

2022-2023 Team Information

Communication:

- All communication about team events, meets, documents, schedules, calendars, fundraising events, and everything else will be on The App: Stack Team App
- Download the app & be sure to turn your notifications on.
- Summit T & T (there is a space between T, a space between &, a space between T)
- I suggest if your athlete has a phone they download the app as well to help you stay on schedule
- If you have any questions about your athlete you can always feel free to text me or call me. Please do not text or call or after practice or on Sundays, unless we have previously scheduled a call/meeting for a Sunday. Please text/call anytime before practice.
- If you have a quick question, please text me rather than putting it in a chat on the app. The app is mainly to communicate information.
- I will be scheduling individual meetings with parents to discuss each athlete's path for the season as requested. I will be sending out a sign up genius next week to schedule.
- We can schedule a time to talk or meet any time through out the season as well.

Calendar:

- Please refer to the calendar for all team events, holiday practices, meet week practices, meets, meet fee charges, and deadlines for committing to meets. The calendar will be under the documents button on the app as well as printed out for you today.
- If I change anything on the calendar, I will send out a notification on the app that I have updated the calendar.
- Everything on the calendar now is all I can foresee right now. There may be more USTA meets available, and possibly more team bonding events.
- On the home page of the app for our team, you will find a button called "documents" all documents ever needed will be on this button.

USTA & USAG: discussing the difference between the two organizations

Annual USAG & USTA Fees:

- USTA annual fee: \$85 (includes coaches, gym, and athlete fee). I am responsible for paying & registering coaches & athletes for this organization, so you do not need to do anything.
- USAG annual fee: paid by you when you click on the email you will receive on Monday morning to register your athlete

Uniform Fees:

All: \$25 team t shirt & Optional Back Packs (Jennifer does the backpacks, and they are so backordered, she will get this info out as soon as she can)

Girls:

- \$200 for the Comp Leo, Practice Leo, and leggings.
- Go to Milano's website at <https://www.milano-pro-sport.com/size-guides-i31> to see your size.
- Once I get your size, I will order & charge your account along with all annual fees on September 19th.
- All order must be in by September 1st. I must place the order by then to have any chance of getting them by our first meet. Even ordering by them we may not get them by the Music City meet.
- You can order trampoline shoes from Milano or GK. If you need the link, let me know, and I will send it to you. Girls wear white trampoline shoes only.

Boys:

- You order all black boys leo & all black shorts & all black pants from GK using the links below. Once I receive your boys leo in a bag with your athlete's name on it, I will get the logo printed on the front.
- The cost will be \$20 for the logo print, and will be billed on September 19th along with your other USTA annual fees, and t-shirt fee. We are getting a new logo this year, so all boys will at least need a new black leo.
- Boys need a pair of black trampoline shoes as well as white for double mini. You can order trampoline shoes from GK or Milano. Please text me or email me for the link.
- Leo: <https://www.gkelite.com/products/1832m> be sure order in black
- Shorts & Pants: <https://www.gkelite.com/collections/gk-gym-men-pants-and-shorts> order your desired shorts length & style of pants in BLACK only.

Meet Day Etiquette

- **Do not arrive in street clothes & change at the venue unless you are arriving well prior to 1hr before warm up time**
- **You must be in the facility, in the warm up area, and ready to warm up 1hr before your first scheduled event. If you miss your flight, they will not go back and compete you later, and you will not be given any refunds of any kind. Meets are allowed to run 1 hr early, and they frequently run at least 30 minutes early.**
- **Please put your name on all of your belongings**
- **Always put in your bag:**
 - Extra tramp shoes or white no show, no logo, no color, socks
 - Snack
 - Water
 - Meet t-shirt
 - Athletic Tape
 - Block of chalk (optional)
 - Extra hair ties & hair "stuff"
 - Phone or other things to do while you wait in the athlete area
- Athletes must stay for awards unless ok'd by coach. Some meets require you wear only your competition uniform for awards. Do not take off your leo or competition wear until you have competed & received all of your awards for the day
- Athletes must arrive in proper attire w/ your bag in hand ready to warm up (see attire section)
- Athletes must stay in the designated areas for warm up, holding or waiting for your flight or for awards in a calm respectful manner.
- No goofing off or craziness in athlete areas or in the parent viewing areas. You never know when a judge may be watching, and we are all representatives of our gym at meets.
- No bad attitudes in public. We are not going to outwardly have bad attitude about our placement or performance. It's understandable to want to be upset. If you need some time alone to process, let's talk about that before you take it out on or around anyone else.
- Parents: Please do not complain to coaches, meet directors, judges or in front of your children during a meet about their performance, the coach or the venue. Please give it 24 hrs, and if you still need to speak to your coach. Please contact me for a meeting or phone conversation at that time.
- Meet day is a positive happy day! We have practiced over & over again for this day. Meets are fun, not stressful.
- Most meets charge entry fees for parents & family. Please try to bring cash for entry fees. Some venues have no way of accepting credit cards.
- Some of us compete at different times of the day. If at all possible, we really want our team to be there for everyone's performance. We are a small team, and we really love to support each other. We practice together & we want to compete together. I and other parents will more than happy to try to get carpools & riding arrangements for parents that do not want to stay at the venue all day. We definitely understand that☺

Girls Attire:

- Arrive in Competition Warm Ups , Competition T- shirt w/ leo underneath, Adidas slides (TENNIS SHOES PLEASE)
- No jewelry, arm bands, bracelets, glitter, make up, sparkle hair clips, or anything fancy, just a game face☺
- Undergarments cannot show. Sports bras & underwear cannot be seen coming out from the leo or underneath leo from the hole in the back of the leo. If for some reason they show invertedly, they must be the same color as the leo or flesh toned (white, beige, tan, brown, etc..)
- Hair in a tight bun or space buns.
- Any braces on ankles, knees, elbows, etc....must be your skin toned

Boys Attire:

- Arrive in Competition Warm Ups, Competition T- shirt, leo, Adidas slides (NO TENNIS SHOES), (with either competition shorts or trampoline pants under your warm up, depending on what you compete first)
- Competition Footwear: tumbling-no shoes or socks, double mini-white only, trampoline-black only
- No jewelry, arm bands, bracelets, fake tattoos, hair bands of any kind, or anything fancy, just a game face☺
- Hair neatly groomed, and cannot be in the face (I will make you put it in a pony tail or bun)
- Any braces on ankles, knees, elbows, etc....must be your skin toned

Meet fees:

- Meet fees will be charged as listed on the calendar.
- Each meet has it's own athlete registration fee set by the meet director. For USTA meet fees range from \$55-\$75, and for USAG meet fees range from \$100-\$150.
- Other meet fees will depend on how many athletes are attending the meet. The following charges will be split between the athletes that are attending the meets:
- Coach Session Fee: \$150 per session per coach (most sessions only need one coach, but this will depend on the meet schedule)
- Coach's Session fees will depend on how many sessions the coach has to attend. Due to the level & number of events the athletes are attending.
- Coach Travel: plane tickets or mileage if driving
- Lodging: airbnb or hotel stay (I try to stay in Airbnb to keep down the cost)
- Coach Food: \$75 per diem/per day/per coach for out of town meets, and in town meets will depend on if the venue is providing food for coaches or not).

Required Meets if you are not attending USTA or USAG Nationals:

- Titan Challenge
- USTA State Championships

Required Meets if you are USAG level 8+:

- Music City Meet
- Ozone
- Rocket Cup
- AL State Championships
- Titan Challenge
- USTA State Championships

Required Meets if you are going to USAG and/or USTA Nationals:

- Clarksville Meet (USTA Sub Advanced & Under)
- Music City Meet
- Ozone
- Rocket Cup
- AL State Championships
- Titan Challenge
- USTA State Championships
- USAG Regionals (level 8+ only)

We suggest that you go to all of the meets you possibly can, and the more we compete the more experience we get.

Meet Cancellations:

- Once you have committed to the meet on the deadline on the calendar, I will register you for the meet. If you back out or are injured, sick, miss your flight, an act of God, or any other reason you cannot attend the meet, you will not get any meet fees returned or credited for any reason. If for some reason I am able to get your fees back from the meet director, I will, but it is 99% unlikely.

Tuition:

- You pay to be a part of the team. No tuition will be credited for missed practices for any reason.

Extra Teal Practice:

- We are offering an optional extra practice day for teal team. The dates these practices are available are listed on the calendar. You must let me know before the start of each month if you wish to attend the extra teal practices for the month. You will be billed \$18 extra for each practice available for that month (as they vary) whether or not you are able to attend all of them or not.
- These dates cannot be used as make ups for any practices missed during the week. They are solely an opportunity to obtain extra practice.

Attending Practice:

- What is the key to success?
- Practice is the most important part of all of this.
- Practice should be a priority.
- If you have something you cannot avoid and must miss practice, please let me know. I will do my best to try to fit you into another group that week, but it might not be possible all of the time.
- Reasons I will fit you in: school function that cannot be missed, you play another sport, illness, family emergency, or extra practice needed decided by me before a meet.
- Reasons I will not fit you in: going out to dinner, foot ball game (as a spectator), you didn't feel like, too much homework, going out of town for leisure.
- This is an individual sport, and what you do in practice is a direct correlation on your success at competitions.

Your level:

- Your level of competition depends on the skills needed for each level of USTA & USAG. If have the skills & complete them safely and relatively aesthetically pleasing, I will allow you to move up to the next level if you wish.
- If your attendance at practice is spotty and your practice ethics are not at the appropriate intensity (cheating on conditioning, skipping turns, too much goofing off or not listening) it is not in anyone's best interest to move up. Once you move up, you cannot move back down.

Injuries

- Injuries occur from time to time. You will be expected to still come to practice in the event of an injury. We are trained professionals, and we have experience working with injured athletes. We will have a conditioning and/or stretching regiment ready for you.
- We can communicate with the parents or doctors frequently to make sure we are all on the same page.
- Tuition will not be prorated
- Missed practice cannot be made up
- Missed meets cannot be refunded once paid