

KMC Trampoline & Tumbling Team

Welcome to the team!

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To Our New Members

Your child has been invited by the KMC Coaching Staff to be a member of the KMC Trampoline & Tumbling (T&T) Team. This package is meant to help you understand some aspects associated with being a part of the team and the KMC Trampoline and Tumbling Parents' Organization (KMC TTPO).

Team History

The KMC Trampoline Team program was started in 1997 by Don Furrer, beginning with several athletes who wanted something other than artistic gymnastics. Over the years, the size of the team has varied, but the quality has always been high. The team has produced its share of regional and national champions, including national champions Steve Kydd, Briana Kozlowski, Joseph Kozlowski, Max Boddorff, Isaac Hannah, and Jordan Walchuk. We are most proud that we have accomplished this without losing sight of our most important goals – HAVING FUN and BUILDING STRONG ATHLETES!!!

Safety

Trampoline & Tumbling is an inherently dangerous sport; this fact, combined with the difficulty level many athletes at KMC will achieve, only adds to the potential for injury. All parents & athletes must be fully aware of the risk involved in the sport. Speed, motion, height, flipping, and the difficulty of the skill put our athletes in potentially dangerous situations on a daily basis. We at KMC are very aware of the potential dangers and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is too much doubt in the consistency of a skill. We believe in padding, matting, and using any training devices designed to make learning as safe as possible. We believe in a strong conditioning program to support our athletes' development.

Our Mission

The KMC T&T Team's main objective is to have a positive impact on your child's future. We are not only committed to helping each person become the best athlete he/she can possibly be, but we are also committed to making each athlete a happy, healthy, and responsible individual.

KMC T&T Website

The KMC T&T Team has a website – <http://www.kmctrampolineteam.org>. Here you can find links to various useful websites, such as the USA Gymnastics (USAG) and the Region 6 web sites. Also find us on Facebook: www.facebook.com/kmctrampoline.

Joining the T&T Team

Upon your decision to join the team, you will be required to complete the necessary paperwork, pay team fees, and offer contact information (email address and phone number). The team fees will be dependent on when your child joins the team. The Treasurer will outline the payments and the due dates. Your child must join the team prior to February 1st in order to compete during the T&T season. The decision of whether your child will compete will depend on whether he or she is able to complete the level 4 (or higher) trampoline, double mini (DMT) and/or tumbling routines, and other requirements necessary for competition. Athletes are expected to attend all meets for which they are qualified to compete.

Financial Obligation

Gym Fees (Monthly Tuition) - payable directly to KMC Gymnastics

1 – Tuition is for team practice in the gym, based on the number of hours practiced. These fees are determined by KMC Gymnastics, not by the KMC Trampoline & Tumbling Parents' Organization (KMC TTPO).

Team Fees – payable to KMC TTPO

2 – Assessment Fee – determined by the Board of Directors (BOD) as part of the budget planning process. Assessments are meant to fund the activities of the organization. These

include (but are not limited to): coaches' session fees at away meets, coaches' travel costs, coaches' training, and the end-of-season celebration. **Assessments are deposited into the general fund and are not refundable. If assessment fees are delinquent by more than 15 days, a \$25 service charge may be applied.**

3 – USA Gymnastics (USAG) registration – \$69 for athlete registration each season. A USAG registration must be completed and given to the Away Meet Coordinator. Each athlete is required to have a USAG number to attend sanctioned competitions. They will receive a USAG card approximately 8 weeks after they register. All athletes should carry the USAG card to meets. It is unlikely that it will be needed, but it is critical when it is needed.

4 – Uniform Cost – Each athlete needs a uniform. The girls will have three pieces: a leotard and warm up pants and jacket. The boys will have five pieces: competition shirt (leotard), black shorts, white stirrup pants, warm-up jacket and warm-up pants. A new uniform will cost approximately \$300 for girls and \$250 for boys. There may be an opportunity to purchase used uniforms. White “no show” socks (no higher than the ankle bone) must be worn with the uniform – the socks must be white without any writing, grey, or colored lines (often these can be found in the girls section). The athlete must purchase a team gym bag for \$25. The team will conduct a uniform sizing and will place an order for new uniforms once per year, usually in early fall. Questions about uniforms should be directed to the Uniform Coordinator.

5 – Meet Fees (held in escrow) – registration cost to attend away meets. A meet entry fee can range from \$70 – \$150. If team fees are not paid on time, the athlete will not be registered for the meet. There are normally 6-8 away meets each season.

Funds for meet entry fees and other athlete specific expenses (such as uniforms and USAG fees) will be kept in an escrow account and disbursed on your behalf. **Any remaining escrow balance at the end of the competitive season can be returned to you or rolled over to the next season.**

The annual team fee (assessments and escrow funds combined) is approximately \$1,300 for each athlete, collected in four payments during the season. The Board will determine the payment schedule. You will receive a schedule for the fees at the parents opening meeting, defining how much they are and when they are due. Fees are to be paid by check made out to the KMC TTPO. Payments can be made depositing checks into the KMC T&T Team mailbox in the lobby of KMC. If the fees are late, your child will not be registered for away meets and a \$25.00 late fee will apply. Any financial questions should be directed to the Treasurer. We are exploring an electronic payment option (September 2023).

PLEASE NOTE: TEAM FEES ARE NOT INCLUDED IN YOUR TUITION THAT IS PAID MONTHLY TO KMC GYMNASTICS FOR PRACTICE TIME IN THE GYM. TEAM FEES ARE AN ADDITIONAL EXPENSE, PAYABLE DIRECTLY TO KMC TTPO. BE SURE TO PUT YOUR CHECKS IN THE KMC TTPO MAILBOX IN THE FRONT VIEWING AREA. DO NOT HAND YOUR CHECK TO A KMC EMPLOYEE.

Coaches

Coach Paul Wileyto is our Head Coach, Kiara Kloss is our Assistant Coach. Other Athlete Coaches may work with the athletes during the regular practice schedule.

Home Meet

The KMC Trampoline and Tumbling Parent Organization (KMC TTPO) may host a clinic and/or a home meet during the season. This is the KMC TTPO primary fundraiser for the year. **All parents** are expected to work and donate food items for these events, including help with setting up for the meet the night before, working during the meet, and cleaning up from the meet. **This may be a full weekend commitment.** Volunteer jobs will be reviewed at a parent meeting, and sign-ups for jobs and food items will be available a few weeks prior to the meet.

Older siblings are welcome to volunteer. Any questions about the Home Meet should be directed to the Home Meet Coordinator.

Practice Hours

On average, Levels 1-5 practice 6 hours a week; Levels 6-10 practice 6 - 9 hours a week. This may change depending on the recommendation of the coaches. Questions about the practice schedule should be directed to the coaches.

Competition Age - ASK PAUL TO VERIFY AGE

The competition age of your child is the age that your child will turn during the calendar year of competition. For the 2023-2024 competitive season, your child's competition age is the age they will turn in 2024. For example, if your child turns 10 on June 20th, 2024, then they will compete as a 10-year-old for the entire 2023-2024 season.

Meet Schedule

The meet schedule will be determined by KMC Coaching Staff by late September. The weekend dates of the meets will be known and communicated to the team; however, the detailed schedule will not be known until approximately one or two weeks before the meet. As soon as the Away Meet Coordinator knows the schedule for the weekend, an email will be sent out and a schedule will be posted on the T&T Team bulletin board. **Please DO NOT contact the host gyms via phone or social media.**

Meet Directions

The meet address will be posted on the host team's website. If you need a hotel, there are normally host hotels on the host gym website. The Away Meet Coordinator will email and post meet location information.

What To Bring

USAG card, all uniform pieces, bottle of water in non-leaking bottle, your team duffle bag, and a non-messy, low sugar snack or two (snack ideas - protein bar, fruit snacks, granola bar, pretzels). Please be aware of possible allergies to athletes on the floor – **NO NUTS**.

Arrival Times

The detailed schedule for the meet will include the day and time that each level competes. Please review this schedule closely as some levels are split across sessions due to the size of some of the age groups. Arrive at least 30 minutes prior to the listed arrival time – this time may be listed as open stretch/registration/warm up. This gives the athlete time to get registered, use the bathroom and get acclimated. If your child is late and misses his/her rotation, he/she will be unable to compete.

Host Gyms

Most meets have food and drinks available for purchase. Siblings are welcome at the meets, but it is a very long day of sitting in the bleachers and can be difficult. If you bring siblings along, bring activities for them to keep them busy.

Lengths of Meets

Generally, meets can last half a day. You will arrive at the host gym, and your child will register, stretch and then compete. Then the host gym will tally the scores and awards will be given out for each age group in the session. The whole process can last 4-6 hours.

Events During the Meet

Your child will stretch and then be called to their first event. There may be several rotations in the meet, and your child may be called right away or towards the end of the meet session. For each event (trampoline, double mini (DMT), tumbling), each athlete will receive a number of

warmups, or “touches.” After everyone in the group has completed their warmup routines, the judges will call each of the athletes up individually to judge the routines.

Photography

You can take all of the pictures and video you'd like – as long as you **DO NOT use a flash**. This is critical for the safety of the athletes competing.

Meet Behavior

Your child will be representing KMC, and good behavior is expected at the meets. He/She should stay with the team during the entire competition. Athletes are not allowed on any piece of equipment unless instructed by the coach. The coaches' attention will be on the athlete warming up or competing, and your child is expected to wait quietly for his/her turn. This is for the safety of the other athletes and the concentration of the competing athletes and judges. There can be a lot of waiting time before and after your child competes on each piece of equipment. Athletes are not allowed in the stands during the meet, and, unless volunteering, parents are not allowed on the competition floor during a meet unless they are professional members of USAG and have coaches' approval. Once a meet is completed all athletes are required to clean up the designated team area. This includes trash, uniforms, athlete bags, etc.

Meet Attire

The athlete will be in uniform from the time of arrival until after the awards. Athletes should carry their KMC team gym bag to all of the meets; it is useful for carrying pieces of their uniform and other gear that they may use during the meet. For double mini, the boys will wear their competition shirt and black shorts with white socks. For trampoline, the boys will wear their competition shirt, stirrup pants and white socks. For tumbling, the boys will wear their competition shirt and shorts without socks. Since they change during the meet, they need their team duffle bag to store their items. It is also helpful to put their name on their uniform pieces. Girls wear a leotard with or without shorts (must be black, snug fitting, stretch material with no writing or visible emblems) for all events. **** No underwear should be worn under the leotard. Sports bra straps cannot be visible underneath the leotard. Judges will take deductions for violations. ****

Awards

This is another area where excellent behavior is expected. During the awards ceremony, there is a lot of waiting. In some cases, awards can last over an hour. **ALL KMC athletes are expected to sit together and wait for awards to be called for the session.** Electronics should be put away and talking should be kept to a minimum. It is important that your child remains quiet and well-behaved at this time. Athletes need to be able to hear when their name is called. If the athletes are talking or being disruptive, they or their teammates may miss their name. **The athletes must stay with their teammates and may not wander, play on the equipment, or roll around on the floor. Athletes must wear their uniform without street clothes. Everyone on the team is expected to remain for all of the awards being given out for their session.**

Spectator Responsibilities

Spectators are not allowed on the competition floor (unless they have a professional USAG membership or they are in a supporting role as part of the Home Meet or the State / Regional Meets). You may not carry food or drink to your child. No flash photography should be used. Athletes are to remain on the competition floor and are not to join you in the stands. Cheering for your child and his/her teammates is allowed and encouraged! However, do not interrupt the athletes while they are in routine. This is disruptive to the athletes and could cause injury.

State and Regionals Championships

No qualifying score is required to attend State or Regionals. It is **required** that all of the competing athletes will attend States (late March/early April) and Regionals (late April/ early May).

State and Regional meets are cooperative efforts from all participating teams. Parents may be asked to supply food and beverages, as well as volunteering time to carry out various tasks such as giving out awards, scoring, staging athletes and working in the judges' and coaches' hospitality room.

Nationals

To qualify, the athlete must compete at level 5 or above and must attain the qualifying score for the level at **either** States or Regionals. Nationals for optional levels occur in June/July. Stars & Stripes for compulsory levels occur in July/August. The meet is hosted by the USAG, and the location is often unknown until mid-season.

Frequently Asked Questions

What do I do if my child will be late or will miss practice?

If your child will be late or miss practice, please let the coach know immediately. Regular attendance of practices is important. If your child is late, he/she will still be expected to complete warm-ups before practicing the trampoline/DMT routines with the rest of the team. **There are no make-ups for missed practice time**; however, the coaches may allow your child to occasionally attend a different practice group if space permits. **Please do not drop your child off for practice outside of his/her regularly assigned practice group without making prior arrangements with the coach.**

How do I find out who the other parents are?

There is a team roster in the Members Only section of the team website.

Who are the Board Members and what do they do?

The Board is elected each June and becomes effective on July 1. Current Board Members and their responsibilities are listed on the team website.

How does a Board election occur?

The process begins in early May, when nominations are requested via email. Nominated parties will be contacted to see if they will agree to serve. Elections will take place in early June. The elected members will serve for one year starting July 1. President is a 2-year term & Treasurer is a four-year term.

How often does the Board meet?

The Board meets approximately once a month. Meeting minutes will be posted on the website.

How often do the parents meet?

General meetings shall be held as needed during the competitive season at a time set by the Board. Notice of the meetings shall be through email at least one week prior to the meeting.

How will I know when my child will practice?

The coach will notify you of your child's practice schedule. A schedule will also be posted on the T&T Team Bulletin boards in the gym: one in the lobby of the front gym and one in the observation area of the back gym. When there is a change to the current schedule, the Secretary will send out a notice via email. Any questions about practice times should be directed to the coaches.

When will my child receive a uniform?

Uniforms are normally ordered by mid-September for delivery in late October. Sample uniforms will be available to try on, and uniform orders will be taken by the Uniform Committee volunteer. Past Team members may have uniforms to sell. The Secretary or Uniform Committee volunteer will notify every one of the uniform sale via email and posting to the team website.

What other costs are associated with being on the T&T Team?

Meets in New Jersey may charge a "door fee" of \$5 - \$7 per spectator for entry into the meet (does not apply to athletes).

There are also traveling costs associated with the meets. In some cases, a hotel stay may be necessary. The majority of meets are one day and approximately 2 hours away. Your child's start time will depend on his/her age. In many cases, the younger athletes compete first, so if your child is 10 or younger, he/she will often compete early in the morning. Fairland, State, and Regionals are all two day meets. The athletes usually compete on only one day. The schedule will normally be available one week prior to the meet.

Our Home Meet is our biggest fundraiser. We ask that everyone donate food for resale for this meet.

What is expected if joining KMC from another gym?

When an athlete joins the T&T Team from another gym, the parent should call the old gym and ask them to alert USAG of the change in registration for the athlete.

How do I find out what the routines are for my gymnast?

At the start of the season, the coaches will review the routines with the new parents and help them understand the various aspects of the routine. Routine information may also be found on the team website.

How will I know what level my child is competing?

At the beginning of the season (early October) you will be told by a coach what level your child will be. Questions regarding competitive levels should be directed to the coaches.

How do athletes move between levels?

Once an athlete reaches level 5, he/she must achieve a mobility score in order to move to the next competition level. He/She must achieve a mobility score at a meet at least once during the season and be able to carry out the skills in the next level routine. If your child achieves a mobility score during the season, it does not mean that they will move to the next level right away. If the coach feels that your child is ready to mobilize, and it is the right time in the season, the coach will speak to you and your child about mobilization.

How many meets is my child expected to attend?

Once your child is ready to compete (able to complete the routines), your child is expected to attend all of the meets that the KMC T&T Team attends, unless there is a sickness or a scheduling conflict that cannot be resolved.

When will I know what meets my child will attend?

At the beginning of the season, a meet schedule will be sent by email, posted on the board in the gym, and posted on the team website.

Throughout the season, updates will be emailed and posted on the team bulletin board and website. All competing athletes will be registered for all meets unless prior written notice is given to the Away Meet Coordinator prior to the team registration for the meet. **Registration fees will not be refunded after the registration deadline.** Possible exceptions to this rule may include

medical reasons if a doctor's note is provided, and if the sponsoring gym is notified and willing to provide a refund.

How do I find out what time my child will compete at a meet?

The Secretary or Away Meet Coordinator will send out an email to the parents as soon as the session times are known. In most cases, the session times are not known for a meet until 1-2 weeks before the meet will occur. The host gym website will also post the information when it is available. **Please do not contact the Host Gym.**

How do I find out where a host gym/away meet is located?

The Away Meet Coordinator or Secretary will send out the information for each meet including the meet location information as soon as it is available. The meet schedule with address information will also be posted on the team website. Normally, the host gym will have a website for reference.

How do I find a hotel?

Often the hotel information for the meet is shown prominently on the web site for the meet. Otherwise, you can search for hotels close to the gym where the meet is being held.

When do I have to have money in my account?

Money to cover meet fees and any other activities must be in your account prior to the Treasurer dispensing the funds. An email from either the Treasurer or Away Meet Coordinator will be sent to alert you of when the money should be deposited in the KMC Trampoline Team mailbox. Periodically, during the competitive season (Nov-May), the Treasurer will send out an escrow statement indicating whether a deposit needs to be made. Your child will not be registered for a meet where the registration fee has not been paid. It is your responsibility to deposit the money into your account to ensure that your child attends the meets he/she is expected to attend.

What if I pay my team fees after the due date?

If your team fees are greater than 15 days late, your account may be assessed a \$25 late fee.

Who can compete in States and Regionals?

All athletes are expected to compete. There is no qualifying score to attend States or Regionals.

How does a gymnast qualify for Nationals?

Athletes must meet the minimum score requirements. Scores required to attend Nationals for all of the levels are listed on our website, kmctrampolineteam.org, or at usagym.org.

What does DD stand for?

DD stands for degree of difficulty. This is an additional score added for optional levels 8 – 10.

What if my child decides to leave the team?

A written notice, within 30 days after leaving the team, is expected in order to close the membership and individual escrow account, including the return of any unused escrow funds. After 30 days, all funds will go to the general fund. Assessments paid to the general fund will not be returned.

Can I watch practice?

Yes. There are two viewing areas, one in the front of the gym and the one in the back gym. You will find that many other parents watch their children. It is important that you do not coach your child or compare your child to other children. Please enjoy your child's progress and encourage everyone on the team.

What happens when athletes misbehave during practice?

The coach will remind the athlete(s) of proper practice behavior. Repeated occurrences will result in the athlete(s) sitting out of practice for a time determined by the coach. Continued misbehavior may result in the athlete(s) involved being sent home and/or asked to leave the program. The athlete and parents may be asked to attend a conference with Karen Myers and the coaches.