

Top City Athletics (Kardio Kids, Inc.)

Competitive Team Rules and Policies

Trampoline and Tumbling



**Remember Always – “The Courage Inside Us Is The
Strength That Guides Us.”**

RESPECT FOR YOURSELF AND OTHERS

Respect your physical self. All your efforts should go into building up your abilities. Add fuel to your body by eating nutritious foods, rest your body by getting plenty of sleep, protect your body by being safe in the gym, listen to your body when it tells you to stop either because of illness or injury, heal your body when it tells you not to continue, and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things that you can expect of it in this sport.

Respect your non-physical self. Trampoline & Tumbling is one of the most demanding and difficult of sports. You WILL suffer setbacks, frustration, fear, and defeat. Expect these things to happen, face them, learn from them and overcome them when they occur. Set high goals for yourself and achieve these goals one step at a time. Maintain a positive attitude when dealing with your fears and frustrations, because it is your attitude, which will defeat them. Positive Attitude = Positive Outcome.

Respect your teammates. Your teammates have their own goal and dreams they are working to achieve. Teammates = Support. Cheer them on when they attempt new skills, make new skills that are difficult for them, or when they are competing. Accept compliments with a simple, "Thank You." Respect for your coaches is expected. Treat them the way that you like to be treated with courtesy and respect and they WILL return the favor.

RESPECT FOR YOUR COACHES

Respect for your coaches is important. They are here for you to teach you how to skills and advance in a sport that you have chosen to be in. They work hard to teach you correct movements and skills and maintain your safety at the same time. There isn't time for socializing and not listening to the coaches on the floor. You should be working at all times and not being productive isn't an option.

RESPECT FOR TOP CITY ATHLETICS (KARDIO KIDS, INC.)

Respect is shown by the way in which you act. The following is a way to show respect and are expected of members of the Competitive Team.

1. Attend all practices, competitions, and special events.
2. Call the gym to alert the coaches if you will be absent for ANY reason.
3. Arrive on time (at least 5 min prior to) and stay until practice is over.

4. You are expected to work hard and try your best the entire practice. This is all we will ask of you, and this is what you should always demand of yourself. (No one is perfect, we only ask that you try your best).
5. Arrive at the gym ready to participate with proper attire. Hair needs to be pulled back. No jewelry of any kind. No gum allowed. Come well rested and ready to go.
6. Treat other athletes with respect, be kind to those athletes that are younger than you, and do not think to hold yourself out as better than other athletes. Everyone is different and everyone has different strengths and weaknesses.
7. Always ask permission to leave the training area. This applies to leaving practice early, going to the restroom or calling home. Your coaches need to know where you are when you are in the gym.
8. Always act in a way that shows your respect for yourself and to the gym. We want the gym to be a fun, motivating and uplifting place to be. There is no place at all in the gym for rude or belittling comments or ANY inappropriate behaviors (tantrums, talking back, not doing your personal best, etc).
9. Be honest. Cheating is the ugliest form of disrespect to your coaches, to your parents and most of all yourself.
10. Provide your body with food and drink that will help you to do your best.
11. Show respect for your safety and to the wishes of your coaches by staying off the equipment without the specific permission and supervision of a coach. THIS RULE APPLIES SPECIFICALLY TO THE PITS AND THE TRAMPOLINES.
12. There will be no going to your locker to text on your phone unless you are given a break from the coach you are working with. No Phones will be on the floor at all.
13. Always wait inside the gym for your ride after practice is over. NO ONE is allowed to wait outside of the gym. If your ride pulls up and you are supposed to meet them out there, make sure and tell a staff member that your ride is here.

RESPECT FOR YOUR SPORT

The way you act in the gym reflects your respect to yourself, to your teammates, and to Top City Athletics. The way you act at competitions, while at team functions, and while traveling to and from the competitions is a public statement about the way you feel about yourself, Top City Athletics and the sport itself. We expect only the highest standard of behavior. The way you chose to act in public is a direct reflection of how others see all the athletes, coaches, staff, etc. at Top City Athletics. Always present yourself in a respectful way .

PARTICIPATE

Participate in all scheduled competitions.

We are a competitive team. We measure our work and progress by going out on the competition floor to do our best in front of our families, judges, our coaches, our friends, our teammates, and ourselves. While winning feels good, TRYING to win feels much better. TRYING to win represents everything that we strive for. TRYING to win means that you come to practice when scheduled, you work hard every day, you overcome any fears you may have, you do the best to your ability and you get up every time you fall down.

PRACTICE LEADING UP TO COMPETITIONS

Attend every practice leading up to competitions. Every practice needs to be faced with the mindset of “This is the most important practice of the season.” Every competition is important in some way. However, some are more important than others (State, Regional’s and National’s). Invitational’s take place in order to test ourselves against the other athletes and see where we stand in the judges’ eyes and to allow our coaches to see what goals we should be trying to achieve.

DEMONSTRATE THE HIGHEST REGARD FOR YOUR SPORT: Demonstrate the highest regard for your sport, yourself, your gym, your coaches and your hard work by arriving to all competitions on time and ready to compete. Conduct yourself in a positive manner both on and off the competition floor while you are in public. Accept all scores in a positive manner since we know that we learn as much from our mistakes as we do from our best efforts.

DURING COMPETITION: All athletes are to wear their competition leotard and their team warmups. All athletes are required to wear trampoline shoes for Double Mini and Trampoline.

DURING AWARDS: Athletes are to wear their competition leotard and/or their team warm up. Your warmup jacket should be zipped up and your look should be professional and self-confident. All athletes should remain for awards.

FOR PARENTS ONLY!

*****RESPECT YOUR ATHLETE AND THEIR GYM*****

Parents, you play a huge role in the development of a successful athlete. Your role is every bit as important as the staff and coaches. We want your input and your support; we want your child and every child to succeed. Here are some pointers for you that will help you help your child achieve their goals and dreams. As the parents of a competitive Trampoline and Tumbling Gymnast, it is your job to insure that your athlete is getting enough sleep, eating proper kinds of food and drink, gets to and from the gym on time and has proper clothing and equipment needed for all practices and competitions. By performing the following tasks set forth in the categories below, you are showing your respect for your athlete and the effort they are putting into their sport. Anything more or less does a disservice to your child and will limit their opportunity for success.

CLASS FEES & MEET FEES: It is imperative that class fees are kept up so that we are able to pay our employees and our monthly bills, etc. **If class fees are not paid in full by the 10th of the month or payment arrangements made, your athlete will not be allowed to practice the rest of the month or to compete at any competitions until your account is brought current.** It is mandatory that meet fees be paid by the due date. Otherwise your athlete will not be registered to compete. There is an annual registration fee of \$60 per athlete due April 1. If you have a problem or concern regarding fees, please speak with the Office Manager. Not everyone will be able to assist you with this.

CONCERNS: Please come to any of your athlete's coaches if you have issues or concerns. Your thoughts are important to us. Together, we will work to find a solution to your issue. Complaining to other parents won't solve your issue or concerns, nor can we solve them if we do know about them. If you respect us enough to allow us to be a part of your athlete's life, please respect us enough to deal with communication issues in the appropriate way. If the issue or concern should not be discussed in front of others, we would be happy to discuss these during a scheduled meeting time. DO NOT approach coaches during athlete practices; this is not the time to do this. Our attention and efforts are focused on your athlete. Leaving a message for us to contact you at the front desk is the best way of communicating with us.

Please let a Staff Member know before practice if you think your child might have a problem due to illness, recent medication or injury. Please do not bring your child to practice if they are contagious/running a fever.

ROLES: Please DO NOT coach your child. Your comments detract from what the coach is doing, they give the athlete other things to think about and it interferes with the development of coach/athlete relationship, which is a critical for long-term success.

The coaches will do their job in the gym and on the competition floor. When a parent starts coaching the athlete to “keep their legs straight”, or to “smile”, or to “run faster”, they are directing the child’s attention away from what the coach is telling them. The child can’t make two corrections at once so either they do both poorly or they focus on one and not the other.

No matter what choice they make, somebody may get upset with him or her and they will not progress in the way that they should. Coaching your child will put them in a no-win situation. It is unfair to them and their coaches. In addition, it interferes with the bond between coach/athlete, which is critical in this sport. The athlete must be able to trust his or her coach to direct their training and to receive important emotional support from their praise. If we are not working to improve appearance it is because we are working on something more important at this point in their training. Perfecting execution often comes late in the mastery of skills.

PARENT OBSERVATION (SEATING) AREA: Please observe practices in the area provided. The athlete’s attention on the coaches, routines, and skills, etc. is very important to their safety and performance. If you should need to contact your athlete during a practice, please let the front desk know and they will notify a member of the coaching staff. DO NOT walk onto the floor to talk with the athlete at any time. If your athlete comes to you off the floor without telling a coach or just because, you as a parent should show respect for the coach and the gym should be sending them back to practice and not talking to them and distracting them from their practice time.

COMPETITIONS: Parents should be aware that as a member of Top City Athletics (Kardio Kids, Inc.), you too represent our team. With that in mind, a few guidelines for parents during competitions seem to be in order and need to be addressed:

1. Cheer loud and often but do so in a courteous manner. Obnoxious yelling is for other teams, not ours.
2. Promote Top City Athletics in every way you feel it is appropriate: T-Shirts, sweatshirts, banners, etc. But, never speak in a negative way about another club, coach, athlete, or judge in the process. When you are promoting the name Top City Athletics, you are Top City Athletics. Be respectful of it.

3. The only time a parent is even allowed to approach the meet director or a parent from the club hosting the meet is to thank them for a job well done and for inviting us to their meet. If you should have a complaint in regard to anything at all you need to bring it to the attention of your athlete's coach or the office manager. We will direct the complaint to the correct person and in a way that is respectful.
4. Under NO circumstances is a parent or an athlete EVER to approach a judge or meet official before, during or after a competition to comment on, complain about, or ask questions about scores. If you have a concern about the scores your child received ask your athlete's coach. We will be able to sit down and discuss any deductions that caused your athlete's score to be what it was.
5. PLEASE, do not contact your athlete once they are on the competition floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After they compete, they will come to you.
6. It is MANDATORY that meet fees be paid by the due date, otherwise, your athlete will not be sent in on the roster. Tuition must be current for athletes to compete.

Guidelines for Parents Feeling Stress

Here are some danger signs to watch for. If you recognize yourself in any of these descriptions, you probably need to re-evaluate your actions, your role, or your attitudes. Discuss this with a coach, who will be able to give you some pointers to reduce the stress.

1. Observing every single practice intently.
2. Praising or punishing your child for what you observe during these daily observations.
3. Finding your sense of worth and happiness dependent on the success of your athlete.
4. Constantly comparing your athlete and their progress to others in their group, on their team, or in competition.
5. Verbally abusing the gym, the coaches and the program while still placing your athlete under our supervision.
6. Videotaping each competition and requiring your athlete to review it at home with you.

Communication Between US and YOU

In the gym:

We have set up a system to make sure you are getting all the information that you will need. We have file boxes with files in them set up with each athlete's name on them sorted alphabetically by last name. The team box is blue and contains all team members' names in the front of the box. This folder needs to be checked **every time** you come in the gym. If your child is just dropped off or drives themselves, make it a point to ask your child if she or he has anything from the gym that she or he needs to give you.

By phone:

Text messages are a great way for us to communicate quickly with you. The information sent by text is normally short need to know text. (Examples: practice cancelled, extra practice scheduled, etc.) Our Office Manager will send a text everyone involved by Remind app. Please sign up for this app to ensure you receive notifications. Please see poster on the announcement board or the attached instructions.

We ask that you respond to the text promptly if response is requested. This way the Office Manager knows that you have received the text.

By email:

Emails are also a great way to communicate in mass groups. We will send out a lot of information this way. If you aren't receiving emails from us or your email changes, please let us know. We would love to add you to this list. Please see Office Manager to ensure we have the correct email on file for your child.

Our email address that we will be using is: **topcityathletics@outlook.com**. Please add this email to your contacts so you will receive the emails in your inbox and not in your spam.

Responding to our communications:

Please make sure that you are responding promptly to any of our communication if we are requesting information. We, as a gym, are on deadlines. If we don't make a deadline there are consequences toward us. Make it a point to respond with any information requested immediately after receiving the communication from us.

PARENT VIEWING AREA GRUMBLING

Team morale is one of the most treasured elements of a smooth operating cooperative group of parents, coaches, gym staff and athletes. In the interest of preserving team morale, we have a policy of.....

Zero Tolerance for Parent Viewing Area Grumbling

As with many gyms, parents and athletes in the parent viewing area or upon leaving the building feel the need to vent their frustrations to others about injustices and unfair treatment they feel they have received, whether justified or not, or to engage in petty backstabbing at someone else's expense.

Direct your concerns only to those who can help resolve them.

1. All problems or disagreements between parents, coaches, and athletes will be taken care of immediately.
2. The issue will remain ONLY between the parties involved without attempting to rally others to take sides.
3. Each situation will be resolved to the benefit of all parties. Not with one giving in. Think "Win-Win".

Why handle problems this way?

1. Defy or Ignore these standards or allow others to and our positive environment will slowly crumble away.
2. EVERYONE'S help is needed in keeping a SUPPORTIVE and POSITIVE environment.
3. Compassion, honesty, and trust will create an environment of growth, fulfillment, and contribution for our team.

Top City Athletics (Kardio Kids, Inc.) is proud to have SUPPORTIVE parents. Our team parents pull together and support one another, and it shows. Athletes will learn by how their parents present themselves.

Competition Information

We expect our athletes that are on competitive team to participate in as many meets as they can. We understand that there will be times when there are conflicts with other activities, illness, injury, etc. Meet schedules are usually out in plenty of time for you to make plans ahead of time. There are deadlines for every meet. Please make sure you are aware of this

and keep track of this information. As soon as we receive the information, we give it out right away. Please let us know if for some reason your athlete will not be at a certain meet.

MEET FEES: We will assess a fee each month for all regular meets in the current competitive season. \$175 will be billed each month to cover these fees. If your athlete does not compete in all regular meets some of the collected fees may be used to cover State or Regional fees at the discretion of management. All fees are subject to change.

Several factors determine the costs affiliated with the meet fees. Number of Athletes attending, and Number of Coaches required play a big part of it. Included in the Coaches fees is gas reimbursement, hotel reimbursement, 1 meal a day, time on the competition floor, air fare (if needed)

Approximate cost per meet (estimates only):

Invitational's ONLY- \$90.00 - \$180.00

State - \$150.00 - \$200.00

Regional's - \$210.00 - \$300.00

National's - \$250.00 - \$600.00 (could be greater depending on where located and head count)

USAG MEMBERSHIP:

Annual fee is \$60. This is required by all athletes competing in the sport of gymnastics. All athletes must have a current active USAG number on file with USAG in order to participate in any sanctioned meet, state meet, regional's meet or nationals. This fee is not optional.

TEAM UNIFORM: \$560 (if everything is new)

Girls –Practice Leotard

 Competition Leotard

 Appropriate undergarments (must not show)

Boys –Competition Tank Leotard

 Competition Shorts

 Competition Trampoline Pants

Footwear – It is required ALL athletes must wear trampoline shoes for Trampoline and Double Mini Trampoline

Other –Team Jacket/Pants with Logo (name of athlete optional)

 Team Bag (embroidered)

 Team Shirt

Athletes and Parents –

We hope that everyone is excited about the upcoming competition season. As coaches, our primary focus with this handbook and contract is to help to reinforce the value of the POSITIVE atmosphere of a team and our COMMITMENT to our athletes. As always, we strive not only to teach the athletes power tumbling & trampoline but also lessons they will forever hold with them and be able to use throughout their lives.

Please read the Team Handbook with your child. We have included a parent section as well to help show the athletes that being on a team is a group effort between coaches, parents and athletes themselves. Hopefully, they will start to notice and appreciate all the time and effort parents give for their activities.

This handbook was developed to make you aware that the competitive program is structured differently from our recreational programs. The handbook is a means of introducing and informing you of our team policies and procedures. It also outlines the responsibility of the coaches, athlete, parent and the triangle of support that is needed to create a team.

This information will be revised as needed. In order to have a progressive program, expectations need to change. As your child develops within the team, his or her needs will fluctuate. We hope the information provided is helpful to you and if you have any questions or comments, please let us know.

Sincerely,
Wendy Cobler-Chambers

Top City Team Handbook Rules and Policies

I have read the handbook, understand and agree to the rules of the gym.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____



TOP CITY ATHLETICS
 Competitive Power Tumbling Trampoline
 Team Handbook and Forms



2019-2020 Season

Athlete Information:

Name _____
 Birthday _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____
 Cell Phone _____
 Email _____

Parent Information:

Mother's Name _____
 Cell Phone _____
 Email _____
 Father's Name _____
 Cell Phone _____
 Email _____

Power Tumbling and Trampoline is a sport in which you can participate in every meet we attend or just enough in order to go to State Meet. Please tell us what commitment level you have in regards to the competition schedule.

- _____ high (will travel to all meets including State & Regional's)
- _____ medium (will travel to KS, OK, MO meets including State but not Regionals)
- _____ low (will only do meets located in KS including State)

I understand that if my child were to qualify for Nationals at State or Regionals, we will need to travel a distance to participate. Are you willing to go to Nationals YES NO UNDECIDED (depends where)

When we need to request information from you for any reason, we will place a letter in your child's file for you. We understand that these are sometimes not received. If we have not received the requested information from you, what is the best way to contact you to get the information? Circle one or more

TEXT MESSAGE EMAIL PHONE CALL

We, at Top City Athletics, understand that children are at times in other activities outside of the gym. We know that your child may have additional schedules that they must keep. Supplying us with their Sports schedules when you get them will be helpful to us when scheduling activities, such as the Fun Meet, Team Parties, Fundraisers, Over Nights, Clinics, etc. Please provide the copy as soon as possible.

Fall/Winter/Spring Schedule - what other activities will you be participating in?

Please know that if your child is in other activities this does not mean they can't do Competitive Team. We will be able to locate the 2 meets that your child will need to attend prior to State and Regionals.

TOP CITY ATHLETICS (KARDIO KIDS, INC.)
WAIVER AND RELEASE OF LIABILITY

DISCLAIMER: TOP CITY ATHLETICS (KARDIO KIDS, INC.) IS NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PRACTICING, TAKING CLASS, COMPETING, PARTICIPATING IN OPEN GYM, BIRTHDAY PARTIES, OR IN ANY OTHER WAY INVOLVED IN POWER TUMBLING & TRAMPOLINE, CHEERLEADING, DANCE OR ANY OTHER ACTIVITY PROVIDED BY TOP CITY ATHLETICS (KARDIO KIDS, INC.) FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF TOP CITY ATHLETICS (KARDIO KIDS, INC.), ITS OWNERS, OFFICERS, AGENTS OR EMPLOYEES.

In consideration of my participation, I hereby release and covenant not-to-sue Top City Athletics (Kardio Kids, Inc.), their Booster Club, and any of their employees, teachers, coaches, or agents, from any and all present and future claims resulting from ordinary negligence on the part of Top City Athletics (Kardio Kids, Inc.) or others listed for property damage, personal injury, or wrongful death, arising as a result of my engaging in said activities with Top City Athletics (Kardio Kids, Inc.), including but not limited to activities directly associated with Top City Athletics (Kardio Kids, Inc.) on and off the premises. I hereby voluntarily waive any and all claims resulting from ordinary negligence, both present and future, that may be made by me, my family, estate, heirs, or assigns.

Further, I am aware that Power Tumbling & Trampoline and Cheerleading are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that Power Tumbling & Trampoline and related activities always involve certain potential for minor to catastrophic injury including death. The risk of harm will be reduced by the safety equipment and trained coaches, but never eliminated. I am voluntarily participating in this activity with knowledge of the risks involved and hereby agree to accept any and all inherent risks of property damage, personal injury, or death.

I further agree to indemnify and hold harmless Top City Athletics (Kardio Kids, Inc.) and all others listed for any and all claims arising as a result of my engaging in or receiving instruction in Top City Athletics (Kardio Kids, Inc.) activities referred to within this release.

I understand that this waiver is intended to be as broad and as inclusive as permitted by the laws of the state of Kansas and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the state of Kansas.

I affirm that I am of legal age and am freely signing this agreement for myself as well as for my minor child/children. I have read this form and fully understand that by signing this form, I am giving up legal rights and or remedies which may be available to me for the ordinary negligence of Top City Athletics (Kardio Kids, Inc.) or any person listed or described above.

Signature of Parent

Date

Print Parent Name

Date

Signature of Participant if over 18

Date

Top City Athletics (Kardio Kids, Inc.)
PLEASE PRINT AND FILL OUT COMPLETELY

Today's Date: ____/____/____

Name: _____ DOB: ____/____/____

PARENT OR LEGAL GUARDIAN INFORMATION

Name: _____ Home #: _____ Cell #: _____

Name: _____ Home #: _____ Cell #: _____

In case of an emergency please notify:

Name: _____ Phone #: _____ Relationship: _____

2nd person to notify in case of an emergency please notify:

Name: _____ Phone #: _____ Relationship: _____

MEDICAL INFORMATION (PLEASE CIRCLE YES OR NO)

Heart Condition	Yes	No	Asthma	Yes	No
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Diabetes	Yes	No	Allergic to Medication	Yes	No
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Convulsions/Seizure Disorders	Yes	No	Allergic to Insect Bites	Yes	No
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State any Allergies: _____

Date of Last Tetanus Shot: ____/____/____

Additional Medical information that may be helpful: _____

Any Medications Receiving: _____

My child ____ is or ____ is not allowed to have ibuprofen. If allowed give ____ tablets.

INSURANCE INFORMATION

Insurance Company Name: _____

Policy #: _____ Group # (if any): _____

Insured's Name: _____ Relationship: _____

Please provide a copy of your insurance card to Top City Athletics (Kardio Kids, Inc.) to keep on record.

Power of Attorney for Consent to Medical Care for a Minor

MEDICAL RELEASE FORM

I, certify that _____ is physically capable and able to fulfill all requirements of being on team or in classes at Top City Athletics (Kardio Kids, Inc.). I further understand this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any related activity when either parent cannot be reached. If there is any physical or medical reason why he/she should not participate fully, the Top City Athletics (Kardio Kids, Inc.) organization, its coaches, agents, staff, requires a doctors (physicians) release. Furthermore, Top City Athletics (Kardio Kids, Inc.), its coaches, and agents are NOT liable for any injury incurred during training.

The undersigned as parent or guardian gives consent for the participant to engage in all activities as representatives of the Top City Athletics (Kardio Kids, Inc.) organization, and to accompany the team as member on its many camps, clinics, events, competitions and trips.

MEDICAL TREATMENT RELEASE FORM

The undersigned as the parent/legal guardian of the above mentioned do hereby consent to any and all medical treatments, including, ambulance transport, anesthesia, and operations which may be deemed advisable by any qualified physician selected by the agents of officials of Top City Athletics (Kardio Kids, Inc.). The intention hereof is to grant authority to administer and perform all and singularly any examination, treatments, anesthetics, operations, and or diagnostic procedures, which may now or during the patients care be deemed advisable or necessary by any qualified physician. No action will be taken until an attempt is made to contact me at the phone number (s) listed.

By signing this form, I (we) hereby authorize Top City Athletics (Kardio Kids, Inc.) coaches/staff to consent to any medical care and treatment for _____ (Child) that is recommended by a licensed healthcare provider to whom the Child is presented for treatment. In order to ensure that the Child receives prompt medical care and treatment when necessary, I (we) hereby release any licensed health care provider providing medical care to the Child in reliance of this form from liability relating to such provider's acceptance of my (our) substitute care giver's consent.

This Power of Attorney is dated _____, _____ and is valid for one year.

_____	_____	_____	_____
Parent's Signature	Date	Second Parent's Signature	Date

Before me, the undersigned authority, on this day personally appeared _____, known to be the person whose name is subscribed above, and acknowledged to me that he/she executed the same for the purpose therein expressed.

Sworn and subscribed before me this _____ day or _____, _____

Notary Public Signature _____

Notary Public for _____ County, Kansas

My Commission expires; _____



**TOP CITY ATHLETICS (KARDIO KIDS, INC.)
TOPEKA, KANSAS**



Top City Athletics/Kardio Kids Inc.
Automatic Withdrawal

ELECTRONIC FUND TRANSFER (will come out on the 6th of the month)

___ Checking ___ Savings

Name as it appears on bank account: _____

ABA/Routing #: _____ Account #: _____

Primary telephone number associated with bank statement: _____

CREDIT CARD TRANSACTION: Date to charge account: _____

Name as it appears on Credit Card: _____

Street Address for Credit Card Holder: _____

Phone number for Credit Card Holder: _____

Credit Card #: _____ Expiration Date: _____ CVVC #(on back of card): _____

I, the undersigned, hereby authorize Top City Athletics/Kardio Kids Inc. to charge or deduct the monthly tuition of \$_____ for classes or programs from the account indicated above on the 5th day of each month. I understand that no additional charges or deductions will be deducted without my consent and further understand that automatic withdrawal will be terminated, with 30 days notice upon withdrawal from the class or program. I acknowledge that these transactions will be secure and the financial information held in the strictest confidence by Top City Athletics/Kardio Kids Inc.

Parent Name(Please Print)

Parent Name (Legal Signature)

Date

Childs Full Name



**TOP CITY ATHLETICS (KARDIO KIDS, INC.)
TOPEKA, KANSAS**



2019-20 PARENT/ATHLETE TEAM CONTRACT

Purpose: To maintain the high standards of Sportsmanship,
Commitment and Excellence in Sport.

ATHLETE

I commit myself to:

1. Trying to attend all scheduled practices unless I am sick, there is a family emergency, or a vacation. I will attend all practices two weeks prior to a meet. I will let the coaches know ahead of time if I cannot attend.
2. Giving my coaches and fellow athletes the concern and respect that I would expect for myself.
3. Training to the best of my ability and cheering on my teammates each day to create a positive environment for my teammates and myself.
4. Finishing the entire competitive season.

I have read the Competitive Team Rules and Policies and the Team Contract. I or my parent/guardian has received a copy of the handbook. I will do my best to follow it.

Athlete: _____ Date: _____

PARENT

I commit myself to:

1. Supporting my child in all way possible, including any booster obligations.
2. Accepting, and keeping current with, the financial responsibilities that go along with the sport (meet fees, class fees, uniforms, USAG Membership, etc.)
3. **Speaking with my child’s coach first if I have any questions or concerns about training, with the understanding that anything negative I say in front of my child may, unknowingly, affect his or her perception of, or attitude toward, his or her coach.**
4. **Understanding that “Viewing Area Grumbling” talk is UNACCEPTABLE.** If a concern arises, it should always be taken directly to the coach, not other parents or athletes.

I have read the Competitive Team Rules and Policies and the Team Contract. I have received a copy of the handbook. I agree to all of the above terms for both my child and myself.

Parent: _____ Date: _____



TOP CITY ATHLETICS (KARDIO KIDS, INC.)
TOPEKA, KANSAS



PHOTO RELEASE FORM

I, _____, the parent or legal guardian of _____ [Child] grant Top City Athletics/Kardio Kids, Inc. permission to use photographs described as being taken for meets, practice, team events, or individual events for any legal use, including but not limited to: publicity, copyright purposes, illustration, advertising, and web content.

Furthermore, I understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Parent/Guardian's Signature: _____ **Date** _____

Parent/Guardian's Printed Name: _____

Child's Printed Name: _____

Phone Number: _____

Pick a way to receive messages for Top City Athletics:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/topcit -All

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

rmd.at/ad2d98 Team



B If you don't have a smartphone, get text notifications.

Text the message @topcit to the number 81010.

If you're having trouble with 81010, try texting @topcit to (623) 552-4714.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/topcit on a desktop computer to sign up for email notifications.