



*"Our vision is to create a positive, healthy, life enhancing sporting experience"*

## **PEAK TRAMPOLINE RECREATION PROGRAM 2018**

By enrolling with PEAK you will give your children the opportunity to have fun, learn new skills and develop their physical and emotional well-being. Trampoline creates a physical foundation which complements all sports and promotes a fitness for life philosophy.

### **OUR PROGRAM**

- At PEAK we structure our program to include STRENGTH, STAMINA, FLEXIBILITY, BALANCE, COORDINATION and most importantly, FUN.
- Sessions begin by warming up using the Trampoline.
- Participants will then rotate between the Olympic trampolines plus the Double Mini and Tumbling track.
- Our main focus is to give participants maximum bouncing time and quality coaching in order to progress in a safe and challenging environment.

### **ASSESSMENT**

When you enrol your child we will recommend either ibounce or ibounce longer depending on previous experience. In the first session the coaches will assess your child's ability to make sure she/he is in the correct environment to progress.

PEAK uses the Trampoline Gymnastics Australian Levels Program in order to assess the progress of the gymnast. The Levels program is progressive, covers all the basic and more complex skills and allows the gymnast to progress at their own pace.

Gymnasts will be continually assessed in order to progress to the next skill, or the next level. However, at the end of each term the coaches will formally assess the gymnasts and present them with their certificate of participation or certificate of completion of level.

### **WHAT TO WEAR**

- **Comfortable fitted clothing**
- **No zips or buckles**
- **No jewellery, hair tied back**
- **MUST WEAR SOCKS!**



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### CLASS TIMES

Rec Monday				4 – 5	5 – 6.30	6.30 – 7.30
				IBounce	IBounce Longer	Teen Bounce
Rec Tuesday				4 – 5	5 – 6.30	6.30 – 7.30
				IBounce	IBounce Longer	Teen Bounce
Rec Wednesday				4 – 5	5 – 6.30	6.30 - 7.30
				IBounce	IBounce Longer	Teen Bounce
Rec Thursday				4 – 5	5 – 6.30	6.30 – 7.30
				IBounce	IBounce Longer	IBounce
Rec Saturday	8.15 – 9.00	9 – 10	10 – 11.30			
	Bouncy Bounce u5	iBounce	IBounce Longer			

### Term Fees

IBounce/ Teen Bounce/Aerial                      1 Hour                      \$170 per term

IBounce Longer 1 Hour 30 Mins    \$225 per term

Bouncy Bounce 45 minutes            \$150 per term.

### Annual Fee

There is an additional annual membership fee which is your affiliation to Gymnastics Australia, insurance and membership to Peak Trampoline.

Age 5+            \$104 (Insurance and GA membership \$59, \$45 Peak affiliation)

Preschool    \$74 (Insurance and GA membership \$29, \$30 Peak Membership, \$15 equipment levy)

Any questions feel free to ask Nikki at the desk and we will help in any way we can.

The Peak Team



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## **CLUB CONDUCT - GENERAL**

**For the safety of our gymnasts and the other members of Lords the PEAK rules are:**

- **The Trampoline area is a designated area for gymnasts and coaching staff only.**
- **Athletes waiting for their session must wait outside the designated area by the PEAK reception desk until the trampoline area is clear.**
- **Parents/guardian must inform the coaches of any injuries or medical conditions at the PEAK reception desk on arrival.**
- **Parents/guardian must fill in and return all appropriate registration forms to the coach at the PEAK reception desk.**
- **Any questions from Parents/guardian will be dealt with at the PEAK reception desk at the beginning or end of the session.**
- **Parents/guardian must not enter the designated area unless invited by one of the coaches on duty.**
- **Siblings or other children not participating in the session must remain outside the designated area and remain the responsibility of the parent/guardian at all times.**
- **No food or fizzy drink is allowed in the designated area.**
- **All participants must bring WATER BOTTLES.**
- **Hair must be tied back, this is a SAFETY issue.**
- **Jewellery must not be worn. If the gymnast is unable to remove any jewellery it must be covered by tape. This is for the protection of gymnasts.**
- **Athletes must follow the participants Code of Conduct. Disruptive behaviour can cause a SAFETY issue for the gymnast and other participants.**

## **IMPORTANT**

- **Athletes MUST be collected from the PEAK reception desk at all times.**
- **The PEAK Club Conduct Rules apply to volunteers, coaches, non-participating children, guardians, parents AND gymnasts**

## **CLUB CONDUCT – Athletes**

**For the safety and enjoyment of all our athlete and other members of Lords the following rules for Athletes apply:**

- **Respect the rights, dignity and worth of all participants, coaches and parents.**
- **Treat the equipment with respect.**
- **Sign in on arrival at the PEAK reception desk.**
- **Only enter the designated area when instructed by your coach.**
- **While waiting for your session wait quietly in the PEAK reception area, not at the desk.**
- **Listen to your coaches at all times.**
- **Do not go onto the trampolines unless instructed to do so.**
- **Do not run around or under the trampolines at any time.**
- **Cooperate with your coach and other athletes.**
- **Poor behaviour will result in placement away from the trampoline until a time when the gymnast is settled and able to participate in a safe manner.**



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## CLUB CONDUCT – COACHES

At Peak Trampoline all coaches will adhere to the Coaches Code of Ethics published by Gymnastics Australia and Gymnastics West Australia. Peak coaches will

- Abide by the rules of Gymnastics WA as set forth in its constitution and bylaws.
- Be constructive with feedback and direct comments and observations to the relevant individuals.
- Be a role model for the sport of Trampolining and for the gymnasts.
- Respect the rights, dignity and worth of every human being within the conduct of their involvement in trampolining.
- Exercise a standard of care consistent with their competence and obligations as a coach.
- Will constantly be aware of the health, safety and welfare of gymnasts and other coaches.
- Will provide planned and sequential training programs based on group and individual needs.
- Will provide a safe environment for participants in training and competition.

Senior Peak coaches will promote and assist in the development of the coaches within the club.

Peak coaches will NOT:

- Be verbally, physically or emotionally abusive to gymnasts, parents or colleagues. Engage in any form of sexual harassment towards athletes or colleagues.
- Use the influence of a coaching position to encourage inappropriate intimacy between coach and athlete.
- Engage in discriminatory practice on the basis of race, religion, ethnic background, or special disability/ability of gymnasts.

Peak coaches will always be alert to any forms of abuse towards the athletes from other sources whilst in the care of Peak Trampoline

Peak coaches will ensure that physical contact with athletes is appropriate and necessary for the athlete's skill development.

Created - January 2015.

Review 1– January 2016

Review 2 – December 2016