



Edge Advance Tumbling Team

“Where Dreams Become Reality”

EDGE ADVANCE PARENT HANDBOOK

I would like to welcome everyone to the Edge Competition Season. Athletes wanting to compete has really grown this year and I am very excited to work with each and everyone of you. It is my objective to help the student learn the sport of tumbling as a whole sport and development program. I train athletes to be able to perform multiple skills from basics to advance learning. Therefore, if your only goal is to learn to be able to do a back hand spring, this may not be what you want. If you want to learn all elements in the sport and be good at them, this is for you.

I will teach your child to be an independent athlete. This means that you may see a group of students working on skills on the tramp, while I may be working with others on floor. It is very important that each athlete learn to train and practice on their own. I will not run them threw like a 'herd', nor take away any of their independent thinking, they will be able to be a self starter, motivator, and finisher by and for themselves. This is a tool that helps your child have responsibility in their own learning and self discipline, which is a life skill necessary in today's world. Tumbling is a process of learning skills and working out kinks by continued repetition.

It is also my objective to get to know the parents by providing open communication between us. Young athletes often will not express themselves yet and that is where parent coach relations come in handy. As a parent myself, we are the only ones in our children's lives that will be there to cheer, encourage, protect, and mold our children. It is a parents job and as your child's coach, I understand that. Sometimes coach and parent may not agree, but as long as we can communicate and reach appropriate goals for your child, then we have accomplished a lot.

I will also do my best to provide a safe environment and safe progressions. In my 21 years of this sport, progress means two things; 1. strength work builds strong body's that will be ready for progress, prevents injuries, and is the tool for the mind that helps the athlete know they can accomplish the skills at hand, and 2. flexibility is vital to maximizing technical ability and injury prevention. These two items will be taught in your child's class. Becoming a good tumbler and athlete takes time and years of hard work and commitment. In those years many obstacles are met and worked through, but above all, I hope to teach the love for tumbling. That hard work and commitment produces progress and that progress is what is fun about tumbling.

Here are some class rules and guidelines that I need to see met for class beginning October 1, 2009:

- Students need to arrive to class on time. Warm up is crucial for injury prevention.
- Girls must have their hair tied back and out of their face.
- Girls must wear a leotard. They may wear shorts over the leotard.
- Boys need to wear either under armour or tank top with shorts.
 - T-shirts can cause injury to the coach and or athlete when spotting.
- All athletes bring socks for training on the Double Mini and Trampolines.
- Cell phones are not allowed during class. If your child takes a break to use their cell phone they will be required to condition the rest of class.

Competition is a tool to help students have goals to reach and perfect. If your child is not ready for competition on all three events we just keeping working them until they are. It is optional when they start competing between coach and parent. We encourage everyone to participate in all of the

WHAT IS REQUIRED TO BE COMPETITIVE AND WHAT IS THE YEARLY SCHEDULE

The competition calendar begins in January and can run through July depending on how far you want to take it. The local meets are required, but any competitions out of the State are optional. You will get a complete schedule.

- Each team member is required to participate in at least 3 competitions each year.
- State is the last local meet of each year and it is the big one. You must participate in 1 prior competition to participate at state.
- Your child needs to participate on at least 2 events per meet. Sometimes this is not met due to your child not being ready to compete on that event because they have not reached skill requirements. They can still compete on the events that they are ready for even if that means only 1 event. At level 9, the gym allows students to decide if they only want to focus on one event.
- Annual USA-Gymnastics participant fee. Every year you must register your child and the cost is \$49.00. This is due **November 2, 2009**. You will receive emails showing due dates also. If you are unsure whether you want to compete or not, your deadline is November 19, 2009.
- Each team member is required to purchase the Team Uniform. This year we will be purchasing new leotards and track suits. See a photo copy of what will be purchased.
- This year EDGE did not get their name drawn out of the hat to host a competition. In the event we did (just to make you aware of the procedure for future reference), a \$100.00 volunteer fee will be charged to every team account (this means if you participate in a team class, you are expected to support team activities whether you compete or not). This fee can be waived off your account when you volunteer only 4 hours of your time helping at the competition the gym hosts. This is a Friday and Saturday ordeal and we try to break it out as much as possible so that people are not having to volunteer more than 4 hours. More is always welcome and very appreciated. The competitions take a lot of work and time for our children. **AGAIN WE WILL NOT BE HOSTING A COMPETITION THIS SEASON.**

Here is the competition schedule for the year. Some out of state competitions do not have information for me on the USA-Gymnastics website. Therefore you will see TBA. As soon as I know you will know. At any time, any parent can go to WWW.USA-GYMNASTIC.ORG and see if there has been any schedule changes or updates for out of state competitions. For local information you can go to PTAU website at utntn.org.

Door fees to the following local competitions are:

3 & under: \$free
4 & older: \$7.00 per person

Please understand that we have to charge a fee in order to host meets at the venues. The competition fees pay for equipment, judges, computer staff, medic staff, usa-gymnastics fees, PTAU fees, and Utah Judges and Athlete Fund to name a few. Every year we hear complaints about people trying to sneak in or just being down right mean about having to pay a door fee they didn't know about. I want EDGE Parents and extended family to continue to be the gym that complies with the rules and fees since this is something that is not going to go away. As a reminder Gymnastics' door fees are still cheaper than any dance or cheer competition. You are responsible for informing family and friends about the door fees in order to make this a smooth transaction for everyone and represent EDGE well.

NEW THIS YEAR— All competitive accounts will be required to have a Visa (debit card) or MasterCard on file for automatic drafts. We will automatically draft your accounts when competition fees, leotard fees, USA-gymnastics fees, or any other competitive fee is due. Please make a note of the following due dates of all fees due. **WE WILL NOT CALL TO SEE IF YOUR CHILD IS COMPETING, IT IS ASSUMED THEY WILL COMPETE.** If your child is **NOT** competing, **YOU MUST** notify us **BEFORE** the fee due date if they will not be competing. There will be no refunds for competitive fees, I cannot get these back for you from PTAU and/or the host gym. Therefore, the last page of the packet has a fee schedule and calendar to put on your fridge or where ever to remind your self. Please see the fee schedule on the following page. Fill out all forms and return to EDGE no later than October 1, 2009.

January Meet: 30th	Cost:	1st event	\$25.00
Hosted by: Mardi Obray—Peak Performance		each additional event	\$10.00
Venue: The Gym in West Haven		Coaching fee	\$15.00

Automatic draft date is: **January 8, 2010**

February Meet: 20th	Cost:	1st event	\$25.00
Hosted by: Lana Barker— Extreme Action		each additional event	\$10.00
Venue: Roy High School		Coaching fee	\$15.00

Automatic draft date is: **January 25, 2010**

March Meet: 27th	Cost:	1st event	\$25.00
Hosted by: Thomas Theobald—SARC		each additional event	\$10.00
Venue: The Gym—West Haven		Coaching fee	\$15.00

Automatic draft date is: **March 2, 2010**

April Meet, State Championships: April 30th—May 1st	Cost:	1st event	\$35.00
Hosted by: Missy Sorenson		each additional event	\$15.00
Venue: Wasatch County Event Center in Heber City		Coaching fee	\$15.00

(30th date is for levels 9 and above, and level 8+ tramp only)

(Competition fees are higher for this meet) Automatic draft is: **April 5, 2010**

WHAT IS REQUIRED TO BE COMPETITIVE AND WHAT IS THE YEARLY SCHEDULE

Cont.

Parent Tips to Know at Competitions

- Moms, please make sure your girls do not wear under wear under their leotards. It is very un professional when they poke out. If your child feels bare you can order briefs that are the color of the leotard and feel like under wear. Please include them on the uniform order sheet.
- It is a requirement that all athletes wear socks or tramp shoes when performing on the double mini and trampoline events. Please make sure they are pure white with no logos or gray coloring. **“PURE WHITE ANKLE SOCKS”**
- USA-Gymnastics (PTAU of Utah follows the same guidelines) requires that hair is tied away from face in a bun (or secured tightly to the head , braids etc). The execution Judge has the ability and can make the decision to give a .2 deduction for hair not tightly secured to the head.
- Absolutely no jewelry, toe nail polish on fingers or toes, glitter in hair, or hair ties that show the same as floppy hair.
- **THERE IS ABSOLUTELY NO FLASH PHOTOGRAPHY ALLOWED AT ANY COMPETITION.** This is a major safety hazard to all athletes participating. You will be asked to stop. The meet director can remove you from the competition if you do not follow the guideline.

What to expect at the competition

- All athletes are required to arrive 30 minutes before schedule events. With the new computer systems Utah has purchased to make the meets run more efficient, if you miss your flight you will not be able to participate with the next flight. You will also not be reimbursed for missing your competition.
- During training at EDGE we will do mock competitions to teach your children what to do and what is expected of them at the competition. PLEASE KEEP IN MIND, parents are not allowed on the competition floor. We will provide a break down again on what to help your child do to remember the process. We know some are little and we will do what we can to make sure this is a positive learning experience for your child.
- All athletes are to arrive in the staging area 20 minutes prior to their competition time. This is where your child will stretch and listen for them to call their name. Your child will know how to stretch on their own. I encourage you to allow them to do this. Remember self discipline and independence is part of the process. **Your child must listen for the event and age they are turning in 2010.** For example, if someone does not turn 10 until December 2008 and we are at the January meet, they still compete age 10. Please remind your child that this is what they listen for. For example, someone may call out “I need ages 9-10 for level 6 Double Mini”. Please note the break down that your child will be competing at the start of the season in January on the last pages.
- When the child is stretching, you can stand outside the staging floor to make sure they stay on task.
- When your child gets an award please make sure they are either in their leotard only or the warm up suit. Awards will not be given to those in street attire. Please help your child represent the Team well.
 - Your child is going to be nervous and scared until they get use to the process. Help me teach them that it is okay to be nervous. We also have to remember not to excuse the desire to win (children are not dumb and they know what it means) but rather help them make goals for themselves to achieve what winning is.

UNIFORM ORDERING FORM

****ALL COMPETING ATHLETES, THIS YEAR (2009/2010 SEASON), WILL NEED TO ORDER THE TEAM LEOTARD AND WARM-UP SUIT****

**FORMS MUST BE COMPLETED AND TURNED INTO EDGE NO LATER THAN OCTOBER 22ND.
MONIES WILL BE AUTO DRAFTED ON DUE DATES STATED ON CALENDAR OF EVENTS
UNIFORMS WILL BE ORDERED ON OCTOBER 30TH.**

Note: Halli will be sizing the athletes for their uniforms. We will make sure that we order them big enough to last 2 years.

Please mark an "X" by the items you will be purchasing and finalize the cost at the bottom.

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STUDENTS NAME: _____

<u>ITEM</u>	NUMBER ORDERED	COST	AMOUNT DUE
GIRLS LEOTARD		\$65.00 required	
GIRLS WARM UP SUIT		\$55.00 required	
GIRLS BRIEFS (Optional)		\$17.00	
GIRLS UNDER BRA (Optional)		Range \$17.00 to \$23.00 (there are different styles)	
BOYS LEOTARD		\$55.00 required	
BOYS SHORTS		\$20.00 required (5" inseam)	
BOYS WARM UP SUIT		\$60.00 required	
TRAMP PANTS (Boys Only Required for trampoline)		\$32.00 required (Boys Only)	
	ORDER FORMS DUE BY OCT 22, 2009 ORDERS PLACED OCT 30TH AS A GROUP.	REMEMBER: Orders will be auto drafted on <u>OCT 30, 2009</u>	TOTAL DUE \$ _____

PHONE: _____ Email: _____

Note: items in blue are optional items. Everything else is required.

2009 – 2010 EDGE Team Competition Fee and Meet Calendar

SEPTEMBER 2009

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2009

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

10/30/09 Draft for Team Uniforms

NOVEMBER 2009

M	T	W	T	F	S	S
						1
11/2/09 USAG Fee \$49 due						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

DECEMBER 2009

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY 2010

M	T	W	T	F	S	S
1/8/10 Draft for Jan 30th meet				1	2	3
1/25/10 Draft for Feb 20th meet				8	9	10
4	5	6	7	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1/30/10 Meet at the 'The Gym' in West Haven

FEBRUARY 2010

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

2/20/10 Meet at Roy High

MARCH 2010

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	3/2/10 Draft for March Meet 3/27/10 Meet at 'The Gym' in West Haven			

APRIL 2010

M	T	W	T	F	S	S
4/5/09 Draft for April State Meet				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

4/30/10-5/1/10 State Meet at Wasatch County Event Center in Heber City

MAY 2010

M	T	W	T	F	S	S	
5/1/10 State Meet at Wasatch County Event Center in Heber City					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	Regionals Optional TBD Possibly Memorial Day Weekend?						

JUNE 2010

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	6/18-6/19/10 Optional Utah Summer Games			

6/27/10-7/2/10
Optional Nationals at Virginia Beach California

JULY 2010

M	T	W	T	F	S	S
6/27/10-7/2/10 Optional Nationals				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST 2010

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Orange indicates a am Auto Draft for Uniforms

Green indicates competition dates

Purple indicates team Auto Draft for USA-Gymnastics fee

Red indicates credit card drafts for competition fees