

CAROLINA ELITE

TRAMPOLINE & TUMBLING



TEAM HANDBOOK 2024-2025



WELCOME!

Welcome to the Carolina Elite Competition Team!

We don't know if you were looking for a new family when you joined team, but you certainly found it! We are here for you and your athlete no matter what for the duration of their time in the sport... and often beyond!

We are so excited that you have decided to join us! We are truly in this business to see our athletes grow to become successful kids inside and outside of the gym.

We do not see our job as building up skills, medals, or championship titles... We see our job as building up people. To us, there is no greater investment than the one that we get to make in the lives of our students and to help point their paths in the right direction: that is, a journey defined by the confidence to reach higher with every new opportunity.

If we can get students to believe in themselves, work methodically and passionately towards their goals, and to lift others with them along the way—then we have succeeded.

***If we first build winning attitudes and winning philosophies,
then winning competitions will naturally follow.***





Our Coaches



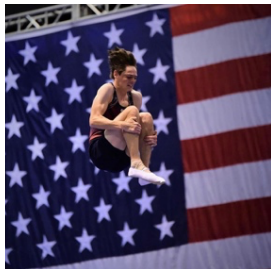
Coach Nick

Coach Nick is the director for the trampoline and tumbling team. Nick has been coaching since 2007 and has helped thousands of athletes in their gymnastics journey—from recreational beginner classes to the international victories. Once upon a time, Coach Nick was also an elite athlete in trampoline and tumbling too, winning dozens of titles including the 2010 national championship. He also serves the USAG community nationally as a category 1 gymnastics judge, as the North Carolina State Administrative Chair, as a representative on the regional board for T&T, as the USA Gymnastics Elite Committee chair, and as a Team USA National Coaching staff member.



Coach Trevor

Coach Trevor is an elite level athlete with success from local to the international stage. His passion is to elevate the sport to new heights, to become a role model, and guide athletes seeking success in trampoline. As a World Championship Team silver medalist, 2023 World Age Group Silver medalist, 2022 Pan American Champion and 2021 National champion, Coach Trevor has traveled the world for this sport. Coach Trevor is a multiple-time team USA and national team member, who has trained with the top coaches in the world and is excited to share all his experience and knowledge to Carolina Elite athletes.



Coach Aaron

Coach Aaron is an international Team USA competitor, 2023 Elite National Champion for Men's Double Mini Trampoline, and 4x USA elite national medalist. Coach Aaron brings a fun and uplifting atmosphere to every workout and strives to help athletes reach for the stars! Coach Aaron is also a multiple time state champion, regional champion, and a USA certified competition judge.



Coach Grace

Coach Grace is an elite level athlete, member of the SR National Women's Double Mini Team, and 2024 World Championships bronze medalist on Double Mini Trampoline. Gracie helps uplift the athletes around her to higher heights as she models the way of attitude, focus, and resilience. Grace is also a 2x national synchronized trampoline champion for USA.



Team Groups

We are so proud of our team athletes and all that they have accomplished. To help our athletes grow in the sport, we have dedicated training groups that are based primarily on skill and age.

Having different training groups ensures that your athlete will get direct attention from our team coaches and will be given developmentally appropriate conditioning, strength training, skill progressions, and routine work. Training groups also help foster a great team synergy. These groups are assigned at the discretion of our coaching staff.

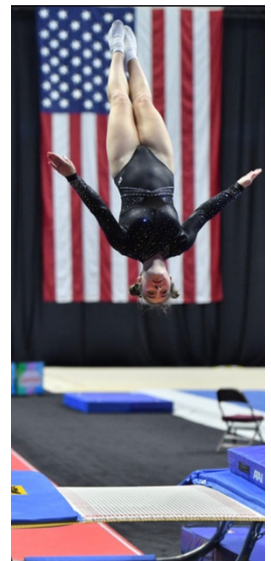
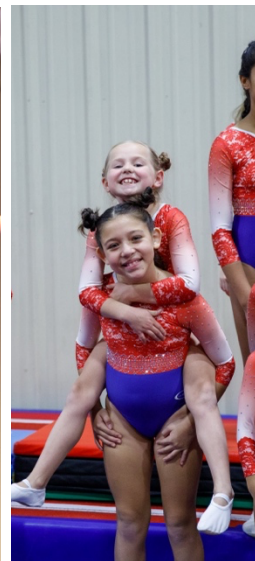
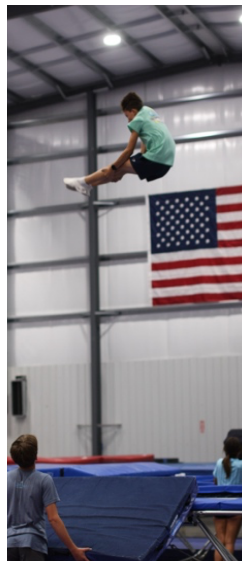
Group 1: Tuesday / Thursday 4:30 – 6:30 PM and Saturday 9:00 – 11:00 AM

Group 2: Monday / Wednesday / Friday 4:30 – 6:30 PM

Group 3: All Weekdays 6:15 – 8:45 PM

Elites: Weekdays 1:00 – 3:30 PM / Saturday 10:30-12:30 (Elite Travelers)

Training times may be altered at different points in the season based on the needs of the team and the availability of coaching staff. Trainings may be combined or cancelled when multiple athletes and coaches are out of town for an event.





Training Dress Code

Girls Training at CETT	Competition Attire for Evening Trainings	<i>Leotard. May wear shorts. Must have socks or trampoline shoes. May wear T-shirt over leo during warm up.</i>
Guys Training at CETT	Competition Attire for Evening Trainings	<i>Singlet, Compression Shirt, or fit T shirt tucked-in; Non baggy shorts resting higher than the knee; socks or trampoline shoes.</i>
Coaching Staff at CETT	Competition Attire for Evening Trainings	<i>Athletic pants or shorts along with gym-branded apparel or shirts from team events/competitions.</i>

COMPETITION APPAREL SCHEDULE

Before competition or team events, athletes and parents will be given an apparel schedule. In this case, all team members will be expected to follow the schedule and match with their team.

This schedule will look something like this:

Friday COMPETITION – Whites



Saturday COMPETITION -- Blues



Apparel Schedule will vary from event to event!



Payments

Tuition

Tuition is processed on the 1st business day of each month. We require auto-draft for ALL team programs. You may check your account statements at any time on our online customer portal. Tuition will not be prorated for lack of attendance or cancelled practices due to weather or meet season.

Competition Team Training Groups	Workout Hrs Per Week	Monthly Tuition
Group 1 & 2 <i>(2 Hour Training Groups)</i>	2 Workouts / Week	\$220.00
	3 Workouts / Week	\$250.00
Group 3 <i>(2.5 Hour Training Groups)</i>	3 Workouts / Week	\$270.00
	4 Workouts / Week	\$290.00
	5 Workouts / Week	\$320.00
<i>Staff & Elites</i>		<i>See Nick</i>

USA Gymnastics Membership

USAG Fees: Competition team athletes will also need to hold additional, separate annual membership with USA Gymnastics. Annual USAG Membership online is \$71 annually and includes access to USAG events / secondary insurance at events and a plethora of educational tools to ensure a safe and progressive learning environment at all member clubs. First time members have an introductory rate of \$25 for the first year with USAG. Parents do not need paid memberships with USAG.

Competition Entry Fees

In addition to practicing, our athletes will attend many “meets” throughout the season. These meets will range from in-house meets and local events to major multi-state/national/international competitions.

Note that each meet that we attend carries an additional charge beyond tuition. Competition Entry Fees are most often NON-REFUNDABLE as the payment will go directly to a host club of the event. In the case of injuries, most meets will offer partial refunds depending on notice date.

Competition Fees are charged in 5 payments:

1. Competition coaching costs & uniform.
2. Early season events for which you choose to register.
3. Late season events for which you choose to register.
4. Championships (States, Regionals, Elite Challenge)
5. National Championships, if so qualified.

The breakdown of meet season payments can be seen on the following chart:



Season's Competition Fees

Annual Team Registration Due September 3rd.

Returning Athletes: \$330*

New Male Athletes: \$370*

Returning Female Athletes: \$440*

New Female Athletes: \$480*

**Team registration is the annual cost to join the team for the upcoming competition season. This cost includes uniforms for new students, uniform upgrades for returning students, travel expenses for coaches for competitions, and team equipment upkeep.*

Carolina Elite Clinics	Date	Location	Who can attend?	Cost	Registration Deadline
NC State Clinic	November 9th-10th, 2024	CETT	Open Invite	\$ 125.00	A La Carte
Christmas Clinic	December 28-29, 2024	CETT	Open Invite	\$ 125.00	A La Carte
Summer Clinic	TBD	CETT	Open Invite	\$ 125.00	A La Carte

Competition	Date	Location	Who can attend?	Cost	Registration Deadline
Jump'n Pumpkin (Mobility Meet)	October 20th	CETT	<i>Must attend all in house events (blue), unless approved by Coach</i>	\$ 75.00	October 1st
Super Meet (Mobility Meet)	December 8th, 2024	CETT		\$ 75.00	
Ozone	January 17 – 19, 2025	Knoxville	Open Invite	\$ 175.00	Nov 15th
ACTTI	January 24 – 26, 2025	Greensboro	Open Invite	\$ 175.00	
Galaxy Cup (Invitational)	February 23rd, 2025	CETT		\$ 75.00	
Winter Classic	March 6th-9th, 2025	TBA	<i>Open Invite / Required Event for Level 10 & Elite</i>	\$ 200.00	Jan 24th
Trampoline Swag Invitational	March 22-23, 2025	CETT		\$ 100.00	
NC State Championships	April 4-6, 2025	CETT		\$ 200.00	March 1st
Elite Challenge	May 8-11, 2025	TBD	Level 10 & Elite / Required for Elites	\$ 200.00	
Regional Championships	May 15-18, 2025	Mobile, AL	Open Invite	\$ 200.00	
USA Gymnastics Championships	June 16-21, 2025	TBA	Qualified Level 8+	\$ 400.00	
Stars & Stripes	July 10-13, 2025	TBA	Qualified Level 5-7	\$ 400.00	May TBA

Important Elite Calendar Dates:

SR TRA Camp	January 28-February 3, 2025	TBA	SR TRA
JR SR Nat Team Camp	March 14-17, 2025	TBA	JR SR Nat Teams
SR TRA Camp	April 11-14, 2025	TBA	SR TRA
JR Pan Am Games	July 11-12, 2025	Asuncion, Paraguay	JR Assigned
World Games	August 7-17, 2025	Chengdu, China	SR Assigned
JumpStart / EDP Camp	September 6-8, 2025	TBD	Assigned Team after Gym Champs
WAGC Prep Camp	October 17-20, 2025	TBD	WAGC Team
WC Prep Camp	October 29 - November 2	TBD	WC Team
World Championships	November 3-9, 2025	Pamplona, Spain	WC Team
World Age Group Championships	November 10-16	Pamplona, Spain	WAGC Team



Withdrawal Policy

Of course, we always hate to see friends leave, but we also understand that everything has its season—and we are grateful for the time in your athlete's life that we had.

Drop Procedure:

Parents must notify Carolina Elite that they will be dropping enrollment via our Google Drop form. A link to this form is available on the website and at the request of an office staff. Telling a coach on the floor or other parents on team does not qualify as notice.

Our tuition payments are based on enrollment, not attendance. Once enrolled, we will hold your child's class spot exclusively for your child and you will therefore be assumed as enrolled and billed as enrolled until we have the virtual drop notice stating otherwise. Even if you do not attend a class, we were still there to coach it.

Athletes will not be charged for tuition once they drop enrollment, but they will also not be refunded for meets or training that they registered for but will no longer attend because of their dropped enrollment.

Make-Up Policy

Consistent attendance is very important to your athlete's growth. We are present to coach whether your athlete attends workout or not. We plan for our athletes whether your athlete attends or not. As a general rule, after years of learning and logistical realities, **we only offer 1 make up per month for team to be used at the Coach's discretion.**

Please do not ask for an exception to this rule.

Injuries & Tuition?

Short term injury: less than 1 month // Long term Injury: more than 1 month

In the case of a short-term injury, athletes are expected to take care of their bodies in and out of the gym to help facilitate healing. They may attend workouts still but modify their training plans or focus solely on strength and flexibility. In these cases, athletes will remain enrolled with no pause to tuition.

In the case of a long-term injury, athletes are expected to take time away from the gym to rest, recover, and work through third party physical therapy if appropriate. In these cases, athletes will be unenrolled from the program and tuition will be stopped until they are ready to return to team trainings. In the case of a long-term injury, we must have a doctor's note allowing the athlete to return to training.



Private Lessons

Private Lessons are available from any of our team coaches. This is a special time of accelerated learning with one-on-one attention from the coach. These are great for perfecting form before a competition, gaining confidence on a new skill apart from the pressure of peers, and learning entire routines.

Private Lessons must be scheduled with one of the Carolina Elite team coaches that currently work with your athlete on a day-to-day basis. Any Private Lessons held by a coach that is not your athlete's coach must be approved by your athlete's coach. This includes coaches at Carolina Elite and outside of Carolina Elite. This is to ensure that they are working on and practicing the correct technique that we require during regular workouts, as well as to promote athlete safety through proper progressions.

Our TEAM private lesson rate is \$60 / hour.

How We Will Communicate with You:

We will do our best to make sure that all our team parents stay informed, but as we grow this becomes an increasingly difficult task. So please help us by getting on the same “wavelength” and stay continually updated through our emails.

During competitions, we will communicate via whatsapp. Please download this application and be ready to use it for logistics at the event. During meets, it is not meant to be a social hub, but rather an information and logistics hub.

Please remember that our job's primary hours from 1:00 – 9:00 is to coach the athletes, not hold meetings. In-between classes may be a great time to say hello and touch base, but if there is a substantial topic to address, please contact us to talk about it outside of our coaching hours. This way you will get our full attention during that conversation, and the athletes will get our full attention during workouts!

We are a USA Gymnastics (USAG) Member Club. What that means:

USA Gymnastics is the national governing body for all of gymnastics in the states. This means that they set the rules for competitions and routines, they sanction competitions and invitationals locally, nationally, and internationally and they are the pipeline for the world level and Olympic Team USA.

We have met all of the requirements and are officially a “USA Gymnastics Member Club”—meaning that we are allowed as a gym to participate in any USA Gymnastics event... (every competition). Each of our team coaches are also required to be USA Gymnastics members in good standing, meaning that they have met educational requirements, background screenings, and certain safety certifications, and they adhere to the coaches' ethics of USAG, including SafeSport guidelines.



Training Content / What to expect from a teamwork out on our team!

There are many things that go into growing athletes to become better gymnasts and better people. Our workouts will not always run the same, but most of our workouts will have the following elements within them:

Strength Training: Strength is the basis for gymnastics and the number one deterrent to injury. Without strength everything else is impossible. Many of our workouts will include “conditioning” which is mostly body weight workouts designed to make our kids stronger.

Flexibility Training: Flexibility development is essential to the long-term success of our gymnasts. In every single workout, our athlete will stretch to prep for workout, to practice the positions they will soon be doing in the air, and to work to avoid injury and manage risk.

Skill Training: Cartwheels, handsprings, front flips, twists: These are examples of common skills that athletes must master in trampoline and tumbling.

Routine Training: Once athletes have developed their strength and flexibility and learned a set of skills, they will begin putting everything that they have learned into a “routine” or a “pass.” Of course, mastery of routines is difficult and often requires many repetitions before it is competition ready.

Character Training: We realize that you have given us a gift in letting us coach your child. You have given him or her into our care for hours each week in hopes that we will invest our knowledge and passion into them so that they can grow. The character of your child is vitally important to us, and we will address all kinds of topics with them from sportsmanship to discipline, to time management, to respect for peers and coaches, to winning and losing with grace.

When Practice May Be Cancelled

Practices can be canceled when our team coaches are away at a meet or clinic in which the Carolina Elite T&T athletes are participating. Practice will only be held if there is a coach that is available and has T&T knowledge. Monthly Tuition will not change due to a canceled practice.

Team will be off for a

- Summer break (4th of July Week) and
- Winter break (Christmas – New Year’s Week)

The team coach may also cancel practices the *first day* after competition to allow recovery and rest time for everyone, especially when the event is out of state. Monthly Tuition will not change due to a canceled practice.



A Note about parents coaching gymnastics skills:

Parents have the most vital role in their gymnast's progress, from encouragement, to logistics, and beyond. **But please refrain from correcting the form or technique of your athletes. Additionally, Parents may not coach from the door or through the windows. If this is too difficult to follow, it may be best to drop your athlete off for workout and only watch practice from time to time.**

Your role as a parent is VITAL to your athlete's success. Your role is to cheer them on, to be interested in their progress even though you don't know all the details. Your job is to give them space to grow and then check in on them from time to time to celebrate their progress. Your job is to get them to practice on time and financially support their opportunities. Your job is to video their victories and share them with family and friends!

Your job is to be an awesome parent – which, of course, you are already great at! We are teammates on this journey, and we are looking forward to the adventure together...

Also, Please respect that our coaches work very hard at what they do. Teaching athletes and helping them grow is not only our passion, it is our profession and we are very good at it. Our coaches are experts that have accomplished great things in this sport as athletes, as coaches, and as members of the international elite trampoline & tumbling community. Your children are receiving world-class advice from people that have done what they are asking your children to do.

Therefore, it undermines our coaching authority when parents tell their kids contradictory corrections from what our coaches are saying. It can also lead to confusion and that leads to safety issues. Beyond that, calling out across the gym during a workout will distract other athletes on the floor too and it will distract coaches on the floor, forcing them to consider confronting the distraction.

If you have questions or comments about our coaching or teaching style, please inform us and schedule a time outside of training time to consult us directly.

Parents should not need to attend every workout, and are encouraged to only check in on their athletes from time to time.

THANK YOU for the opportunity to serve your child and your family!



Consequences for misbehavior on competition team, Inside and Outside of the gym.

Your actions as members of our team in the gym, outside of the gym, and in the cyber world reflect on yourselves and your team.

Scenarios include but are not limited to:

Low Severity	<ul style="list-style-type: none"> • Warning • Possible Loss of short-term practice time (1 - 4 workouts) • Written apology • Parent meeting
Moderate Severity	<ul style="list-style-type: none"> • Loss of short-term practice time (1 – 4 weeks) • Possible Temporary Loss of competition privilege • Written apology • Parent meeting
High Severity	<ul style="list-style-type: none"> • Long term suspension from team or dismissal • Potential inclusion of USA Gymnastics Center for Safe Sport and Local Law Enforcement • In house senior management, with the potential help of third party resources, will collectively investigate high severity instances and vote on appropriate discipline.

Verbal/Emotional	Severity/First Offense	Physical	Severity/First Offense
Poking fun	Low severity	Hitting and slapping during horseplay	Low severity
Casual gossiping	Low severity	Obscene gestures	Moderate
Deliberate exclusion	Low severity	Throwing objects to induce fear	Moderate
Name calling	Low to moderate severity	Using technology with intent to alter photos, spread rumors, lie, or deliberately humiliate	Moderate to High severity
Inappropriate language toward others w/out personal attack	Moderate severity	Throwing object with intent to make contact	High severity
Jokes, innuendos that target race, disability, ethnicity or sexual orientation w/out direct focus	Moderate severity	Locker room bullying that involves harassment in the shower or while changing clothes	High severity
Ethnic or racial slurs	High severity	Hitting and slapping w/intent to hurt	High severity
Comments that target a disability	High severity	Locking in a room, locker, or deliberate isolation	High severity
Comments that target sexual orientation/preference	High severity	Cyber threat	High severity
Verbal threats of violence	High severity	Stalking or cyberstalking	High severity



Code of Conduct Guidelines - Parents

Carolina Elite Trampoline & Tumbling Team

Carolina Elite parents play an important role in their child's commitment to our program. It is a good reminder to parents to observe a Code of Conduct that we are mutually on the same page as each other, uniting for a common goal in improving our children. We desire not only to have great athletes but great families who care about upholding our high standards as ambassadors for our gym.

1. I will respect my child's coaches and trust their decisions. I will allow the Carolina Elite coaches to exercise their coaching skills and **I will not interfere with practices.**
2. I understand that this is a full season commitment and that the team is depending on my child to fulfill his/her responsibilities as a team member.
3. If my child is involved in a matter of disrespect towards any member, athlete, staff, or volunteer, or any member of any other gym, I will help investigate and resolve this problem with my child immediately.
4. I will demonstrate good sportsmanship towards my child's teammates, other parents, coaches, judges, *and rival teams*. This includes not bad-mouthing, spreading rumors, foul language, inappropriate actions, and speaking poorly of the Carolina Elite Program.
5. I will always respect my coaches and coaches' helpers. This includes only training with Carolina Elite staff at the Carolina Elite gym unless I have specific permission from the Head Coach to do otherwise.
6. I will not post anything derogatory about other athletes, coaches, or Carolina Elite, or of any other gym or competitor on social media.
7. I understand and support the right of Carolina Elite coaches to appropriately discipline my athlete for behavioral issues in practice and competition when rules and codes of conduct are broken. This includes temporarily suspending participation if necessary.
8. I will commit to consistently having my athlete at practice on time.
9. I will commit to providing tuition and competition registration payments on time.
10. I understand that if I or my child fail to uphold the policies of this team, my child may be removed from the team program.



Code of Conduct - Athletes

Carolina Elite Trampoline and Tumbling Team

Carolina Elite athletes will be held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goals and their personal goals. Parents should read through the following obligations with your athlete explaining each one. Both parent and athlete should sign at the bottom agreeing to uphold each standard.

1. I understand that this is a full season commitment and that a team is depending on me to fulfill my responsibilities as a team member.
2. If I have a difficult issue that I cannot solve on my own, I will seek council from a coach and parent to help solve the issue and not encourage it to grow.
3. I will come to practice with a positive attitude and work hard to achieve personal goals and help my team to reach the team goals that my coaches have set.
4. I will demonstrate good sportsmanship to my teammates, parents, coaches, judges, and rival teams. I will not bully, haze, badmouth, spread rumors, or use foul language.
5. I will respect my coaches and coaches' helpers at all times. This includes only training with Carolina Elite staff at the Carolina Elite gym unless I have specific permission from my Coach to do otherwise – on each occasion.
6. I will respect myself and take care of my body. I will not use alcohol, drugs, or tobacco. I will eat properly to nourish my body. I understand that I will be dismissed from the team if caught drinking, using drugs, or smoking underage.
7. I will respect myself and take care of my body to prepare it well for competitions. This includes being responsible with free-time at competition, going to sleep on time, and eating healthy to fuel my body for top performance while representing myself and my team.
8. I will come to practice on time. I understand that attending every workout possible is important for my growth as an athlete. If I am late for a workout, I understand that I am responsible to make up any warm up/stretching/conditioning before joining the group.
9. I understand that if I am not performing appropriately or safely on an event before a competition, that my coach may scratch me on that event in the interest of my health and safety.
10. I understand that because of SafeSport policies, I will not privately communicate with my coach through private messaging media such as text, Facebook messenger, or Instagram. If communication is necessary, any private communication outside must also include my parents.
11. I will follow USA SafeSport guidelines in all relationships at the gym, ranging from how I interact with my peers to staff to event officials and beyond.

I understand that if I break any of these policies, depending on the severity of the rules broken, there will be consequences including possibly loss of practice time, loss of competition privileges, or even for severe circumstances, dismissal from the team.

This must be agreed to at the start of each season via google form.