



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

PEAK TRAMPOLINE RECREATION PROGRAM 2020

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 with a variety of warm ups which challenge fitness, ankle, knee and hip stability, balance and coordination.
- Athletes can opt for the following disciplines: trampoline, tumbling and new for 2020 Gymnastics Acro.
- Participants rotate between the Olympic trampolines plus the Double Mini and Tumbling track developing skills and routines from level 1 to level 6.
- Our main focus is to give participants maximum bouncing time and quality coaching in order to progress in a safe and challenging environment.
- Athletes rotate equipment every 10 minutes and rotate within the activity approximately every 2 mins. Research has shown that the optimum time of 2 minute rotations allow for maximum focus on the skills being developed and reduces fatigue.

ASSESSMENT

When you enrol your child we will recommend either ibounce, ibounce longer or Teen bounce depending on age, ability and 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, more complex skills, combination of skills and routines. The program allows the gymnast to progress at their own pace.

Gymnasts are 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.

An annual Recreation competition will be held during term 2 and term 4 to allow those, who may feel competing is for them, the opportunity to have a go in front of a panel of judges.

iBounce

This is tier 1 of the program for 4 – 8 year olds. In this session the athlete will develop the following:

- An understanding of why warming up as part of a physical activity is important.
- Learn about safe practice on trampolines.
- Develop improved balance, focus and coordination through challenges within the variety of warm up activities.
- Develop improved body tension to maintain balance in the centre of the trampoline.

Booking: Peak Trampoline Inc, Court 10 Lords Recreation Centre, 3 Price Street, SUBIACO WA 6008
Phone: 0431409575 Email: admin@peaktrampoline.com.au Website: www.peaktrampoline.com.au
Policy reviewed December 2016



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

- Learn how body tension affects the ability to develop skill level.
- Develop skills and routines from level 1 – 3 of the Australian Levels Program.

iBounce Longer

This is tier 2 of the program for 8 + years. In this session the athlete will develop the following:

- Dynamic warm up exercises on the floor prior to starting the trampoline warm up.
- Develop increased focus, body tension and balance in trampoline warm ups which focus on straight bouncing, basic shapes and arm set drills.
- improved listening skills in order to access the coaches and develop skills and routines.
- Understanding into the cardio vascular effect of the running and squats trampoline warm up.
- Demonstrate safe practice on trampolines at all times.
- Develop skills and routines from levels 4 – 6 of the Australian Levels Program.
- Independent focussed safe practice of skills.
- Ability to use the Airpit in a safe manner to extend skills
- Extended use of DMT and Tumble Track

Teen Bounce

This is tier 3 of our program. One of our focusses is on keeping teenagers involved in physical activity using trampoline sport.

This session offers a variety of activities from bouncing to bum wars (a serious core workout), individual high level skills and routines to fun in the Airpit.

This is still a coached session but the Teens have an element of choice in their activities.

This is a perfect program for those Teens who feel isolated from other sports, the physical and mental benefits are enormous !

TUMBLING

Our tumbling program has expanded significantly in 2019. The tumbling sessions provide a pathway to squad tumbling which can then lead to representing Peak Trampoline in local competitions or the State in National competitions. At recreation level the focus is on:

- Specific tumbling warm ups.
- Learning drills which support the development of the level 1 – 3 skills.
- Increase skill acquisition at level 1 – 3
- Developing competition routines for level 1 – 3



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

SPORTS ACROBATICS (ACRO)

NEW FOR 2020

Acro is a dynamic sport which builds confidence and team work amongst its athletes. The focus of this program will be:

- Develop strength balance and coordination
- Improve social skills by working in a team.
- Increase ability in fundamental gymnastic movement, roles, leaps and balances.
- Work individually, in pairs or trios.
- Learn how to throw, catch (people!) and tumble

WHAT TO WEAR

- **Comfortable fitted clothing**
- **No zips or buckles**
- **No jewellery, hair tied back**
- **MUST WEAR SOCKS!**
- **Please bring a water bottle.**

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 Tuesday				Acro 1	Acro 2	
Rec Wednesday				4 – 5	5 – 6.30	6.30 - 7.30
				ibounce	IBounce Longer	Teen Bounce
Rec Wednesday				iTumble		
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			
	8.30 – 9.30 iTumble	9.30 – 0.30 iTumble				

Booking: Peak Trampoline Inc, Court 10 Lords Recreation Centre, 3 Price Street, SUBIACO WA 6008
 Phone: 0431409575 Email: admin@peaktrampoline.com.au Website: www.peaktrampoline.com.au
 Policy reviewed December 2016



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

Term Fees

- | | | |
|------------------------|----------------|---------------------------|
| • Ibounce/ Teen Bounce | 1 Hour | \$193 per 10 week term |
| • Ibounce Longer | 1 Hour 30 Mins | \$238.50 per 10 week term |
| • iTumble | 1 hour | \$193 per 10 week term |
| • iAcro | 1 hour | \$193 per 10 week term |

Annual Fee

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

- Athlete Registrations per athlete \$47 + \$50 Peak Affiliation = \$97
- Concession Athlete Registrations per athlete \$28 + \$50 Peak Affiliation = \$78

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

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.



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

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.

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.

Booking: Peak Trampoline Inc, Court 10 Lords Recreation Centre, 3 Price Street, SUBIACO WA 6008
Phone: 0431409575 Email: admin@peaktrampoline.com.au Website: www.peaktrampoline.com.au
Policy reviewed December 2016



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

- 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

Review 3 – December 2018

Review 4 – December 2019

Reviews completed by N Wood Senior Coach / Club Manager