



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

PEAK TRAMPOLINE COMPETITION TEAM BOOKLET 2020





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1. COMPETITION & TEAM TRAINING REQUIREMENTS

- Squad athletes are required to attend a **minimum** of 2 sessions per week.
- Squad athletes must be committed to competing in the 2020 competition season for Peak Trampoline.
- The development squad will have entry at level 3 set and Vol.
- All athletes will have the pre-requisites for level 4 set and vol routines before entries to Trampoline Squad.
- All athletes will have pre requisites for level 4 passes to access the DMT specific sessions.
- Athletes will be required to decide which disciplines they will compete in for the 2020 season. If your athlete decides to compete DMT then we recommend that they take part in a DMT session.
- As always Peak will be flexible in their approach to allow all athletes to train the required number of sessions
- Athletes will be assessed and directed to the appropriate session for their level and ability by the coaching team prior to the start of 2020.
- The session times are:

Monday	HP 12.30PM	Development Squad Tumbling 4 – 5.30pm	Squad Tumbling 5.30 – 7.00pm	Development /Squad 4 – 5.30pm	Squad 5 .15 – 7.15pm	Peak Future 6.30 – 8.30pm 2hours
Tuesday	Squad 6.30 – 8am HP 2PM			Development / Squad 4 – 5.30pm	Squad 5 .15 – 7.15pm	
Wednesday	Squad 6.30 – 8am HP 8.30AM	Development Squad Tumbling 5pm – 6.00pm	Squad DMT 6 – 7.30pm	Development / Squad 4 – 5.30pm	Squad 5 .15 – 7.15pm	Peak Future 6.30 – 8.30pm 2 Hours
Thursday	State Squad Tumbling 6.15 – 8.00am			Development / Squad 4 – 5.30pm	Squad 5 .15 – 7.15pm	HP 7 – 8.30pm
Friday	Peak Future 6.15 – 8.00am HP 10 – 12 AM				Squad Tumbling session 4 – 5.30pm DM session 5.30 – 7.00 pm TRP 1 – 4 – 5.30pm Trp 2 – 5.30 – 7pm	
Saturday	Squad 11.30 - 1.30pm	Squad DMT 1.00 – 2.00pm		Development 12.45 – 2.15pm Development 2.15- 3.45pm	HP 2 – 4PM	



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2. COMPETITION TEAM PROTOCOLS

For athletes to gain maximum involvement in each session the following protocols must be adhered to:

- If you have a planned absence e.g. **drama commitments, camps, holidays**, please inform admin@peaktrampoline.com.au or text 0431409575 in order to allow us to best prepare our coaching staff (this absence does **not** trigger a make up session, see appendix 2, *Office & Finance*).
- Arrive on time, if you are late contact Peak on 0431409575 and leave a message. On arrival complete your normal warm up before joining the session.
- **Be prepared! Correct attire, water bottle, socks and neat hair!!**
- Follow the code of conduct at all time, everyone has been invited for the same reason. (See appendix 1 *Code of Conduct*)
- Respect your coaches by completing all aspects of the session including correct dynamic warm up, strength and conditioning plus your TRP, TUM or DMT drills.
- Be safe, be aware of other athletes at all times e.g do not run across end beds, the DMT run up or tumble track when athletes are training and keep the level of noise respectful to the other athletes. Do not use the Air Pit without a coach and only practice skills as directed by the coach
- Notify coaches of any injuries which have occurred prior or during training.
- **Parents stay in the observation areas, if you wish to speak to a coach wait until it is convenient and does not interfere with the session.**

3. SPECTATORS AT TRAINING

- Please make sure you remain outside the training area. If you have any questions ask at the main desk, if the desk is unattended wait until the end of the session to approach the Club Manager or email admin@peaktrampoline.com.au
- If you would like to meet with any member of the coaching team, we'd love to chat! Please address this through the main desk or by emailing admin@peaktrampoline.com.au and we will arrange a mutually convenient time so that we don't detract from the training opportunities of our athletes.

4. COMPETITION ROLES AND RESPONSIBILITIES

Coaching and administration team will:-

- Provide a calendar of events for 2020 to all athletes and parents via email.



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- Display competition dates in and around Peak.
- Notify athletes of which competition stream they will enter and update them on their skills level and development
- Send invoice for competition entry fees payable within one week of receipt (for age, junior youth athletes). Level comp invoices will be sent out when we have been notified of dates.
- Submit athlete competition entries. In addition, complete judges and volunteer submissions to GWA.
- Organise partial refund of competition fees from GWA when withdrawal is due to illness and/or injury. A medical form must be provided to Peak who will then forward to GWA.

Parents/carers

- Pay competition fees on receipt of invoice or within 7 days of receiving the invoice.
- Volunteer for at least 1 session per competition season (the more volunteers we have the less you have to do!).
- Inform Club Manager if your athlete is not able to compete prior to entry. The Club has to pay up front for entry and loses a significant sum of money when athletes are pulled from the competition without a medical note.

NB: Peak will look at hosting a volunteer session in association with GWA to cover the roles required at competitions.

- Arrive to the competition on time or notify the coaching team of any delay on 0431409575.
- Notify Senior Coach/Club Manager of any planned absence or absence due to illness/injury.

Athlete

- Prepare yourself for the competition by training to the best of your ability at all times.
- Complete strength sessions provided by Peak trampoline.
- Wear the appropriate clothing with neat hair.
- Abide by the club code of conduct. (see appendix 1, *Code of Conduct*)
- Be focussed and be the best that you can be.

5. COMPETITION UNIFORM

Boys – Whites, PEAK Competition Leotard, PEAK Polo shirt, blue Shorts (no logos), white socks and PEAK tracksuit.

Girls – PEAK Competition Leotard, PEAK Polo shirt, white socks and PEAK tracksuit. Girls competing the the levels stream are also able to wear black bike shorts if desired.



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- Track suits, Peak backpack, polo shirts and T shirts are available to order from the main desk or by email to admin@peaktrampoline.com.au. Payment must be made at the time of the order and uniform will not be distributed without payment being made.
- Boys whites and leotards and girls leotards are available at the club in a variety of sizes. If we do not have your size, we will order it in for you.
- Uniform resale: at the beginning of the year you can bring any uniform into the club and we will sell it for you at your set price.
- If you are competing in the first half of the year, please check you have all the correct uniform and that it fits!

TRAINING UNIFORM

- We politely ask that all athletes wear appropriate clothing for training. We recommend the following:
- Boys: Leotard or sports singlet, shorts and socks.
- Girls: Leotard or sports singlet, shorts and socks.

All athletes must have their torso covered as the trampoline can be abrasive in front and back landings. As such, crop tops and bare chests are not permitted.

6. PEAK HOLIDAYS AND CLOSURES

- Peak will be closed for 2 weeks over the Christmas break.
- **Public holidays will be none training days unless you are informed otherwise, this will be reflected in your invoice**
- Training will continue throughout the school holidays with additional group focus sessions. Training times may be altered in the school holidays but notification will be sent out in plenty of time.

7. MEDICAL

- Please ensure the coaching staff are informed of any injuries/discomfort athletes are carrying when they come into training.
- If any injury is sustained on the drills beds, please inform the coach they will manage the situation accordingly, if necessary you may be advised to cease training and seek medical advice.
- If an athlete is injured during training by landing awkwardly involving impact on the back of neck or head they will be asked to cease training and seek medical advice.
- Please keep PEAK trampoline informed about the progress of the injury.



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- Athletes with an injury can still attend their session and use the time to work on strength and conditioning as advised by their medical practitioner or the Coaching team as long as this does not affect the injury.

8. Training Fees

- Athletes who train within the Competition team structure will pay on a monthly basis
- Fees are calculated over a 48 week period. This includes 2-week club closure and 2 weeks personal holidays. Public Holidays are also factored into your fees.
- Catch up sessions will be facilitated on the production of a note from the doctor or physiotherapist.

The monthly fees for 2020 are:

1.5 hours	Per Month
• M1	\$107.20
• M2	\$202.00
• M3	\$236.40
• M4	\$292.00
• M5	\$332.00
• M6	\$348.00
• M7	\$403.76

2 hours	Per Month
• M1	\$142.80
• M2	\$268.80
• M3	\$315.12
• M4	\$389.28
• M6	\$463.92
• M7	\$538.16

The new fee structure is inclusive of the SQUAD EQUIPMENT LEVY.

- There is an annual \$75 Gymnastics WA athlete fee which is the membership to Gymnastics Australia and insurance. PEAK membership will be \$50. Total \$125



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- Fees are not refundable but can be adjusted at the discretion of the Board, in cases of prolonged illness or injury on submission of a medical certificate.
- Invoices for monthly payment will be sent out 7 – 10 days prior to the payment deadline which is the **1st of every month.**
- If you have a planned holiday for longer than 4 weeks you can apply for a reduction in the payment for 2 of the 4 weeks, the decision on the reduction lies at the discretion of the Board.
- **If you decide to transfer to another club one month’s notice will be required in order to close the account and complete the appropriate administration tasks. All payments must be paid to trigger a transfer.**
- Competition fees must be paid on receipt of the invoice. If you withdraw from the competition after the entry form has been submitted there will be no refund. Any refund for injury or illness will be on provision of a medical certificate. 75% is the usual rate refunded from GWA.
- If competition fees are not paid by the deadline the athlete will not be entered for the competition.

Competition costs:-

State Team: National Level 5 and above, Age and International

- **\$150 coaches levy (invoiced in January 2020)**
- QC comps 1 x discipline \$35 per competition
- QC comps 2 disciplines or more \$65 per competition
- State Championships 1 x discipline \$45
- State Championships 2 disciplines or more \$80.00

Levels 3 – 7 plus Adults

- **\$150 coaches levy (invoiced in July 2020)**
- 1 x discipline per competition \$35 per competition
- 2 disciplines or more \$65 per competition
- State Junior Championships 1 x discipline \$45
- State Junior Championships 2 disciplines or more \$80.00

State finals T-shirts are no longer included in the cost of the competition. They are purchased separately costing \$30



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Invoices will be sent out as soon as we have confirmation of the competition dates. Payment is due within 7 days of receiving the invoice. Failure to pay the invoice on time will result in a NO ENTRY and any cost occurred will be applied to the athlete.

The above prices are subject to GWA price increase in 2020

COMPETITION DATES

COMPETITION	DATE	VENUE
Age/International QC 1,2	March 14 th /15 th March 28 th /29 th	High Flyers
State Team Selection	TBC	
State Training	19 th April 17 th May	Venue TBC
WA Championships	May 9 th /10 th	Venue TBC
Australian Championships	Wednesday May 27 th – Sunday 31 st May	Melbourne
Level competition Club hosted	July date TBC	Venue depends on club hosting the competition.
Tramp Challenge	8 th / 9 th August	Peak Trampoline
Judges Invite	12 th / 13 th September	Peak Trampoline
Junior State Finals	10 th / 11 th or 17 th 18 th October	Venue TBC
National Club Carnival	September 17 th – October 4 th Trampoline section TBC	GOLD COAST STADIUM

***GOOD LUCK WITH YOUR TRAINING AND COMPETITIONS IN 2018
FROM ALL THE PEAK COACHING STAFF AND BOARD!***



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CONGRATULATIONS AND WELCOME!!

PEAK Trampoline are delighted to inform you that you have been invited to represent our club at state and national events throughout the year as part of Peak Trampoline, DMT and Tumbling Squad Team.

Athletes are by invitation only and are required to train a minimum of 2 sessions per week and attend competitions held throughout the year.

All squad members will follow a disciplined Trampoline, DMT or Tumbling and S&C program.

Training is ongoing with 4 weeks break per year in total. However, it is at the discretion of the club manager/board to allocate more holidays if they so decide. If you would like to take holidays out of the set dates, please inform the club manager.

When you receive the squad package, please take your time to read through it. Should you agree to the terms and conditions and you are happy to commit to the squad program please sign and date below returning your form to the front desk.

In order to correctly invoice you for the 2019 competition season, please fill in and return with your intention to compete in the TRP, DM, SYNC and TUMB.

DECLARATION:-

I confirm that in 2020 I will compete in the following disciplines

TRAMPOLINE	<input type="checkbox"/>
SYNCRO	<input type="checkbox"/>
DOUBLE MINI	<input type="checkbox"/>
TUMBLING	<input type="checkbox"/>

ATHLETE NAME & DATE (please print) _____

ATHLETE NAME (please sign) _____

PARENT/ GUARDIAN NAME & DATE (please print) _____

PARENT/ GUARDIAN NAME (please sign) _____

CLUB MANAGER: - Nicola Wood



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APPENDIX 1 CODES OF CONDUCT

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.
- Peak coaches will be constructive with feedback and direct comments and observations to the relevant individuals.
- Peak coaches will be a role model for the gymnasts and for the sport of Trampolining
- Peak coaches will respect the rights, dignity and worth of every human being within the conduct of their involvement in trampolining.
- Peak coaches will exercise a standard of care consistent with their competence and obligations as a coach.
- Peak coaches will constantly be aware of the health, safety and welfare of gymnasts and other coaches.
- Peak coaches will provide planned and sequential training programs based on group and individual needs.
- Peak coaches 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 always be alert to any forms of abuse towards the gymnasts from other sources whilst in the care of Peak Trampoline.
- Peak coaches will ensure that physical contact with athletes is appropriate and only used when necessary for the athlete's skill development.

Peak coaches will **NOT**:

- Partake in any form of verbal, physical or emotional abuse.
- Partake in any form of sexual harassment towards gymnasts and colleagues.
- Use their influence as a coach to encourage inappropriate intimacy between coach and gymnast.
- Use Discriminatory practices on the basis of race, religion, ethnic background, or special disability/ability of gymnasts.



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CLUB CONDUCT - ATHLETES

For the safety and enjoyment of all our athletes and other members of Lords the following rules for gymnasts 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 training 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 gymnasts.
- 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.

CLUB CONDUCT - GENERAL

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

- The Trampoline area is a designated area for gymnasts and coaching staff only.
- Gymnasts 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.



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- All participants must bring WATER BOTTLES, we provide a water station to prevent wasting athletes time walking to the drink fountain in Lords. We ask that our athletes do not waste the Earths resources by relying on disposable cups.
- Long 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 and the equipment.
- Gymnasts must follow the participants Code of Conduct. Disruptive behaviour can cause a SAFETY issue for the gymnast and other participants.

IMPORTANT

- Gymnasts MUST be collected from the PEAK reception desk at all times.
- The PEAK Club Conduct Rules apply to volunteers, coaches, siblings/friends, guardians, parents AND gymnasts

By becoming a member of Peak Trampoline you agree to be bound by the Constitution, Rules, Regulations and Policies of Peak Trampoline Inc.

APPENDIX 2

OFFICE & FINANCE

Policy Title: SQUAD PROGRAM FINANCIAL POLICY

Policy Number: 3

Date of Issue: November 2019

Date of Last Update: October 2019

Controlling Body PEAK Board and Senior Coach/Club Manager

1. PURPOSE

1.1 PEAK Trampoline is committed to fair trade and ethical business practice. This policy facilitates the provision of make-up sessions, credits for future training and refund of fees when an athlete is prevented by factors outside of their control, from using the PEAK trampolining services.

2. DEFINITION

2.1 Squad program – The PEAK Trampoline, DMT and Tumbling squad program offered to members engaged in competitive trampoline sports training and billed as a fee in advance for each month of training.



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2.2 Squad fee – the fee charged for participation in a squad program for each month or part thereof.

2.3 GA registration – The annual insurance payment is required to participate in the squad program.

2.4 Equipment Levy - This is paid on a monthly basis within your invoice and is charged at \$10 per month.

2.5 PEAK Affiliation – This is a fee charged to all members of PEAK Trampoline.

3. POLICY APPLICATION

3.1 This policy applies to all PEAK Trampoline members who enrol in a squad program for Trampoline, DM and Tumbling.

4. POLICY COVERAGE

4.1 This policy applies to all fees, levies and expenses applied for participation in a squad program and associated competitions.

5. AGREEMENT

5.1 Before participating in training in any year, a member or the member’s parent or guardian is required to confirm that they have read and agree with this policy by signing the form attached to this policy or by similar advice in writing.

6. SQUAD FEES

6.1 The Board reserves the right to set and to change fees at its discretion.

6.2 Squad fees are issued 7-10 days prior to the invoice payment deadline which is the 1st of every month.

7. FEE REFUNDS AND CREDITS

7.1 PEAK Trampoline will only refund fees or issue credit when a medical certificate is presented.

7.2 It is at the discretion of PEAK Trampoline to issue a credit due to unscheduled club closure.

8. MAKE UP SESSIONS



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8.1 Not applicable for the Squad Program, unless the athlete produces a medical certificate and there is capacity in the session to accommodate a make up session.

9. DELEGATION

9.1 The Board delegates to the Club Manager the power to agree credits requested under 7.2 An applicant aggrieved by a decision of the General Manager made under 7.1 may seek reconsideration in writing by the Board of Management.

10. TERMINATION OF MEMBERSHIP AND WITHDRAWAL FROM TRAINING

10.1 A member participating in a squad program must give written notice of intention to the club one (1) month in advance of termination, withdrawal or transfer to another club.

10.2 A member who has provided their intention under 10.1 may continue to train for that one (1) month.

10.3 If a member gives less than one (1) month written notice the member must pay the club those fees applicable to the additional period required to constitute one (1) month's written notice.

10.4 If a member does not give any written notice, the member must pay fees for that month of the member's last attendance.

10.5 Those who have their membership terminated will not be entitled to a refund.

10.6 A member or former member must pay fees due under 11.3 or 11.4 within one (1) month after the issue of the PEAK Trampoline invoice.

12. DEBT RECOVERY

12.1 PEAK Trampoline may at its discretion commence proceedings or engage debt collectors to recover fees outstanding for a period in excess of ninety (90) days. The expense of debt recovery will be a cost to the member or former member and will be added to the amount of any outstanding fees.

12.2 Any athletes with outstanding invoices are unable to be transferred to other clubs until all payments to PEAK Trampoline have been received.

13. CONFIDENTIALITY

13.1 PEAK Trampoline will keep confidential the financial status and the financial records of a member except when it is:

13.1.1 necessary to reveal that information as part of a process to recover monies or other administrative process of PEAK Trampoline; or



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13.1.2 required by law.