

CAROLINA ELITE
TRAMPOLINE & TUMBLING



TEAM HANDBOOK 2023-2024



WELCOME!

Welcome to the Carolina Elite Competition Team!

We don't know if you were looking for a new family when you joined team, but you certainly found it! We are here for you and your athlete no matter what for the duration of their time in the sport... and often beyond!

We are so excited that you have decided to join us! We are truly in this business to see our athletes grow to become successful kids inside and outside of the gym.

We do not see our job as building up skills, medals, or championships titles... We see our job as building up people. To us, there is no greater investment than the one that we get to make in the lives of our students and to help point their paths in the right direction: that is, a journey defined by the confidence to reach higher with every new opportunity.

If we can get students to believe in themselves, work methodically and passionately towards their goals, and to lift others with them along the way—then we have succeeded.

**If we first build winning attitudes and winning philosophies,
then winning competitions will naturally follow.**





Our Coaches



Coach Nick

Coach Nick is the director for the trampoline and tumbling team. Nick has been coaching for 15 years and has helped thousands of athletes in their gymnastics journey—from recreational beginner classes to the international victories. Once upon a time, Coach Nick was also an elite athlete in trampoline and tumbling too, winning dozens of titles including the 2010 national champion. He also serves the USAG community nationally as a category 1 gymnastics judge, as the North Carolina State Administrative Chair, as a representative on the regional board for T&T, as the National Double Mini Coach Representative on the Elite Committee, and as a Team USA National Coaching staff member.



Coach Trevor

Coach Trevor is an elite level trampolinist with success from the local to the international stage. His passion is flying in the air and he is excited to share that love with the Carolina Elite athletes. As a multiple-time national team member, World Championships Team silver medalist, SR USA National Champion 2021, and the 2022 Pan American Champion, he brings years of high-level experience and expertise to his athletes.



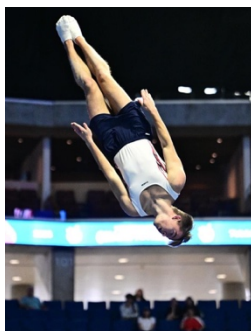
Coach Aaron

Coach Aaron is an international Team USA competitor, 2023 INT Elite National Champion for Men's Double Mini Trampoline, and 4x USA elite national medalist. Coach Aaron brings a fun and uplifting atmosphere to every workout and strives to help athletes reach for the stars! Coach Aaron is also a multiple time state champion, regional champion, and a USA certified competition judge.



Coach Grace

Coach Grace is an elite level athlete and member of the SR National Women's Double Mini Team. Gracie works to help bring the athletes around her to higher heights as she models the way of attitude, focus, and resilience. As an athlete, Grace won 6th in the world in 2021 and won gold at the 2022 USA National Championships.



Coach Carver

Coach Carver is a world class, elite level athlete who is also a national medalist, national USTA champion, and a named member of the 2022 World Age Group Championship Team for Team USA to Sophia Bulgaria. Coach Carver brings a unique perspective on growth in the sport derived from years of traveling the country training with top level coaches.



Team Groups

We are so proud of our team athletes and all that they have accomplished. To help our athletes grow in the sport, we have dedicated training groups that are based primarily on skill and age.

Having multiple training groups ensures that your athlete will get direct attention from our team coaches and will be given developmentally appropriate conditioning, strength training, skill progressions, and routine work. Training groups also help foster a great team synergy!

Here are the training groups for 2023:

Primaries / Adv Primaries / Compulsories / Optionals / Elite Development / Elites





COMPETITION TEAM Training Groups 2023

| Team: | Target Age Group: | Schedule: | Level Range | Skills Required: |
|---------------------------|-------------------|--|-----------------------|--|
| Primaries Team | Ages 5 – 8 | Minimum 2x / week Tues/Thurs 3:45 - 5:00 | USAG Level 3 - 5 | All shape jumps & body bounces Landing at least ONE of the following 3 options: (1) Front Tuck (2) Back Tuck (3) Back Handspring |
| ADV Primaries Team | Ages 8 - 12 | Minimum 2x / week Tues/Thurs/Fri 4:30 – 6:30 Saturday 9:00 - 11:00 | USAG Level 5 - 8 | Must be able to land ALL of the following 3 skills on Trampoline (1) Front Flip (2) Back Flip (3) Back Handspring or Barani |
| Compulsories Team | Ages 10 + | Minimum / week Monday 4:30 - 6:30 Saturday 9:00 - 11:00 or 11:00/ 1:00 | USAG Level 5 - 8 | Must be able to land ALL of the following 4 skills on Trampoline (1) Front Flip (2) Back Flip (3) Back Handspring (4) Barani |
| Optionals Team | Ages 12 + | Mon/Wed/Fri 6:30 – 8:30 Saturday 11:00 - 1:00 | USAG Level 8 & 9 | Athlete is mobilized to and actively training or competing level 8+ Skills / Routines |
| Elite Development | Ages 12 + | Tues/Thurs/Fri 6:30-8:45 Saturday 11:00 - 1:00 | USAG Level 10 & YE | Athlete is mobilized to and/or actively training or competing level 10+ skills and routines |
| Elites | Ages 12 + | Mon-Fri 1:00 – 3:30 | Elites & 10's | Athlete is mobilized to and/or actively training or competing elite level skills and routines |

See Team Sheets



Training Dress Code

Girls Training: Leotard or form fitting training tank tops & shorts, socks or trampoline shoes

Guys Training: Competition Singlet, Compression Shirt; Non baggy shorts or sweats; socks or trampoline shoes

T-shirts as training tops are permitted for convenience but are not fully recommended. During colder months, form fitting long sleeve compression-wear is recommended.

Coaching Staff is to wear professional attire including athletic pants or shorts along with gym-branded apparel or shirts from team events/competitions. Coaches and staff should also be well groomed, *and always wear a smile!*

COMPETITION APPAREL SCHEDULE

Before competition or team events, athletes and parents will be given an apparel schedule. In this case, all team members will be expected to follow the schedule and match with their team.

This schedule will look something like this:

Friday COMPETITION – Whites



Saturday COMPETITION -- Blues



Apparel Schedule will vary from event to event!



Payments

Tuition

Tuition is processed on the 1st business day of each month. We require auto-draft for ALL team programs. You may check your account statements at any time on our online customer portal. Tuition will not be prorated for lack of attendance or cancelled practices due to weather or meet season.

| Competition Team Training Groups | Workouts Per Week | Monthly Tuition |
|--|-------------------|-----------------|
| Competition Team (1.25 Hours) <i>(Primaries)</i> | 2x Per Week | \$195 |
| Competition Team (2 Hour Groups) <i>(Adv Primaries, Compulsories, Optionals, EDP)</i> | 2x Per Week | \$210 |
| | 3x Per Week | \$240 |
| | 4x Per Week | \$270 |
| | 5x Per Week | \$300 |

USA Gymnastics Membership

USAG Fees: Competition team athletes will also need to hold additional, separate annual membership with USA Gymnastics. Annual USAG Membership online is \$65 annually and includes access to USAG events / secondary insurance at events and a plethora of educational tools to ensure a safe and progressive learning environment at all member clubs.

Competition Entry Fees

In addition to practicing, our athletes will attend many “meets” throughout the season. These meets will range from very small in-house meets and local events to major multi-state/national/international competitions.

Note that each meet that we attend carries an additional charge beyond tuition. Competition Entry Fees are most often NON-REFUNDABLE as the payment will go directly to a host club of the event. In the case of injuries, most meets will offer partial refunds depending on notice date.

Competition Fees are charged in 4 payments:

1. Competition coaching costs & uniform.
2. Early season events for which you choose to register.
3. Late season events for which you choose to register.
4. National Championships, if so qualified.

The breakdown of meet season payments can be seen on the following chart:



Season's Competition Fees

2023-2024 School Year

| Competition Fees by Training Group | | | | |
|------------------------------------|--|--|--|---|
| Due Date → | (1) September 1 st Team Registration | (2) November 1 st Early Season Meet Registrations | (3) January 5 th Late Season Meet Registrations | (4) Late May Nationals Registration for those attending |
| | Returning Athletes: \$300* New Athletes: \$450* | <i>Varying based on competitions selected</i> | <i>Varying based on competitions selected</i> | \$400 <i>Stars & Stripes Nationals OR USA Gym Champs</i> |

**All athletes will receive updated uniform packages with new items for the new season. We will be using the same competition leotards and warm-ups as last season; if returning athletes need a new size leotard, they will need to pay the 'new athletes' registration fee.*

Competition costs presented in the chart are estimates for the season. We reserve the right to change fees as needed.

*Meet registrations will be drafted via IClassPro according to Google Form meet registration responses on the deadlines above. You may choose to cover these costs with check or a credit card on file. *Siblings do not receive discount on competition fees.*

NEW to the lineup this year is the possibility of "Delegation" travel. Over the last couple of seasons, I have pretty much become a travel agent and have booked the elite team's accommodations for our major events. With the new gym van, it will be more possible to include more athletes in these arrangements and travel with the team and safe-sport certified parent chaperones.

Details on the delegation arrangements, rules, and costs will be available before registration deadlines.

Season Events on Next Page



Competition Schedule 2023-2024

Including Required Events & Competition Set List

| Season Set List of Available Team Events | | | | | |
|--|--|-------------------|----------------------------|-----------------------------------|-------------------------------|
| | Event | Location | Date of Event | Cost of Event (Non-Delegation) | Cost of Event (Delegation) |
| Early Season (Nov 1st) | Mobility Meet | At Carolina Elite | December 2 | \$50 | X |
| | Music City Invite | Nashville, TN | December 9-10 | \$150 | TBD |
| | Ozone Invitational | Knoxville, TN | January 12-15 | \$150 | TBA |
| | ACTTI | Greensboro, NC | January 26-28 | \$150 | X |
| | Trampoline Swag Invite | Carolina Elite | February | \$100 | X |
| Late Season (Jan 19th) | Winter Classic | Oklahoma City, OK | March 8-10 | \$175 | TBA |
| | State Championships | Winston Salem, NC | April 7 (back up is March) | \$150 | X |
| | Regional Championships | Mobile, AL | Late April or Early May | \$150 | TBA |
| | Elite Challenge (All Level 10's & Elites) | Irving, TX | May 9 or 16 | \$175 | TBA |
| Nationals (Late May) | National Championships Levels 5 – 7 at Stars & Stripes | TBA | July 19-21 | \$400 <i>Fundraiser</i> | TBA |
| | National Championships Levels 8 + at USA Gym Champs | Minneapolis, MN | June 21-26 | \$400 <i>Fundraiser</i> | TBA |

| Required Events for Team (by training groups) | |
|---|--|
| Primaries | Mobility Meet, ACTTI, Trampoline Swag, State |
| ADV Primaries, Compulsories | All NC Events Required. (Regionals & Nationals Encouraged) |
| Optionals, EDP | All NC Events Required + Regionals. (Nationals Encouraged) |
| Elites | Winter Classic, Elite Challenge, State, Regionals, Nationals |



Withdrawal Policy

Of course, we always hate to see friends leave, but we also understand that everything has its season—and we are grateful for the time in your athlete's life that we had.

This is our posted withdrawal policy:

Drop Procedure:

PARENTS MUST NOTIFY CAROLINA ELITE TO DROP A STUDENT VIA WRITTEN NOTICE or directly to the front office. Saying it to a coach on the floor or other parents on team does not qualify as notice.

Our tuition payments are based on Enrollment, not Attendance. Once enrolled, we will hold your child's class spot exclusively for your child and you will therefore be assumed as enrolled and billed as enrolled until we have the virtual drop notice stating otherwise.

Athlete will not be charged for tuition once they drop enrollment, but they will also not be refunded for meets that they registered for but will no longer attend because of their dropped enrollment.

Make-Up Policy

Consistent attendance is very important to your athlete's growth. As a general rule, after years of learning and logistical realities, we do not offer make ups for team athletes anymore. The athletes are welcome to attend additional workouts within their own training groups but may not disrupt the progress of other training groups.

We do not guarantee make ups for inclement weather, holidays, or planned closings.

Private Lessons

Private Lessons are available from any of our team coaches. This is a special time of accelerated learning with one-on-one attention from the coach. PLs are perfect for perfecting form before a competition, gaining confidence on a new skill apart from the pressure of peers, and learning entire routines.

Private Lessons must be scheduled with one of the Carolina Elite team coaches that currently work with your athlete on a day to day basis. Any Private Lessons held by a coach that is not your athlete's coach should be approved by your athlete's coach. This is to ensure that they are working on and practicing the correct technique that we require during regular workouts, as well as to promote athlete safety through proper progressions.

Our private lesson rate is \$60 / hour. Half hour lesson is \$40.



How We Will Communicate with You:

We will do our best to make sure that all our team parents stay informed, but as we grow this becomes an increasingly difficult task. So please help us by getting on the same “wave-length” and stay continually updated through our emails.

Please remember that our job’s primary hours from 3:00 – 9:00 is to coach the athletes, not hold meetings. In-between classes may be a great time to say hello and touch base, but if there is a substantial topic to address, please contact us to talk about it outside of our coaching hours. This way you will get our full attention during that conversation, and the athletes will get our full attention during workouts!

We are a USA Gymnastics (USAG) Member Club. What that means:

USA Gymnastics is the national governing body for all of gymnastics in the states. This means that they set the rules for competitions and routines, they sanction competitions and invitationals locally, nationally, and internationally and they are the pipeline for the world level and Olympic Team USA.

We have met all of the requirements and are officially a “USA Gymnastics Member Club”—meaning that we are allowed as a gym to participate in any USA Gymnastics event... (every competition). Each of our team coaches are also required to be USA Gymnastics members in good standing, meaning that they have met educational requirements, background screenings, and certain safety certifications, and they adhere to the coaches’ ethics of USAG, including SafeSport guidelines.



Training Content / What to expect from a teamwork out on our team!

There are many things that go into growing athletes to become better gymnasts and better people. Our workouts will not always run the same, but most of our workouts will have the following elements within them:

Strength Training: Strength is the basis for gymnastics and the number one deterrent to injury. Without strength everything else is impossible. Many of our workouts will include “conditioning” which is mostly body weight workouts designed to make our kids stronger.

Flexibility Training: Flexibility development is essential to the long-term success of our gymnasts. In every single workout, our athlete will stretch to prep for workout, to practice the positions they will soon be doing in the air, and to work to avoid injury and manage risk.

Skill Training: Cartwheels, handsprings, front flips, twists: These are examples of common skills that athletes must master in trampolining and tumbling.

Routine Training: Once athletes have developed their strength and flexibility and learned a set of skills, they will begin putting everything that they have learned into a “routine” or a “pass.” Of course, mastery of routines is difficult and often requires many repetitions before it is competition ready.

Character Training: We realize that you have given us a gift in letting us coach your child. You have given him or her into our care for hours each week in hopes that we will invest our knowledge and passion into them so that they can grow. The character of your child is vitally important to us, and we will address all kinds of topics with them from sportsmanship to discipline, to time management, to respect for peers and coaches, to winning and losing with grace.

When Practice may be Cancelled!

Practices can be canceled when the head coach is away at a meet or clinic in which the Carolina Elite T&T athletes are participating. Practice will only be held if there is a coach that is available and has T&T knowledge. Monthly Tuition will not change due to a canceled practice.

Summer and Winter Break: All team will traditionally be off for one week during summer and winter break. The head coach will notify everyone which week to take off during the breaks. Monthly Tuition will not change due to a canceled practice.

The team coach may also cancel practices the first day after competition to allow recovery and rest time for everyone, especially when the event is out of state. Monthly Tuition will not change due to a canceled practice.



A Note about parents coaching gymnastics skills:

Parents have the most vital role in their gymnast's progress, from encouragement, to logistics, and beyond. **But please refrain from correcting the form or technique of your athletes.**

Your role as a parent is VITAL to your athlete's success. Your role is to cheer them on, to be interested in their progress even though you don't know all the details. Your job is to give them space to grow and then check in on them from time to time to celebrate their progress. Your job is to get them to practice on time and financially support their opportunities. Your job is to video their victories and share them with family and friends!

Your job is to be an awesome parent – which, of course, you are already great at! We are teammates on this journey, and we are looking forward to the adventure together...

Also, Please respect that our coaches work very hard at what they do. Teaching athletes and helping them grow is not only our passion, it is our profession and we are very good at it. Our coaches are experts that have accomplished great things in this sport as athletes, as coaches, and as members of the international elite trampoline & tumbling community. Your children are receiving world-class advice from people that have done what they are asking your children to do.

Therefore, it undermines our coaching authority when parents tell their kids contradictory corrections from what our coaches are saying. It can also lead to confusion and that leads to safety issues. Beyond that, calling out across the gym during a workout will distract other athletes on the floor too and it will distract coaches on the floor, forcing them to consider confronting the distraction.

If you have questions or comments about our coaching or teaching style, please inform us and schedule a time outside of training time to consult us directly.

Parents do not need to attend every workout, and are encouraged to only check in on their athletes from time to time.

THANK YOU for the opportunity to serve your child and your family!



Code of Conduct Guidelines

~~Parents~~

Carolina Elite Trampoline & Tumbling Team

Carolina Elite parents play an important role in their child's commitment to our program. It is a good reminder to parents to observe a Code of Conduct that we are mutually on the same page as each other, uniting for a common goal in improving our children. We desire not only to have great athletes but great families who care about upholding our high standards as ambassadors for our gym.

1. I will respect my child's coaches and trust their decisions. I will allow the Carolina Elite coaches to exercise their coaching skills and **I will not interfere with practices.**
2. I understand that this is a full season commitment and that the team is depending on my child to fulfill his/her responsibilities as a team member.
3. If my child is involved in a matter of disrespect towards any member, athlete, staff, or volunteer, or any member of any other gym, I will help investigate and resolve this problem with my child immediately.
4. I will demonstrate good sportsmanship towards my child's teammates, other parents, coaches, judges, *and rival teams*. This includes not bad-mouthing, spreading rumors, foul language, inappropriate actions, and speaking poorly of the Carolina Elite Program.
5. I will not post anything derogatory about other athletes, coaches, or Carolina Elite, or of any other gym or competitor on social media.
6. I understand and support the right of Carolina Elite coaches to appropriately discipline my athlete for behavioral issues in practice and competition when rules and codes of conduct are broken. This includes temporarily suspending participation if necessary.
7. I will commit to consistently having my athlete at practice on time.
8. I will commit to providing tuition and competition registration payments on time.



Code of Conduct

~~Athletes~~

Carolina Elite Trampoline and Tumbling Team

Carolina Elite athletes will be held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their personal goals. Parents should read through the following obligations with your athlete explaining each one. Both parent and athlete should sign at the bottom agreeing to uphold each standard.

1. I understand that this is a full season commitment and that a team is depending on me to fulfill my responsibilities at a team member.
2. If I have a difficult issue that I cannot solve on my own, I will seek council from a coach and parent to help solve the issue and not encourage it to grow.
3. I will come to practice with a positive attitude and work hard to achieve personal goals and help my team to reach the team goals that my coaches have set.
4. I will demonstrate good sportsmanship to my teammates, parents, coaches, judges, and rival teams. I will not bully, haze, badmouth, spread rumors, or use foul language.
5. I will respect my coaches and coaches' helpers at all times. This includes only training with Carolina Elite staff at the Carolina Elite gym unless I have specific permission from the Head Coach to do otherwise.
6. I will respect myself and take care of my body. I will not use alcohol, drugs, or tobacco. I will eat properly to nourish my body. I understand that I will be dismissed from the team if caught drinking, using drugs, or smoking underage.
7. I will respect myself and take care of my body to prepare it well for competitions. This includes being responsible with free-time at competition and eating healthy to fuel my body for top performance while representing myself and my team.
8. I will come to practice on time. I understand that attending every workout possible is important for my growth as an athlete. If I am late for a workout, I understand that I am responsible to make up any warm up/stretching/conditioning before joining the group.
9. I understand that if I am not performing appropriately or safely on an event before a competition, that my coach may scratch me on that event in the interest of my health and safety.
10. I understand that because of SafeSport policies, I will not privately communicate with my coach through private messaging media such as text, Facebook messenger, or Instagram. If communication is necessary, any private communication outside must also include my parents.
11. I will follow USA SafeSport guidelines in all relationships at the gym, ranging from how I interact with my peers to staff to event officials and beyond.

I understand that if I break any of these policies, depending on the severity of the rules broken, there will be consequences including possibly loss of practice time, loss of competition privileges, or even for severe circumstances, dismissal from the team.

Athlete _____ Date _____