the greatest lesson in life. While no child is the best at everything, we believe that every child is the best at something - No one else brings their particular set of skills and talents to the table. This is why every child is a winner in their own way. It is our fundamental goal to reveal and empower this winner inside every child.

Every conversation, every hi-five, and every class is an opportunity to live out this mission. Embrace this responsibility. Realize how epic your impact can be.

Objective

Trampoline and Tumbling, TnT, is comprised of four different apparatuses. Trampoline (TR), Synchronized Trampoline (SY), Double-Mini Trampoline (DMT), and Power Tumbling (TU). George Nissen invented the first trampoline in 1934 and initially used as a component to circus acts. In 1971 it was introduced to gymnastics with competitions in the United States and United Kingdom. TnT became an Olympic event in 2000.

The goal for our TnT program at Birons is to create success for all athletes. TnT is a dangerous competitive gymnastics program and it's our duty to warn all athletes of the inherent risks. All Birons TnT instructors are USAG certified to teach skills along a progressive path to ensure that all athletes accomplish personal goals on their own time.

Policies and Procedures

Team Member Requirements

- Competitive team members must successfully complete the Birons TnT bridge class core curriculum.
- Understand and demonstrate basic knowledge of trampoline safety procedures.
- No physical nor mental ailments that will compromise personal and/ or public safety.
- A successful round off + back handspring on floor for competitive team members.
- Team members must attend at least four weeks (not consecutively) of summer work-outs.



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TnT Core Values

Timeliness - the quality or habit of arriving and/ or being ready on time.

As a member of a competitive team, you are expected to not only be in attendance at every practice but to be on time. Every athlete is expected to be on time and ready to train at an optimal level with the correct practice attire.

Every TnT athlete is expected to be at every practice and on time.

If an athlete is late, they will be expected to make that time up after practice. If an athlete is more than 15 minutes late without prior approval or notification it is considered an absence. If an athlete is absent from practice more than 3 times in a month with out prior notification, they are encouraged to schedule private lessons. These lessons will help ensure an athlete's spot and success as a national competitor.

Team - a group of people linked in a common purpose.

We are a team that is a part of a larger community. That community is Birons Youth Sports Center. It is important that we always represent our community to the best of our abilities no matter if we are in practice or at a competition.

We must always support our teammates. Negative comments and arguing amongst TnT teammates will not be permitted. As a positive teammate, you will be expected to support, encourage, trust and cheer for your teammates at all times.

Toughness – to be strong and durable, not easily broken.

TnT involves performing gymnastics tricks at a higher than normal altitude. This inherently creates fear. We must acknowledge, accept, and embrace the dangers of our sport. It is also important to be physically tough and mentally tough. Preparation for toughness begins at home by maintaining our minds and bodies.



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Practice Attire

- Female athletes will wear two different leotards for practice every week.
- Solid black tight fitting shorts may be worn with leotards.
- Tuesday - #3735 (Red & Black)
- Thursday - #3695 (V - Neck)
- Female athletes must arrive to practice with their hair in either a ponytail or bun.
- Male athletes must wear black or red shorts and the official TnT dry fit top. No loose clothing.
- White leather acro-shoes are mandatory at every practice.

Acro Shoes

White acro-shoes will be worn for the double mini and trampoline. Athletes are encouraged to purchase a new pair every competitive season. These shoes can be purchased online or at a local dance store. (\$15.00)

Dance Trends (14520 Memorial Dr. #106 Houston, TX) or www.DanceTrendsHouston.com





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TnT Competitions

Competitions

We are a competitive team that will travel to local and out of state competitions. Athletes can compete at different levels on the various apparatuses at mobility competitions. These competitive apparatuses are power tumbling, trampoline, and double mini trampoline. All athletes must have an active USAG athlete number to compete.

There will be a mandatory meeting every fall to discuss the upcoming TnT competitive schedule. At least one parent/guardian must attend. In this annual meeting we will discuss travel, protocols, schedule, and fees.

Team members are expected to attend all competitions.

Competition Etiquette

Athletes, friends, and family are to represent Birons in the best way possible. We will support all teammates and fellow competitors from other gyms. The TnT core values are in affect. Treat everyone the way you would want to be treated. You are representing Birons so you are expected to have your best foot forward at all times.

Uniforms and/ or warm-ups are to be worn at all times during competition days. Each competitor is required to stay until their awards ceremony is over; once awards are completed everyone is free to leave. All belongings you bring are your responsibility; Birons is not responsible for lost or stolen items.

Hair and Makeup

All hair **MUST** be secured in a high bun for competitions. Unsecured hair is unacceptable and a safety hazard. Dangly jewelry may also pose a safety risk and is not allowed per USAG guidelines.

Competition hair and makeup must be done before you arrive at a competition venue. Specific hair and makeup instruction will be given out prior to competition. Please contact TnT team moms for all Hair and Make Up questions.

Competition Attire

We will fit all athletes and order all necessary competition attire which will include:

- Females - long sleeve leotards and scrunchie
- Males - short sleeve leotard, pants, and shorts
- Team TnT shirt
- Warm-Up Pants and Jacket
- Team Bag



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Tuition and Fees

Tuition and Fees

Each team member is required to keep up with tuition and competition fees in a timely manner.

Uniforms, warm-ups, shoes, etc. will need to be purchased as each competition season arrives if necessary or as the director sees fit for a particular athlete or the team. **The costs for these items is in addition to tuition.**

Coach's traveling fees will be included for each competition. Workshop and extra practice fees, if applicable, will also be included for certain competitions. **These total costs are divided amongst the athletes equally.**

Tuition and Fees

Each team member is required to keep up with tuition and competition fees.

Estimated Additional Costs

Monthly Tuition	\$190.00
USAG Membership (Due: October 4th)	\$75.00
2 Practice Uniforms (females)	\$100.00
Female Competition Uniform	\$170.00
Male Competition Uniform	\$170.00
Male Dry Fit Practice Top	\$35.00

Parent Expectations

Please get involved! A parent or guardian must be present at each competition. All team meetings are mandatory for a parent or guardian to attend. Practices are open but if at any time your presence distracts the athletes or disrupts the class, the open policy will change.

Communication

Apart of being involved in our TnT program includes open lines of communication between Birons staff, athletes and parents/ guardians. Please make sure that you are signed up to receive our group emails. Athletes may **ONLY** contact coaches from an adult's email address or phone.

Coach Patrick - email: patrick@birons.net/

Office Managers - email: info@Birons.net/ phone: (281)497-6666



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Schedule

Class Schedule

TnT Team Practice: Tuesdays and Thursdays 6:00 pm – 8:00 pm

Firecracker Practice: Fridays 4:30 pm - 6:00pm

Competitive Schedule for 2017-2018

Mock Meet

Friday; October 6, 2017

Location: Birons Youth Sports Center

Arrival Time: 6:00 - 8:00 PM

Full Dress Rehearsal

Gymagic Invitational

Estimated: November 2017

Location: Gymagic (4002 N. Main St. #300, Victoria, TX 77901)

Spectator Admission: TBA

Athlete Arrival Time: arrive 90 minutes before performance time

Performance Time: TBD per Flight Sheets

Awards: TBA

Host Hotel: Optional

Intra-Squad Holiday Invitational

Friday; December 9, 2016

Location: Birons Youth Sports Center

Arrival Time: 4:30 PM

Performance Time: 6:00 PM

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Holiday Break

December 18th - 29th

Dallas T&T Cup

January 18 - 21, 2018f

Location: Allen Event Center (200 E. Stacy RD. Allen, TX 75002)

Spectator Admission: Adult - \$15 single day or \$25 Weekend/ Kids (3-10) \$9 or \$15/ 3 under FREE

Open Training: TBD

Athlete Arrival Time: arrive 90 minutes before performance time

Performance Time: TBD per Flight Sheets

Awards: Levels 1 - 4 will be flight awards only/ Levels 5 -8 will be flight and top 3 overall (near main entrance)

Host Hotel: Courtyard Marriott Dallas Allen at the John Q. Hammons Center (210 E. Stacy Rd. Allen, TX 75002)

Houston National Invitational (HNI)

February 2-4, 2018

Location: NRG Arena, Houston, TX

Spectator Admission: TBD

Open Training: TBD

Athlete Arrival Time: arrive 90 minutes before performance time

Performance Time: TBD per Flight Sheets

Awards: Athletes are awarded after every flight completion

Powerhouse T&T Invitational

March 2-4, 2018



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Location: Powerhouse Gymnastics (7707 West Loop 1604 N, San Antonio, TX 78254)

Spectator Admission: \$10 Adults/ \$7 Sr. Citizens 60+/ \$7 Children 5-12

Open Training: Friday, March 1rd (Time: TBA)

Athlete Arrival Time: arrive 90 minutes before performance time

Performance Time: TBD per Flight Sheets

Awards: Athletes will receive awards after each flight and all around awards will be given at the end of the meet.

Host Hotel: Candlewood Suites San Antonio NW near Sea World

State Championships

March/ April 2018

Spring Show Off

Saturday, May 19, 2018

Location: Birons Youth Sports Center

Spectator Admission: FREE

Rehearsal: Friday, May 18, 2017

Athlete Arrival Time: arrive 90 minutes before performance time

Performance Time: TBD

Athlete Fee: \$60

Regional Championships

April 2018

End of Year Banquet

May/June 2018



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Please Sign & Return The Bottom Portion Of This Page To Coach Courtney.

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I, _____ Have Read, Understand, and Will Adhere To Everything In The TnT Handbook and More Specifically The TnT Core Values. I understand that if I fail to perform these functions to the best of my ability, I can lose my standing as a team member.

Athlete Signature

Date

Parent Signature

Date