



TEAM HANDBOOK 2026-2027



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 championship 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 of Carolina Elite's Trampoline & Tumbling Team and has been coaching since 2007. Over nearly two decades, Nick has helped thousands of athletes throughout their gymnastics journeys—from their very first recreational classes to national championships and international victories representing Team USA. Before becoming a coach, Nick was an elite trampoline and tumbling athlete himself, earning dozens of state, regional, and national titles, including a USA Gymnastics National Championship in 2010. Nick has coached athletes at World Cups, Pan American Championships, World Age Group Competitions, and other international events around the world. He is also a Category 1 national-level judge and was named the **2026 USA Gymnastics Double Mini Coach of the Year**. Most of all, Coach Nick loves helping athletes dream big, work hard, and discover just how much they are capable of accomplishing!



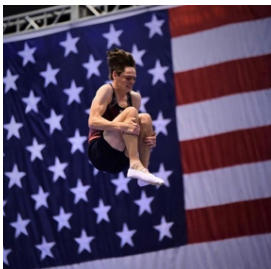
Coach Trevor

Coach Trevor is both an elite international athlete and one of Carolina Elite's primary Competition Team coaches. As a longtime member of Team USA, Trevor has represented the United States around the world and earned medals at some of the sport's biggest competitions. His accomplishments include a **World Championships Team Silver Medal, World Age Group Silver Medal, Pan American Championship, USA Gymnastics National Championship**, and international World Cup medals. Trevor continues to compete internationally at the Senior Elite level while bringing everything he learns from training and competing among the world's best back home to Carolina Elite. His passion is elevating the sport, being a positive role model, and helping the next generation of athletes pursue their own big goals in trampoline.



Coach Aaron

Coach Aaron brings energy, positivity, and a whole lot of fun to the Carolina Elite! A former international Team USA competitor, Aaron is the **2023 Elite National Champion in Men's Double Mini Trampoline** and a four-time USA Gymnastics Elite National medalist. He is also a multiple-time State and Regional Champion and a USA Gymnastics-certified competition judge. Having grown through the sport from a young athlete into an elite competitor and coach, Aaron understands firsthand the work, patience, and perseverance that go into reaching big goals. He strives to make every workout both productive and fun while encouraging our athletes to believe in themselves and reach for the stars!



Coach Gracie

Coach Gracie is a Senior Elite athlete, Team USA competitor, and one of the world's top athletes in Women's Double Mini Trampoline. A longtime member of the U.S. Senior National Team, Gracie is a **World Championships medalist, 2025 World Games Silver Medalist, and 2026 USA Gymnastics Senior National Champion** in Double Mini Trampoline. She has represented Team USA at major international competitions around the world and is also a two-time USA Gymnastics National Champion in Synchronized Trampoline. As a coach, Gracie leads by example through her attitude, focus, resilience, and love for the sport. She loves helping Carolina Elite's younger athletes build confidence, develop their skills, and chase the same kinds of dreams she continues to pursue herself.

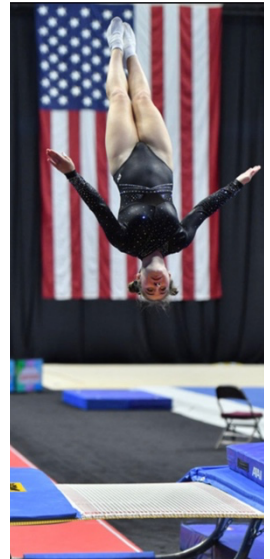
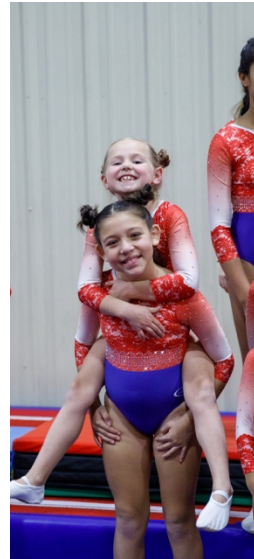
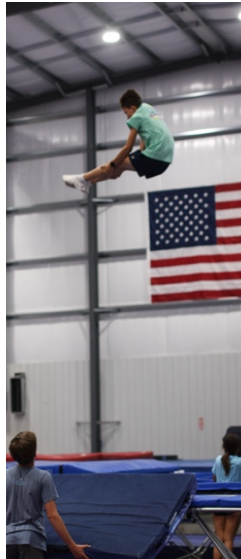




Team Groups

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 different 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. These groups are assigned at the discretion of our coaching staff.



Training Dress Code

Girls Training at CETT	Competition Attire for Evening Trainings	<i>Leotard. May wear shorts. Must have socks or trampoline shoes. May wear T-shirt over leo during warm up.</i>
Guys Training at CETT	Competition Attire for Evening Trainings	<i>Singlet, Compression Shirt; Non baggy shorts resting higher than the knee; socks or trampoline shoes.</i>
Coaching Staff at CETT	Competition Attire for Evening Trainings	<i>Athletic pants or shorts along with gym-branded apparel or shirts from team events/competitions.</i>



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 Groups	Workout Hrs Per Week	Monthly Tuition	
Preteam (4:30 - 5:45 Tuesdays & Thursdays)			
(1.25 Hour Training Groups)	2 Workouts / Week	\$	230.00
	3 Workouts / Week	\$	260.00
Primaries (4:30 - 6:00 Monday, Wednesday, Friday)			
(1.5 Hour Training Groups)	2 Workouts / Week	\$	240.00
	3 Workouts / Week	\$	270.00
Compulsories / Optionals (5:00 - 6:45 Weekdays)			
(1.75 Hour Training Groups)	2 Workouts / Week	\$	260.00
	3 Workouts / Week	\$	290.00
	4 Workouts / Week	\$	315.00
Elites (6:30 - 8:45 Weekdays)			
(2.25 Hour Training Groups)	3 Workouts / Week	\$	315.00
	4 Workouts / Week	\$	340.00
	5 Workouts / Week	\$	350.00

USA Gymnastics Membership

USAG Fees: Competition team athletes will also need to hold additional, separate annual membership with USA Gymnastics. Parents do not need paid memberships with USAG.

Competition Entry Fees

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

Note that each meet that we attend carries a small 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.



Season's Competition Fees

Joining Team

- Annual Team Fee* for 2026-2027: \$150 / Athlete or \$250 Family maximum
- Due October 1st with Uniform Order
- Uniform Google Form with a-la-carte ordering of needed items for new season
- **The Annual Team Fee helps support the costs of operating our competition program throughout the season, primarily including advance travel and lodging expenses for our coaching staff for competitions. This fee allows us to plan ahead and secure travel arrangements / logistics early, often at lower rates, saving everyone!*

Competitions

- Required Events will be automatically billed at each due date to the card on file
- Additional Events will be billed as directed by deadlines communicated ASAP once they are known.

Event	Date	Location	Cost Estimate
Jingle Bell Jump (Required)	December 6	Carolina Elite	\$ 100.00
Ozone	January 15-16	Knoxville	\$ 175.00
ACTTI	January 29 - 31	Greensboro	\$ 175.00
Trampoline Swag Invitational (Required)	February 13-14	Carolina Elite	\$ 100.00
Winter Classic	February 25 – 28	Daytona Beach, FL	\$ 200.00
Possible In-House Camp	Mid-March	Carolina Elite	TBD
NC State Championships (Required)	April 17-18 Tentative	Carolina Elite Tentative	\$ 200.00
Elite Challenge (only 10's & Elites)	May 5-9	Irving TX	\$ 200.00
Regional Championships	May 14-17 Tentative	Mobile, AL	\$ 200.00
USA Gymnastics Championships	June 21-26	Des Moines, Iowa	\$ 400.00



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.

Drop Procedure:

Parents must notify Carolina Elite that they will be dropping enrollment via our Google Drop form. A link to this form is available on the website and at the request of an office staff. Telling 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. Even if you do not attend a class, we were still there to coach it.

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

Team is a commitment. Athletes cannot switch back and forth between team, classes, and breaks.

Make-Up Policy

Consistent attendance is an important part of your athlete's growth and progress. Our coaches plan each week of training around the needs and goals of their athletes, and coaching staff are present and prepared for each scheduled workout whether an individual athlete attends or not.

Because of the structure, training hours, and logistics of our Competition Team program, missed team practices do not accrue make-up classes or credits.

We understand, however, that conflicts occasionally happen! With your coach's permission and on a case-by-case basis, an athlete who knows they will miss their regularly scheduled workout may be permitted to train with another appropriate team group instead. Please communicate with your coach in advance to see if another training opportunity is available.

As always, the best thing you can do for your athlete's continued progress is to make consistent attendance at their regularly scheduled workouts a priority.

Injuries & Tuition?



Short term injury: less than 1 month // Long term Injury: more than 1 month

In the case of a short-term injury, athletes are expected to take care of their bodies in and out of the gym to help facilitate healing. They may attend workouts still but modify their training plans or focus solely on strength and flexibility. In these cases, athletes will remain enrolled with no pause to tuition.

In the case of a long-term injury, athletes are expected to take time away from the gym to rest, recover, and work through third party physical therapy if appropriate. In these cases, athletes will be unenrolled from the program and tuition will be stopped until they are ready to return to team trainings or partially prorated if they are able to continue activities in the gym for the interim. In the case of a long-term injury, we must have a doctor's note allowing the athlete to return to training.

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. These are great 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 must be approved by your athlete's coach. This includes coaches at Carolina Elite and outside of Carolina Elite. 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 TEAM private lesson rate is \$60 / hour.

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 "wavelength" and stay continually updated through our emails.

During competitions, we will communicate via whatsapp. Please download this application and be ready to use it for logistics at the event. During meets, it is not meant to be a social hub, but rather an information and logistics hub.

Please remember that our job's primary hours from 1:00 – 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!



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 trampoline 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 our team coaches are 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.

Team will be off for a

- Summer break (4th of July Week) and
- Winter break (Christmas – New Year’s Week)

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 play one of the most important roles in an athlete's progress—from encouragement and support to simply getting them where they need to be each day! We truly view parents and coaches as teammates in helping athletes grow.

During workouts, we ask parents to **leave the technical coaching to our coaching staff**. Please refrain from correcting your athlete's form or technique, coaching from the doorway or windows, or calling instructions across the gym. Even well-intentioned advice can sometimes conflict with what an athlete is currently working on, creating confusion and, in some cases, safety concerns.

Instead, your role is to be your athlete's biggest supporter! Cheer them on. Be interested in their progress even when you may not know all the technical details. Give them space to struggle, learn, and grow—and then celebrate their victories with them. Help them arrive at practice on time, support their opportunities, take the videos, share the proud moments with family and friends, and remind them how much fun it is to chase big goals.

Our coaches work incredibly hard at what they do. Teaching athletes and helping them grow is not only our passion—it is our profession. Our coaching staff brings years of experience as athletes, coaches, judges, and members of the national and international trampoline & tumbling community. We hope that you will trust them to guide your athlete's technical development while you provide the encouragement and support that only a parent can give.

If you ever have questions or concerns about your athlete's training or our coaching approach, we absolutely want to hear them. Please reach out and schedule a conversation with us outside of training time so that we can give both you and your athlete our full attention.

Parents are always welcome to watch, but you certainly don't need to attend every workout. Sometimes giving athletes a little space to take ownership of their sport can be a wonderful part of their development.

Your job is to be an awesome parent—and we'll take care of the coaching! We're teammates on this journey, and we are grateful for the opportunity to serve your child and your family.

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



Consequences for misbehavior on competition team, Inside and Outside of the gym.

Your actions as members of our team in the gym, outside of the gym, and in the cyber world reflect on yourselves and your team. Scenarios include but are not limited to:

Low Severity	• Warning • Possible Loss of short-term practice time (1 - 4 workouts) • Written apology • Parent meeting
Moderate Severity	• Loss of short-term practice time (1 – 4 weeks) • Possible Temporary Loss of competition privilege • Written apology • Parent meeting
High Severity	• Long term suspension from team or dismissal • Potential inclusion of USA Gymnastics Center for Safe Sport and Local Law Enforcement • In house senior management, with the potential help of third party resources, will collectively investigate high severity instances and vote on appropriate discipline.

Verbal/Emotional	Severity/First Offense	Physical	Severity/First Offense
Poking fun	Low severity	Hitting and slapping during horseplay	Low severity
Casual gossiping	Low severity	Obscene gestures	Moderate
Deliberate exclusion	Low severity	Throwing objects to induce fear	Moderate
Name calling	Low to moderate severity	Using technology with intent to alter photos, spread rumors, lie, or deliberately humiliate	Moderate to High severity
Inappropriate language toward others w/out personal attack	Moderate severity	Throwing object with intent to make contact	High severity
Jokes, innuendos that target race, disability, ethnicity or sexual orientation w/out direct focus	Moderate severity	Locker room bullying that involves harassment in the shower or while changing clothes	High severity
Ethnic or racial slurs	High severity	Hitting and slapping w/intent to hurt	High severity
Comments that target a disability	High severity	Locking in a room, locker, or deliberate isolation	High severity
Comments that target sexual orientation/preference	High severity	Cyber threat	High severity
Verbal threats of violence	High severity	Stalking or cyberstalking	High severity



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 always respect my coaches and coaches' helpers. 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 not post anything derogatory** about other athletes, coaches, or Carolina Elite, or of any other gym or competitor on social media.
7. I understand and support the right of Carolina Elite coaches to appropriately discipline my athlete or myself for behavioral issues in practice and competition when rules and codes of conduct are broken. This includes temporarily suspending participation if necessary.
8. I will commit to consistently having my athlete at practice on time.
9. I will commit to providing tuition and competition registration payments on time.
10. I understand that if I or my child fail to uphold the policies of this team, my child may be removed from the team program.



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 as 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 my Coach to do otherwise – on each occasion.
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, going to sleep on time, 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 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.