

ROCKSTAR CHEER CLEVELAND

2018-2019 REVOLUTION TRAMPOLINE & TUMBLING TEAM

ABOUT TRAMPOLINE & TUMBLING (T & T)

The gymnastics discipline of Trampoline & Tumbling, often referred to as T & T, includes competition in trampoline, double mini trampoline, and power tumbling. T & T is one of the fastest growing sports in the country. Its fun and exciting nature draws in children of all ages, and the benefits of the sport reach far beyond the fitness and skills acquired in the gym. The gross motor movement, laterality, and neural activity found in jumping and spinning facilitates learning and cognitive skill development. Life skills are enhanced as well, particularly self-confidence, teamwork responsibility, friendship, and sportsmanship, as well as setting, working towards, and achieving goals. It's no wonder that parents and their athletes alike are drawn to T & T!

Our team competes at meets sanctioned by the United States Trampoline and Tumbling Association (USTA) in the following three events.

Power Tumbling is performed on an elevated spring runway (rod floor) that help tumblers propel themselves as they demonstrate speed, strength and skill while executing a series of acrobatic maneuvers. Top-level contenders will perform explosive somersaults with multiple flips and twists.

Trampoline is a popular sport amongst children due to its fun and exciting nature. During competitive routines athletes bounce on a 10 x 17 foot trampoline as they demonstrate a graceful array of jumps, flips and twists.

Double Mini Trampoline is a relatively new sport that combines the horizontal run of tumbling with the vertical rebound of trampoline. After a short run, the athlete jumps onto a small two-level trampoline to perform a rebounding trick immediately followed by a dismount element onto a landing mat.

For more information on the USTA, Levels, and Age Divisions please visit their website at www.USAT1.org

I'VE NEVER EVEN TAKEN A TRAMPOLINE CLASS - HOW WILL I COMPETE?

Divisions are broken down into age and skill level. While you may be advanced in power tumbling, you may be novice in double mini and trampoline, and that is perfectly ok! Our coaches will help place each athlete in a level for competition on each event that they can compete in safely and successfully while continuing to build skills for higher levels of competition. Within a season, you can move up levels but you cannot move down. For that as well as safety reasons, our coaches tend to be conservative when placing athletes in competition levels, requiring perfection before progression. However that does not mean that you cannot continue to work on higher level skills to perform in future competitions. Even the novice and beginner trampoline divisions are fun and exciting to compete in as we work on developing more difficult skills at higher levels.

ROCKSTAR REVOLUTION T & T TEAM PHILOSOPHY

At Rockstar, we build more than just athletes - we build characteristics in our children that will help them succeed in all aspects of their lives. We always put safety first, and take pride in teaching correct technique in everything we do. We believe that in order to succeed and perform skills safely, we need to be mentally and physically strong. We dedicate time every practice to condition our bodies and our minds. We do team building activities and provide guidance on setting and achieving goals, both individually and as a team. Positive reinforcement is key to our coaching staff, and will be consistently applied throughout the competitive season. It is our philosophy that it does not matter if we come in first or last – As long as we are dedicated and working hard to the best of our ability, we have already won without stepping a foot onto the mat. That being said, we are definitely a very competitive program. However, instead of focusing on 1st place, we focus on building the qualities that make a 1st place team.

LENGTH OF T & T TEAM SEASON

The 2018-2019 Rockstar Tumbling & Trampoline competitive season is a 7 month commitment with an optional 2 months for Nationals training. Our team practices start the week of October 1, 2018. We work on building our tumbling skills October through December. In January we will have a mock meet at our gym to showcase our skills. We will have meets in February and March, and a Rockstar Showcase in April. The State Meet takes place in April. The National Meet is in late June If you qualify and choose to attend.

EXPECTATIONS

We only get what we give! Sportsmanship and respect are a top priority for our team members, towards other athletes, Rockstar staff, and Rockstar family and fans. All Athletes and Rockstar Staff will give 110% at every practice and performance. Athletes, Family, and Fans will be expected to support all coaching staff decisions. Athletes are expected to put their individual needs aside to do what is best for the team and program as a whole. We condition to make sure our athletes are strong enough to safely perform their skills - we fully expect our athletes to give everything they have during conditioning.

ATTENDANCE

Every athlete is an important part of our team, therefore we would like to see our athletes attend as many of our team practices and tumbling classes as possible. The more your athlete is in the gym, the more improvement you will see in skills, poise, and confidence. If you are unable to make a team practice, please add it to the availability section of the team app so our coaching staff is aware and can plan their practices accordingly.

COMMUNICATION

There are several ways that Rockstar Staff will communicate with athletes, family, and fans. Printed material is sent home, emails are sent out, text message reminders are used, and we have a team app to share information as well. Our coaching staff is available before and after practice for anything you need to chat about. We are always happy to address any questions, concerns, or comments you may have!

WHAT TO WEAR

Athletes should wear form fitting shorts and tank, sports bra or leotard to practice with hair pulled back from face in a ponytail or bun. Gymnastics shoes or yoga socks must be worn at practice when on the trampoline equipment.

UNLIMITED TUMBLING CLASSES

We offer unlimited tumbling classes included in tuition for all of our Trampoline & Tumbling Team athletes at Rockstar Cleveland! This is a huge benefit to our program and allows our athletes to progress their tumbling at their own pace regardless of their current competition level. This is also how we are able to move athletes to the next level. An athlete competing beginner skills for team that has mastered their beginner tumbling will be placed in an intermediate class so that they can work on their intermediate skills without the pressure of having to perform them in a competition setting.

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PRACTICE SCHEDULE: SATURDAY 10:00-11:10AM & TUESDAY 6:30-7:40PM

This season all team athletes will practice at the same time. You may attend one or both team practices each week. If you are unable to make a team practice, please add it to the availability section of the team app so our coaching staff is aware and can adjust their lesson plans accordingly.

MEET SCHEDULE

All of our Meets are one day events within driving distance. It is recommended that you stay in a hotel the night prior to the Away, State, and National Meets should you choose to attend. Please leave the entire day open for Meets. Hotel block information will be provided in November.

Date	Location	Competition
Saturday January 19, 2019	Rockstar Cleveland, Solon OH	Mock Meet
Saturday February 23, 2019	Rockstar Cleveland, Solon OH	Home Meet
Saturday March 9, 2019	Ohio Sports Academy, Springboro OH	Away Meet
Saturday April 13, 2019	University of Rio Grande, Rio Grande OH	*State Meet*
Sunday April 28, 2019	West Geauga High School, Chesterland OH	Showcase
June 17-22, 2019	National Meet, Charleston WV	*National Meet*

State and National Meets are Optional and Additional Fees Apply Should You Choose to Attend

GYM REGISTRATION FEES DUE UPON ENROLLMENT (\$30 FOR 2018, \$40 FOR 2019 DUE IN JANUARY)

Gym Registration is required of all of our team members, is due annually, and is prorated by calendar year covering insurance & documentation fees.

During the fall, the gym registration fee is prorated to \$30/family. Annual Gym Registration will be due again in January for 2018 (\$40/family)

UNIFORM AND ACCESSORY FEES DUE UPON ENROLLMENT (\$225)

Our Revolution Trampoline & Tumbling Team female athletes wear matching leotards, black shorts, white gymnastics shoes, team tee shirt, bun with matching scrunchie and makeup to meets. The total for these items is \$225 and is due upon enrollment. Male athlete attire is in design and is expected to cost approximately the same as the females (They will not have makeup or hair accessories however their apparel tends to cost a little more). Your athlete will receive all apparel and accessories in December so that everything they need for meets is all together and ready to go.

Other Rockstar gear will be available to order throughout the season (duffle bags, warm-ups, fan tees, etc). These items are optional to purchase.

TEAM FEES DUE FIRST OF THE MONTH, OCTOBER 2018 - APRIL 2019 (\$195/MONTH)

Monthly team fees are due the 1st of each month for 7 months, October through April. The monthly team fees for the 2018-2019 season are \$195. In addition, we offer sibling discounts of 25% off second sibling and 50% 3rd, 4th, etc siblings.

Each athlete is required to have a credit or debit card on file. This card will be charged on the 1st of each month if tuition has not been received by an alternate method of payment. A late fee of 10% will be charged if tuition is not paid by the 7th of the month, and at that time the athlete will sit out from practice. On the 15th of the month, if fees have not been paid, the athlete will no longer be permitted to participate in our program.

WHAT DO TEAM FEES COVER?

Team Practice: Weekly team practice/gym fees are included in your team fees to cover use of gym, coaches, etc.

Unlimited Tumbling Classes: Unlimited tumbling classes specific to your athlete's level are included in tuition.

Choreography: All choreography of competition passes and routines will be done in house by Coach Maria.

Mock, Home & Away Meets: We will attend 3 meets in the 2018-2019 season and perform at one showcase. Your team fees will cover your athlete's entry fee as well as the coaches fees for these events. *Your team fees DO NOT COVER family/fan spectator admission to the events (Usually between \$5-\$15 per person), transportation to/from the event, meals or snacks at the event, etc.*

USTA Membership: All athletes are required to be members of the United States Tumbling Association (USTA) in order to compete.

Additional Items: Throughout the year we have team parties, rewards, and other fun things. These are included in team fees.

OPTIONAL STATE MEET

The State Meet is optional for our athletes, although we encourage everyone to attend. You must qualify by competing in either our Home Meet or Away Meet. Anyone who competes at one or both of these events will be eligible to attend. The additional fee for the State Meet to cover Coaches fees and Meet fees is \$125 if you choose to join us, and will be due January 15th.

OPTIONAL NATIONAL MEET

The National Meet is optional for our athletes, although we encourage everyone who qualifies to attend. You must qualify by competing and placing in the top 10 in your age and level at the State Meet. The National Meet will be held in Charleston, West Virginia June 17-22. Events span the duration of that time, however you will most likely be down there for only one or two of those days. If your athlete would like to attend the National Meet, a \$150 deposit will be due March 15. The remaining \$150 will be due on April 15th following qualification at the State Meet. This fee will include training through the month of May and June leading up to the National Meet as well as coaches fees and meet fees associated with the event.

HOW TO REGISTER

It's easy! You can register on our website online at www.rockstarcleveland.com or in person at the gym. Send an email to info@rockstarcleveland.com or call (440) 914 - 1070 to let us know you are interested in signing up, have any questions or concerns, or would like to set up a meeting time with someone on our staff to go over everything in person. We would love to hear from you!

WHAT ELSE DOES ROCKSTAR OFFER?

We offer tumbling classes for athletes who want to improve their skills without making a commitment to a team. We also offer half and full year competitive cheer programs for athletes who are ready to take their cheer career to the next level. Please visit our front desk or our website for details.

PLEASE CONTACT US FOR MORE INFORMATION, QUESTIONS, COMMENTS OR CONCERNS

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