



Peak Trampoline Inc

2022

Squad Athletes Handbook

Trampoline - TPR

Double Mini - DMT

Tumbling Gymnastics - TUMB

Acrobatic Gymnastics - ACRO

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A. INTRODUCTION

Peak Trampoline is a Not-for-Profit gymnastics club based at Lords Recreation Centre in Subiaco. Peak Trampoline is an inclusive club providing all members the opportunity to enjoy the sports of Trampoline, Double Mini Trampoline (DMT), Tumbling and Acrobatic Gymnastics (Acro). We cater for members from three years of age to adults, including those who are able, and those who have significant physical challenges. Peak provides a pathway from recreational participation through to competition at Local, State, National and International Competitions.

Club Vision: Our vision is to create a positive, healthy, life enhancing sporting experience.

Club Mission:

- To GROW trampoline sports at all levels and abilities,
- to DEVELOP our athletes, coaches, and volunteers,
- to PROMOTE Peak Trampoline as an inclusive gymnastics' sports club.

This handbook has been provided to provide all Peak Trampoline squad athletes and their families essential information. The handbook contains both general information and information specific to each squad program.

If you have any questions or require any further information, please contact the Senior Coach/ Club Manager.

Definition of squad athlete:

This is when an athlete is training in one of the following sessions:

- Development Acrobatics
- Senior Acrobatics

- Development Squad Tumbling
- Squad Tumbling
- Peak Future Tumbling

- Development Squad Trampoline
- Squad Trampoline
- Peak Future Trampoline
- High performance Trampoline

- Development Squad DMT
- Squad DMT

B. GENERAL

1. Staff and committee

Peak Trampoline is a not-for-profit organisation run with the oversight of a Board comprised of volunteers.

There are 6 Board meetings each year which look at the strategic and budgeting aspects of the club. Extraordinary meetings are held when required relating to the further expansion of the club.

As Peak is a not-for-profit sporting club, it relies on support from the extended community in a variety of different areas. You will receive regular emails requesting assistance with competitions and club activities throughout the year.

The following are the current members of the board:

- Chair: Professor Fiona Wood
- Treasurer: Kieron Bennett
- Secretary: Deborah Seares
- General Member : David Mountain
- General Member Infrastructure: Andy King
- General Member Parent Representative/Fundraising & Member Protection Information Officer (MPIO): Tash Press
- Senior Coach, Club Manager & Member Protection Information Officer (MPIO): Nicola Wood
-

The following are responsible for the ongoing operational management of the club and programs:

| Program | Role | Name | Contact details |
|----------------|--|--|--|
| Staff | Senior Coach/ Club Manager | Nicola Wood | admin@peaktrampoline.com.au 0431409575 |
| Administration | Admin Officer | | |
| TRP and DMT | - Senior Coach - Senior Coach - Senior Coach/ Club Manager | - Evie Kierath - Nicola Wood - Carly Shott | - evie@peaktrampoline.com.au - admin@peaktrampoline.com.au - peakcarly@icloud.com |
| Tumble | - Senior Coach - Senior Coach/ Club Manager | - Nicola Wood - Carly Shott | - admin@peaktrampoline.com.au - peakcarly@icloud.com |
| Acro | - Senior Coach - Senior Coach - Senior Coach (<i>Acro Development</i>) | - Debbs van Hagen - Jac Rhodes - Carly Shott | - debbsvanhagen@hotmail.com - jacrohodes@hotmail.com - peakcarly@icloud.com |

The primary contact for all squad queries is initially the Club Manager, Nicola Wood.

In times of absence, you will receive an email informing you of the temporary primary contact.

2. Policies and Procedures

All club Policies and Procedures that relate to the squads and to the general operations of Peak Trampoline are available on our website: www.peaktrampoline.com.au Physical copies of these documents can be viewed at the club upon request.

3. Communication

A vital key to the success of any program at our Club is the community that supports it, especially athletes' parents & guardians.

From the commencement of the term, we endeavour to establish effective methods of communication between the Club, Coaches, and Parents & Guardians. This helps to ensure a clear understanding of Club program expectations, protocols, and policies.

To support this, we can hold meetings with athletes and their Coach on request to ensure that families are well informed. Should you wish to meet with a Coach, please see the Senior Coach/ Club Manager or the admin officer at the desk to arrange a time either before or after a training session. Under no circumstances should the Coach be approached during a training session.

We request that parents inform Peak of any absence from training and any planned absence for the athlete e.g school camps, family holidays, etc. This allows us to avoid overstaffing, especially in the holidays.

Peak has a Member Protection Policy which outlines how complaints will be managed. This policy is in line with the complaints procedure outlined by Gymnastics WA and Gymnastics Australia. In the event that you wish to make a complaint, please speak with the Senior Coach/Club Manager & MPIO. If the matter is unable to be resolved, or it's not appropriate to speak with This MPIO, the matter is to be raised with the Board MPIO. Options for further resolution can be called on from the State Governing Body; Gymnastics WA.

If the matter relates to Child Protection, contact the Member Protection Officer, as detailed in the Staff and Committee section of this document.

4. Discipline

Peak Trampoline has a specific policy which outlines the process in the event that an athlete breaches the Gymnast Code of Conduct.

Consequences depend on the severity of the breach and will include, but are not limited to, the following:

- Issuing a warning, requiring verbal or written apology
- A letter of reprimand from Peak
- Counselling from the Program Manager or Club Manager

- Removal/suspension from the Club

Please read both the Gymnast Code of Conduct and the Parent / Carer Code of Conduct, attached at the end of this document.

5. Medical Information

Peak Trampoline requests any information on Medical Conditions relevant to participation in gymnastics activities.

This information must be provided prior to commencing training. This includes but is not limited to the following; injuries, asthma, allergies, autism, anxiety, etc. This is to ensure Peak can provide the best environment for every athlete.

If it is deemed necessary, Parents are required to supply a current Medical Action Plan to the club for any known conditions for example an asthma or anaphylaxis action plan.

Any athlete, who requires medical attention for an injury obtained within or outside of the Club, is required to supply a medical certificate and documentation from their medical practitioner regarding activities that can and cannot be completed by the athlete. This allows us to modify programs within guidelines given by the medical practitioner. With severe injuries including concussion Peak will require a return to training from the medical practitioner.

C. COMPETITION GENERAL

Below is some general information on competitions.

More Gymnastics specific information is found in each individual section.

Competition Expectations:

Athletes will be provided with information relating to their competition by the Senior coaches. The competition program will be displayed at the front desk and on the competition notice board. The Club Manager or Admin Officer will email parents with dates and times of competitions and will be available to answer any questions.

Competition Costs:

All competitions have an associated cost above the monthly costs.

These costs are for the following:

- Competition Levy \$150 per athlete (this goes towards covering cost of coaches) paid at the beginning of the year (non-refundable)
- Competition entry fee \$35 for 1 discipline and \$65 for 2+ disciplines (2021 figures will update asap). Be aware that costs are higher for State Finals.
- State Championships T-shirt: \$30 (2021 figures)
- Peak Uniform: order from the desk
- State Team uniform: details will be provided to those who are selected. • National Clubs quote will be published May/June 2022

1. Competition Etiquette

General rules for coaches, judges, gymnasts, parents, and guardians:

- Athletes and parent volunteers **must arrive 10 minutes prior** to the published registration time. If for some reason you have been delayed please notify the club manager on 0431409575.
- **Good sportsmanship and positive attitude** are the order of the day. Peak has an expectation that the athletes stay as a team and support each other and the athletes from other clubs.
- **Athletes must remain on the competition floor for the duration of the session.** They must not leave and go to parents or the café areas. If a parent needs to contact their athlete, they must go through the Floor Manager.
- All athletes **must remain for the duration of the session** unless by prior arrangement with the Club Manager.
- Athletes must go to the toilet in pairs and must notify the marshal that they are going.
- Athletes **must have a full club uniform**: Track suit, Polo shirt, leotard, shorts, and socks.
- Hair must be tied up neatly.
- Athletes must bring their own chalk, strapping tape, water bottle and nut free snacks.
- Athletes need to remove jewellery, small studs or sleepers are acceptable
- Spectators **must not use flash photography**
- Spectators can access the results through the sporttech.io website. Coaches do not share the scores with the athletes. The coach will inform athletes if they are in the final.
- Older athletes are requested not to tell other athletes the scores from sporttech.io

- Synchronised partners will be selected prior to the competition season. Changes will only be made due to absence/illness on the day of competition. These changes will be made by the Senior Coaches on the floor.

D. SQUAD FAQ

Does Peak Trampoline train on Public Holidays?

Peak Trampoline is closed for all public holidays.

Do we pay per term or per month?

Squad athletes pay on a monthly basis. This is prorated for 48 weeks of the year to factor in 4 weeks closure.

Do squad athletes train in the holidays?

Yes! There will be modified training times in the holidays which allows all squad athletes to train on their normal training day.

If the athlete misses a session; do they get a make-up session?

Make up sessions are given for injury or illness with a note from a medical professional. If the athlete has a long-term injury and their invoice has been adjusted to reflect this absence there will be no make up sessions given.

Can I change my sessions through the iclass portal?

Any changes of sessions need to come through the Senior Coach/ Club Manager. This is to avoid athletes moving into a session that is the incorrect level for them.

What is the minimum number of sessions training required?

For 2022 the expectation is that in TRP and Tumble the athlete **attends a minimum of 2 sessions per week**. This can be a combination of Trampoline, DMT OR Tumbling sessions. For acrobatic gymnastics the **minimum number of sessions per week for LEVEL 6 and above is three sessions per week**.

Does my athlete have to compete?

Yes! The point of being in the squad is to represent Peak Trampoline in competitions. Our recreational program caters for those who do not wish to compete, while still learning and progressing through the same skills and routines.

Do I have to volunteer at competitions?

Yes, competitions in all disciplines rely heavily on parent volunteers. Some of the roles have training attached e.g Floor Manager or Judging. Other volunteer roles can be simply explained at the time of the competition e.g scorer, videographer, marshal.

What is the expectation around attendance?

It is imperative that athletes attempt to **attend as many classes as possible**. It is also important that **athletes arrive on time as the warm up segment** of training is a crucial part of injury prevention. **If an athlete is going to be late then contact** the Senior Coach/Club Manager by text so coaches are informed and can alter the athletes' session accordingly.

When is the club closed for training?

All public holidays, plus 2 weeks at Christmas and a week in the July holidays.

E. TRAMPOLINE GYMNASTICS

1. Overview

- Trampoline is apparatus used to perform amazing skills!
- In Trampoline competitions athletes perform two routines of 10 skills.
- In Synchronised trampoline pairs compete on two separate trampolines, trying to keep at the same time while performing a routine of 10 skills.
- Competitions are held at Club, State, National and International Level.
- There are strict age limits on State, National and International events. Minimum age for State events is 5 years of age, for National events 6 years of age in the year of competition.
- In Australia, Trampoline has three competitive streams:
 - State Levels Stream: (Australian Levels Program) which works on a 10-level system, where level 1 is the introductory stage and level 10 is the highest. State level competitions run by Gymnastics WA start at level 3 and go to level 6
 - National Age Stream: uses the same levels as the state levels stream, with athletes needing to compete a specified level for their age (e.g., Level 5 Under 13).
 - International Stream: (following the International Rules outlined by the FIG – World Governing Body)
- Trampoline is performed individually with the exception of synchronised competitions (performed in pairs).
- Squads at Peak are for athletes performing level 3 and above. All athletes in squads must compete in either the levels or age/international season.

2. Trampoline Levels

The levels Season runs from June/July to October. Events include State Qualifying Competitions, Junior State Championships and National Club Championships (if desired). The State Championships can only be entered if athletes qualify at state qualifying competitions.

Athletes are required to enter all competitions in WA.

Club training fees, competition fees and uniform requirements can be seen in the financial document attached.

3. Trampoline Age Competitions

Athletes competing in the Age Stream are aiming to qualify for the State Team to represent WA at the National Championships.

The age Season runs from February to May. Events include State Qualifying Competitions, State Championships, National Championships and National Club Championships (if desired). Athletes at this level are aiming to qualify for the State Championships and State Team during their qualifying competitions.

Club training fees, competition fees and uniform requirements can be seen in the financial document attached.

4. Trampoline International Competitions

Athletes competing in the International Stream are aiming to qualify for the State Team to represent WA at the National Championships and are on the path to achieve selection in the National Squad and Australian Team in the next three years.

The international Season runs alongside the age season from February to May. State qualifying competitions are contested to qualify for the state team. State Championships, National Championships and National Club Championships are qualifiers for the National Squad and Australian Team. *Club training fees, competition fees and uniform requirements can be seen in the financial document attached.*

5. Routine & Pass Construction

Coaches work with the individual athlete to select the most appropriate routines/passes based on their level, age, and ability. Athletes compete from a bank of routines in level 3-5 trampoline and then can tailor routines for level 6 and beyond.

Synchronised pairings are determined by coaches and entered before the competition.

Changes to synchronised pairings will only be made in the case of absence on competition day. At Peak we foster the ability to compete synchronised with anyone and everyone- sometimes partners will be from a different club/state, so versatility and adaptability are important skills that are learnt by training with multiple pairings.

6. Trampoline Gymnastics at Peak

Competitive Squad programs offered at Peak:

- Development squad: Levels 3-5
- Squad: Levels 5-7
- Peak Future: National Level 6 & 7, Youth & Junior U17
- High Performance: Junior U22 and Senior International

The number of sessions per week will vary depending upon the level of the Trampolinist and their goals.

7. Commitments of both Gymnasts and Parents

For all squad athletes entering State level events, **families are asked to provide volunteer assistance at events** to ensure events run smoothly and safely.

Families will be rostered to assist at one event per year.

- Hours per week – Trampoline

Squad athletes must train a **minimum of two sessions per week.**

- Level 3-4: 2 x 1.5 hr session per week

- Level 5-6: 3x 2.5 hr sessions per week
- Level 7+: >3 x 2.5 sessions per week
-

- What to wear for Training?

We politely ask that all athletes wear appropriate clothing for training. We recommend the following:

- Boys: Leotard or sports singlet/tshirt, shorts and socks.
- Girls: Leotard or sports singlet/tshirt, 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.

Hair that may obscure eyesight **MUST be tied back**.

Watches/fitbits/jewellery are not permitted as they may damage the equipment (or get damaged).

- What to wear for Competition?

For competition, athletes require the following:

Boys:

- PEAK Competition Leotard
- Navy or white shorts (not black) OR white longs
- White socks (no logos!)
- PEAK Polo shirt & PEAK tracksuit.

Girls:

- PEAK Competition Leotard (short or long sleeve option available)
- Navy PEAK competition shorts with swirl (optional)
- White socks (no logos!) • PEAK Polo shirt & PEAK tracksuit.

Club Uniform is purchased from the Peak reception.

Orders can take up to 6 weeks to be filled by our suppliers so please ensure you have allowed sufficient time before the competition season.

We have second-hand items available for sale and also buy back second-hand times for resale.

F. DOUBLE MINI TRAMPOLINE

1. Overview

- Double Mini trampoline is apparatus used to perform amazing skills!
- In Double Mini competitions athletes perform two passes of two skills, landing on the mat, trying to stick the landing!
- Competitions are held at Club, State, National and International Level.
- There are strict age limits on State, National and International events. Minimum age for State events is 5 years of age, for National events 6 years of age in the year of competition.
- In Australia, Double Mini Trampoline has three competitive streams: ○ State Levels Stream: (Australian Levels Program) which works on a 10-level system, where level 1 is the introductory stage and level 10 is the highest. State level competitions run by Gymnastics WA start at level 3 and

go to level 6 (minimum age is turning 5 years in ○ National Age Stream: uses the same levels as the state levels stream, with athletes needing to compete a specified level for their age (e.g., Level 5 Under 13).

- International Stream: (following the International Rules outlined by the FIG – World Governing Body)

2. DMT Levels

Squads at Peak are for athletes performing level 3 and above. All athletes in squads must compete in either the levels or age/international season.

The levels Season runs from June/July to October. Events include State Qualifying Competitions, Junior State Championships and National Club Championships (if desired). The State Championships can only be entered if athletes qualify at state qualifying competitions.

Athletes are required to enter all competitions in WA.

Club training fees, competition fees and uniform requirements can be seen in the financial document attached.

3. DMT Age Competitions

Athletes competing in the Age Stream are aiming to qualify for the State Team to represent WA at the National Championships.

The age Season runs from February to May. Events include State Qualifying Competitions, State Championships, National Championships and National Club Championships (if desired). Athletes at this level are aiming to qualify for the State Championships and State Team during their qualifying competitions.

Club training fees, competition fees and uniform requirements can be seen in the financial document attached.

4. DMT International Competitions

Athletes competing in the International Stream are aiming to qualify for the State Team to represent WA at the National Championships and are on the path to achieve selection in the National Squad and Australian Team in the next three years.

The international Season runs alongside the age season from February to May. State qualifying competitions are contested to qualify for the state team. State Championships, National Championships and National Club Championships are qualifiers for the National Squad and Australian Team. *Club training fees, competition fees and uniform requirements can be seen in the financial document attached.*

5. Routine & Pass Construction

Coaches work with the individual athlete to select the most appropriate routines/passes based on their level, age, and ability.

On double mini athletes compete from a bank of passes in level 3-5 and can tailor passes from level 6 and beyond. If athletes are intending to compete level 5 or above on DMT they are required to train in one DMT specific session per week.

6. DMT at Peak

Competitive Squad programs offered at Peak:

- Development squad: Levels 3-5
- Squad: Levels 5-7
- Peak Future: National Level 6 & 7, Youth & Junior U17
- High Performance: Junior U22 and Senior International

The number of sessions per week will vary depending upon the level of the Trampolinist and their goals.

7. Commitments of both Gymnasts and Parents

For all squad athletes entering State level events, **families are asked to provide volunteer assistance at events** to ensure events run smoothly and safely.

Families will be rostered to assist at one event per year.

• Hours per week – DMT

Squad athletes must train a **minimum of one session per week**.

- Level 3-4: 2 x 1.5 hr session per week
- Level 5-6: 3x 2.5 hr sessions per week
- Level 7+: >3 x 2.5 sessions per week

• What to wear for Training?

We politely ask that all athletes wear appropriate clothing for training. We recommend the following:

- Boys: Leotard or sports singlet/tshirt, shorts and socks.
- Girls: Leotard or sports singlet/tshirt, 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.

Hair that may obscure eyesight **MUST be tied back**.

Watches/fitbits/jewellery are not permitted as they may damage the equipment (or get damaged).

• What to wear for Competition?

For competition, athletes require the following:

Boys:

- PEAK Competition Leotard
- Navy or white shorts (not black) OR white longs
- White socks (no logos!)
- PEAK Polo shirt & PEAK tracksuit.

Girls:

- PEAK Competition Leotard (short or long sleeve option available)
- Navy PEAK competition shorts with swirl (optional)
- White socks (no logos!) • PEAK Polo shirt & PEAK tracksuit.

Club Uniform is purchased from the Peak reception.

Orders can take up to 6 weeks to be filled by our suppliers so please ensure you have allowed sufficient time before the competition season.

We have second-hand items available for sale and also buy back second-hand times for resale.

G. TUMBLING GYMNASTICS

1. Overview

- Tumbling is an apparatus that falls under the category of Trampoline Gymnastics, and it is for all ages, genders, and abilities. Tumbling builds and develops one's coordination, strength, flexibility, and power.
- Tumbling is performed on a 25m gymnastics air floor or rod track. Athletes compete two passes usually consisting of 5 or 8 skills (this is subject to change in level 3a where athletes do a 3 skill and a 5 skill)
- Tumbling involves different acrobatics elements such as round offs, handsprings, and somersaults, which are all combined to create their passes.
- Competitions are held at Club, State, National and International Level.
- There are strict age limits on State, national and international events. Minimum age for State events is 5 years of age, for National events 6 years of age in the year of competition.
- In Australia, Tumbling has two competitive streams:
 - International Stream (following the International Rules outlined by the FIG – World Governing Body)
 - National Stream (Australian Levels Program) Where athletes will compete in certain levels depending on their age and difficulty requirements.
 - Levels Stream (Australian Levels Program) Level 1-6

2. Tumbling Levels

- Levels 1-3a: These levels are considered the fundamental levels of tumbling, these levels look at the development of roundoff, back handsprings (flics) and basic somersault skills. In WA only level 3+ are competed at Gymnastics WA events.
- Level 4-6: Athletes in these levels start to gain more advanced tumbling skills such as whips, twisting saltos and development of doubles. They are also required to develop one 8 skill passes instead of 5 skill passes as seen in level 1-3a
- National Stream: National level 4 (under 11's), National level 5 (under 13's), National level 6 (under 17's) & National level 7 (open). All athletes must be a minimum of 9 years old to compete in any of the categories but once they hit a certain age, they are required to move up levels.
- The International Program has 5 categories. Youth under 13, Youth under 15, Junior under 17, Junior 17-22 and Senior. The international stream has been structured for elite or advanced athletes. Certain requirements and age limits apply to each category (*see your coach or GA for more details*).

3. Tumbling Gymnastics at Peak

Programs offered at Peak

- Recreational
- Development Squad
- Squad & State Squad

Athletes are encouraged to train 2-3 times a week if tumbling is their main apparatus.

Attend a minimum of 2 sessions per week if wanting to compete Age/International. Also attend peak/ a gym for additional strength session to do program by themselves (can be after a tumble session) programs individualised by Carly - to be completed weekly so tumble sessions can be more productive. This allows them to take an aspect of training into their own hands as well.

Sessions available (invite only) :

- Monday 4-6pm squad
- Monday 6-8:30Pm Peak Future
- Wednesday: 5-6:30PM development squad
- Wednesday 6:30-8:30pm Squad /PF
- Thursday 6:30-8/8:30AM: Squad/ Peak Future
- Friday: 4-5:30pm squad PF

Levels Athletes: 1 -2 session per week

National L4-7: 2 sessions per week

International: 2-3 sessions per week + 1 strength

Strength:

Strength at Peak options (monitored by strength done alone or with partner) a trial to see if athletes can work independently and do their strength with teammates and show their ability.

Coaches will be in peak and checking on athletes but not coached as a session.

- Monday: 5-6pm or 6-7pm (before or after tumble session)
- Tuesday :4-5pm or 5:30-6:30pm
- Thursday: 6:30-7:30am
- Friday: 5:30-6:30pm
- Saturday: 11:30-12:30pm or 12:30-1:30pm

Programs individualised per athlete by Carly for ultimate performance.

4. Moving from Recreational to Squads

Athletes may be invited to participate in the squad's program as recommended by their coaches or the club manager and will depend on a variety of aspects, such as:

- The athletes age vs their skill level
- How the athletes take feedback & responds
- Body tension, awareness & flexibility

- How quickly they pick up skills

If an athlete is invited to participate in the squad's program they must compete at competitions.

5. Commitments of both Gymnasts and Parents

- Being a Peak member

Please ensure that your athlete is collected from the gym by a parent or guardian unless prior arrangements have been made.

Athletes **arrive 5 mins early** to training to ensure they get the best out of their sessions

For level 3 and above entering State level events, families **are asked to provide volunteer assistance** at events to ensure events run smoothly and safely.

- What to wear for Training?

Athletes are encouraged to wear leotards, bike pants or shorts for all training sessions. Other sporting clothes & full-length singlets are permitted.

All **items need to fit the athlete's body** to allow coaches to see the shapes the athletes are making during training & **to avoid clothes coming over the athlete's eyes.**

Long hair **MUST be tied back.**

- What to wear for Competition?

For competition, athletes require the following:

- Club polo or t-shirt - Full Tracksuit
- Competition leotard (in level 3&3a females can choose from a short or long sleeve) - White socks
- Navy or white competition shorts (boys)
- Club competition shorts optional for female

H. ACROBATICS GYMNASTICS

Please ensure you read this section in conjunction with Sections 1, 2, 3 and 4 of this document.

1. Overview

Acrobatic Gymnastics (ACRO) is a dynamic and spectacular gym sport for males and females of all ages and abilities.

- The sport develops teamwork, courage, strength, stamina, co-ordination, and flexibility.
- ACRO unites power and poise, with grace and beauty to create visually stunning routines all choreographed to music.
- The Apparatus or Floor is a 12m x 12m sprung floor and each routine lasts no longer than 2 or 2 1/2 minutes each, depending on the level.
- ACRO works on a 10-level system, where 1 is the introductory stage and level 10 is the highest achievable in the Australian Level Program (ALP).

- Acrobatic Gymnastics disciplines In Level 1-3 Acrobats compete as Pairs, Trios or Quads. There are no rules for combinations of male and females as per the higher levels, so you could have 1 male and 2 females in a trio.
In Levels 4-10 the disciplines for competition are set - Women's Pair - Men's Pair - Mixed Pair (male base and a female top) - Women's Group - Men's Group.
- International stream levels are 11-16, 12-18, 13-19 and Senior (Women's Pair, Men's Pair, Mixed Pair, Women's Group and Men's Group)
- Competitions are held at Club, State, National and International Level.
- Age restrictions: The minimum age for the athlete to compete in National events is 6 years of age in the year of competition and 5 years of age for State competition.
- The minimum age to train at Peak in the Senior Acrobatics Program is 9 yrs of age.

2. ACRO Levels – Routines

Levels 1-3

Level 1-3 is comprised of compulsory routines set to music but the choreography in the routine is NOT marked by the judges, only the quality of the skills is assessed.

The music is a training tool for the coaches to help prompt for skills but also pre-train the athletes so that when stepping up into Level 4 the athlete is better prepared as the dance is assessed and marked. Routines are created for Balance and Dynamic that have basic dance in them to assist with learning the skills into a manageable form.

In WA Level 1-3 acrobats have the opportunity to compete at Club Invitationals and some Gymnastics WA State based events.

There are Club training fees, competition fees, possible holiday training fees, and Uniform requirements as per the separate handbook.

Level 1-3: You must train one session per week, and extra trainings may be required leading up to competitions.

Level 4-6

For levels 4-6 there are some compulsory and some optional skills selected from the Gymnastics Australia Levels manual and the FIG Tables of Difficulty. Level 4 and above perform routines to music, at this level there is an expectation that the artistry or dance works with the music as well as high quality skill performance. These routines are created and designed specifically for each group/pair with different music for each.

Level 4 and 5 Acrobats compete balance and dynamic routines at State events and National Clubs Carnival. Level 6 Acrobats compete balance and dynamic routines at State, Nationals and National Clubs events.

Be aware that there are term fees and charges for training during term and holiday sessions, competition fees, and Uniform requirements as per the separate handbook.

You will train multiple sessions per week depending on your level (at least two sessions per week).

Level 7 to 10

For Levels 7 to 10 all skill selection is optional selected from the Gymnastics Australia Levels manual and the FIG Tables of Difficulty. Level 7 Acrobats compete balance and dynamic routines at State and National events. Level 8-10 Acrobats compete balance, dynamic and combined routines at State and National events. International stream athletes follow the FIG Code and can compete at State, National and International events.

As per level 4 to 5, fees and uniform requirements are all the same International Stream.

The International Program has 4 categories. Junior 11 – 16, Junior 12-18, Junior 13 – 18 and Senior. The international stream has been structured for elite or advanced athletes.

Certain requirements and age limits apply to each category (see your coach for more details).

3. Commitments of both Gymnasts and Parents

Acrobats need to be aware that when you commit to joining a group/pair, that other people are relying on you and that by not coming to training or pulling out of your group etc you affect their training also. Skills – group/pair, Individual skill level, artistry ability, personalities, height, size, ability, training days, and training & competition goals are all taken into consideration when forming groups/pairs.

• Hours per week – ACRO

- Levels 1 & 2: 1 x 2.5 hr session + Optional 2 hr session ACRO
- Level 3: 1 x 2.5 hr session & 1 x 2 hr session ACRO Level
- Levels 4 to 6: 2 sessions per week (5 - 6 hrs)
- Levels 7 and +: at least 3 sessions per week (10+ hrs)

• What to wear for Training?

Athletes are encouraged to wear leotards, bike pants or shorts for all training sessions. Crop tops and full-length singlets are permitted. All items need to hug the athlete's body to allow coaches to see the shapes the athletes are making during training.

Suggested contents for your training bag:

- Water bottle
- Chalk (powder or liquid)
- Strapping tape / K Tape
- Socks
- Snacks
- Pen & Diary
- First Aid kit
- Spare hair ties

- What to wear for Competition?

For competition, acrobats require the following:

(Please check Uniform handbook) Levels

1-3: ACRO DEV

- Squad competition leotard
- matching scrunchie
- the club polo ACRO shirt.

Level 4-7:

- require two competition leotards to match up with music/dance for each routine.
- Full club tracksuit

Level 8+:

- require three competition leotards to match.
- Full club tracksuit

Club Uniform is purchased from Peak Trampoline.

All competition leotards are organised through the senior coaches. ALL leotard designs and music choice MUST be approved by a Senior Coach

1.

I. APPENDIX SECTION

Appendix 1: TIMETABLE

| | | | |
|---|--|---|--|
| TPR: <ul style="list-style-type: none"> - Development - Squad TPR - Peak Future - High Perform | DMT: <ul style="list-style-type: none"> - Development DMT - Squad DMT | Tumbling: <ul style="list-style-type: none"> - Development Tumbling - Squad Tumbling | Acro: <ul style="list-style-type: none"> - Development Acro - Senior Acro |
|---|--|---|--|

| | Rec Tramp | Squad Tramp | Acro/Tumble | Rec Tramp | Squad Tramp | DMT | Acro | Rec Tramp | Squad Tramp | Tumble | Rec Tramp | Squad Tramp | Tumble | Acro | Squad Tramp | DMT | Acro/Tumble | Rec Tramp | Squad Tramp | DMT | Acro | TUM |
|---------|----------------|-------------|----------------|----------------|-------------|-----------|-------------|----------------|-------------|------------|----------------|-------------|------------|-------------|-------------|-----------|-------------|-----------|-------------|--------|--------|--------|
| | Monday | | | | | | | | | | | | | | | | | | | | | |
| 6.30am | 6:30 | 6:30 | Senior Acro | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 | 6:30 |
| 7am | 7:00 | 7:00 | | 7:00 | 7:00 | 7:00 | JLR @ JLR | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 |
| 7.30am | 7:30 | 7:30 | | 7:30 | 7:30 | 7:30 | invite only | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 | 7:30 |
| 8am | 8:00 | 8:00 | | 8:00 | 8:00 | 8:00 | | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 | 8:00 |
| 8.30am | 8:30 | 8:30 | | 8:30 | 8:30 | 8:30 | | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 | 8:30 |
| 9am | 9:00 | 9:00 | | 9:00 | 9:00 | 9:00 | | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 | 9:00 |
| 9.30am | 9:30 | 9:30 | | 9:30 | 9:30 | 9:30 | | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 | 9:30 |
| 10am | 10:00 | 10:00 | | 10:00 | 10:00 | 10:00 | | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 | 10:00 |
| 10.30am | 10:30 | 10:30 | | 10:30 | 10:30 | 10:30 | | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 |
| 11am | 11:00 | 11:00 | | 11:00 | 11:00 | 11:00 | | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 |
| 11.30am | 11:30 | 11:30 | | 11:30 | 11:30 | 11:30 | | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 | 11:30 |
| 12am | 12:00 | 12:00 | | 12:00 | 12:00 | 12:00 | | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 | 12:00 |
| 12.30pm | 12:30 | 12:30 | | 12:30 | 12:30 | 12:30 | | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 |
| 1pm | 13:00 | 13:00 | | 13:00 | 13:00 | 13:00 | | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 | 13:00 |
| 1.30pm | 13:30 | 13:30 | | 13:30 | 13:30 | 13:30 | | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 | 13:30 |
| 2pm | 14:00 | 14:00 | | 14:00 | 14:00 | 14:00 | | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 | 14:00 |
| 2.30pm | 14:30 | 14:30 | | 14:30 | 14:30 | 14:30 | | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 | 14:30 |
| 3pm | 15:00 | 15:00 | | 15:00 | 15:00 | 15:00 | | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 | 15:00 |
| 3.30pm | 15:30 | 15:30 | | 15:30 | 15:30 | 15:30 | | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 | 15:30 |
| 4pm | ibounce | Dev TRP | Dev TUM | ibounce | Dev TRP | Squad DMT | Junior Acro | ibounce | Dev TRP | Rec Tumble | ibounce | Dev TRP | Rec Tumble | Junior Acro | Dev TRP | | Dev TUM | Finish | Finish | Finish | Finish | Finish |
| 4.30pm | | | | | | | | | | | | | | | | | | | | | | |
| 5pm | ibounce longer | Squad TRP | Squad & PF TUM | ibounce longer | Squad TRP | | Senior Acro | ibounce longer | Squad TRP | Dev TUM | ibounce longer | Squad TRP | Rec Tumble | Senior Acro | Squad TRP | Squad DMT | Senior Acro | | | | | |
| 5.30pm | | | | | | | | | | | | | | | | | | | | | | |
| 6pm | | | | | | | | | | | | | | | | | | | | | | |
| 6.30pm | Open Session? | | | Teen bounce | | | | Teen bounce | | | Teen bounce | | | | | | | | | | | |
| 7pm | | | | | | | | | | | | | | | | | | | | | | |
| 7.30pm | Finish | Peak Future | | Finish | Peak Future | | | Finish | Peak Future | | Finish | Peak Future | | Finish | | | | | | | | |
| 8pm | | | | | | | | | | | | | | | | | | | | | | |
| 8.30pm | 20:30 | Finish | Finish | 20:30 | Finish | | Finish | 20:30 | Finish | Finish | 20:30 | Finish | Finish | 20:30 | 20:30 | 20:30 | 20:30 | 20:30 | 20:30 | 20:30 | 20:30 | 20:30 |

2. **Appendix 2: CODE OF CONDUCT – GENERAL**

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

- The Training 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.
- 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 Earth's resources by relying on disposable cups.
- Long hair must be tied back, this is a for SAFETY of athletes.
- 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.

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Appendix 3: CODE OF CONDUCT ATHLETE

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.

Appendix 4: CODE OF CONDUCT COACHES

At Peak Trampoline all coaches will adhere to the Coaches Code of Ethics published by Gymnastics Australia and Gymnastics Western 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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Appendix 5: OFFICE & FINANCE

Policy Title: SQUAD PROGRAM FINANCIAL POLICY

Policy Number: 4

Date of Issue: December 2018

Date of Last Update: November 2021

Controlling Body PEAK Board and Senior Coach/Club Manager

1. PURPOSE

PEAK Trampoline is committed to fair and ethical business practices. 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 squad program offered to members engaged in competitive Trampoline, Tumbling and Acro sports training and billed as a fee in advance for each month of training.

2.2 Tuition fee

The fee charged for participation in a squad program for each month or part thereof.

2.3 GWA 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.

2.6 Coaches Competition Levy

This is a fee charged to all competitors for the competition season. 2.7

Gold Coast Caches Levy

This is a fee charged to all competitors travelling to the National Clubs

3. POLICY APPLICATION

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

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. TUITION FEES

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

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

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6.3 **The tuition fees will be increased at the start of each calendar year in line with the average CPI increase.**

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

8.1 Make up sessions will be given at the discretion of the Senior Coach/ Club Manager.

8.2 Make up session will take place during the school holiday period.

8.3 Make up sessions will not be given for competition weekends

8.4 A medical certificate must be produced to the Senior Coach/ Club Manager or Administration Officer for makeup sessions to be allocated.

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 or withdrawal.

10.2 A member who has provided their intention under 10.1 may continue to train for that one (1) month at the coach's discretion.

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) week'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.

11. 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 sixty (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.

12. 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 13.1.2 required by law.

6. Appendix 6: 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.
- Make up sessions will be facilitated on the production of a note from the doctor or physiotherapist.

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

The GWA fees are more likely to change for 2022 (January).

For your information, please find below the 2021 fees.

- There is an annual \$75 Gymnastics WA athlete fee which is the membership to Gymnastics Australia and insurance. PEAK membership will be \$55. Total \$130.
- 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.
- Monthly Training Fees

For 2022, the squad training costs have been increased by 1.75% to cover the increase in coaches' salaries.

| 1.5 hrs per session | Per month | Per session |
|----------------------------|------------------|--------------------|
| M x 1 per week | \$110 | \$28 |

| | | |
|----------------|-------|------|
| M x 2 per week | \$208 | \$26 |
| M x 3 per week | \$244 | \$20 |
| M x 4 per week | \$302 | \$19 |
| M x 5 per week | \$342 | \$17 |
| M x 6 per week | \$360 | \$15 |
| M x 7 per week | \$417 | \$14 |
| M X 8 per week | TBD | |

CONGRATULATION AND WELCOME!!

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

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

All squad members will follow a disciplined trampoline sports and Strength & Conditioning program.

Training is ongoing all year long with 3 weeks closure per year in total.

The closures will be 2 weeks at Christmas and 1 week in the July school holidays a further week will be at the discretion of the Club Manager/Peak Board.

Please take time to read through your squad package.

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.

Please tick which disciplines your athlete will train for and compete in 2022 and we will make sure you are allocated sessions to facilitate multi discipline training:

- Trampoline
- DMT
- Tumbling
- Acro

ATHLETE NAME & DATE (please print)

PARENT/GARDIAN NAME & DATE (please print)

PARENT/GARDIAN SIGNATURE (please sign)

SENIOR COACH / CLUB MANAGER: - Nicola Wood
