

Trampoline Team Athlete Expectations

1. Be on time for practice;
2. Give your best effort - in warm-up, trampoline, DMT, and conditioning;
3. Pay attention;
4. Listen to coaches instruction;
5. Stay off equipment unless otherwise instructed;
6. Be kind and supportive of teammates;
7. Be respectful of coaches, judges and other athletes;
8. Wait patiently for your turn;
9. Attend practice (or timely communicate absence with Coach Paul/Coach Kiara). **Kiara's # 302-593-7450**

Athlete Signature _____

Parent Signature _____

Date _____