Mission Statement

TO DEVELOP EXCEPTIONAL UNIVERSAL ATHLETES AS WELL AS EXTRAORDINARY INDIVIDUALS

2013-2014

TRAMPOLINE & TUMBLING TEAM
ATHLETE AND PARENT HANDBOOK

The Matrix
3228 Leeman Ferry Road
Huntsville, AL 35801

256-533-5599
www.thematrixgym.com
info@thematrixgym.com
The Matrix T&T Team Best Athlete Results

2013

**JO National Championships**
Garrett George, National Champion, Level 9, Age 10 and under, Tumbling
Garrett George, National Champion, Level 9, Age 10 and under, Double-Mini Trampoline
Garrett George, Silver Medal, Level 9, Age 10 and under, Trampoline
Caroline Judge, Silver Medal, Level 10, Age 17 and up, Trampoline
Connor Goodson, Silver Medal, Level 5, Age 7-8, Trampoline
Isabella Griffin, Silver Medal, Level 6, Age 7-8, Double Mini Trampoline
SyAnn Hughes and Katherine Jones, Silver Medal, Level 10, Age 15-16, Synchronized Trampoline
Anna Cate Goodson and Isabela Opiniano, 5th place, Level 9, Age 11-12, Synchronized Trampoline

**Junior National Tumbling Team**
Jeremiah Childs

**National Jump Start Team Members**
Garrett George, Isabela Opiniano, and Alea Byrne

2012

**JO National Championships**
Garrett George, National Champion, Age 10 and Under, Tumbling
Garrett George, National Champion, Age 10 and Under, Double-Mini Trampoline
Alea Byrne, Silver Medal, Tumbling
Jeremiah Childs, Bronze Medal, Tumbling
Derrick Matthews, Bronze Medal, Tumbling

**National Jump Start Team Members**
Garrett George and Luke Ferrante

**Olympic Development National Team**
Jeremiah Childs and Derrick Matthews

2011

**JO National Championships**
Garrett George, National Champion, Tumbling
Jeremiah Childs, National Champion, Tumbling

**World Age Group Team Member**
Justin Celeski

**Olympic Development Team**
Jeremiah Childs

**National Jump Start Team Members**
Garrett George and Luke Ferrante

2010

**JO National Championships**
Frankie Tortorigi, National Champion, Tumbling
Maggie Adams, Bronze Medal, Double Mini Trampoline

**World Age Group Team Member**
Jasmyne Brown

**Olympic Development Team**
Jeremiah Childs

2009

**JO National Championships**
Justin Celeski, Bronze Medal, Tumbling
Justin Celeski, Bronze Medal, Double Mini Trampoline

**USA World Championship Team Member**
Jeffery Brown
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● About the Trampoline & Tumbling Program
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Program Outline

About the Matrix
The Matrix became a reality on March 31, 2008 after two years of planning and construction. This 40,000+ square foot facility was born out of the necessity for a state-of-the-art tumbling, trampoline, and cheerleading facility in the North Alabama region. With one family’s vision and the numerous talents and determination of many others, The Matrix became a reality.

The Matrix is now the ONLY facility in North Alabama offering so many programs under one roof! Students and parents alike will find not only a place to train and lead a physically fit lifestyle; they will find a staff that cares about them and their family. The entire staff focuses on making sure every child is reaching their full potential while practicing, by teaching progressive skills through safe and proven training methods.

Coaches came from far and wide to see a facility that is truly like none other in the United States. Our staff is composed of highly trained, motivated individuals who have a passion for trampoline, tumbling, cheerleading, and most of all, children! We truly feel that our amazing staff, combined with our state of the art facility, offers an unparalleled experience for your child! We are honored and humbled at the response to our facility. We truly appreciate the individuals and the families who have decided to make The Matrix their training home.

About the Trampoline & Tumbling Program
The Matrix Trampoline & Tumbling program is designed for boys and girls, ages 4 - 18. Our team offers a great experience for any child wanting to compete in the sport of trampoline & tumbling. The Trampoline & Tumbling Team program requires a 12 month commitment from athletes and parents. The Trampoline & Tumbling team will be required to attend weekly practices, summer camps & clinics, meets & competitions and fulfill the financial obligations in order to participate. Teams will participate in competitions locally, regionally and nationally. Athletes will perform on three apparatuses: trampoline, double-mini trampoline and a tumbling rod floor. Athletes will practice anywhere from 4-10 hours a week depending on their level. Athletes will also participate in unique conditioning programs designed to maximize potential in regards to strength, power, presentation & posture, flexibility, mental conditioning, and aerial awareness.

Trampoline & Tumbling Competitive Team
The competitive T & T Team at the Matrix follows USA Gymnastics guidelines. USA Gymnastics is the umbrella to the following programs: Women’s and Men’s Artistic, Trampoline and Tumbling, Rhythmic, and Acro. T&T team members in the Matrix program compete in three disciplines: Trampoline, Power Tumbling, and Double Mini Trampoline. Athletes may start competing at any age and continue through adulthood. Athletes compete in the age group based on their age as of December 31 of the current year. There are 10 Junior Olympic Developmental levels along with two Elite Levels; Junior and Senior. L1-10 athletes may be any age for competition. The Junior Elite Level requires the athlete to be 12 years old within the competitive year. In order to compete in the Senior Elite Level, the athlete must be 17 years old within the competitive year.

Trampoline was included as an Olympic event in the year 2000. Athletes must be 18 yrs. old by December 31st of the Olympic year. The most elite competition for Power Tumbling and Double Mini is the World Championship. Athletes must be 17 years old within the competitive year to compete in the World Championships. Athletes from age 11 through age 19 may compete in the World Age Group Championships.

Section 2
Coaching Staff
Joy Umenhofer – Trampoline & Tumbling Team Director and Head Coach
With over thirty-five years of coaching experience, Joy is one of the most respected and sought after coaches within the gymnastics community. Joy owned and managed her own gym in Pocatello, ID from 1986-2005. She has been on the USA Gymnastics National Trampoline and Tumbling Coaching Staff since 1993 along with the National Junior Men’s Coaching Staff since 2000. Many athletes achieving national and international success have trained under Joy’s direction including Ryan Weston, 8 time National Senior Men’s Trampoline Champion, and World Age Group Champions Erin Smith and Kirstin McNabb.

Joy was herself a competitive athlete in Trampoline, Tumbling, and Diving. Joy finished sixth in the World Trampoline Championships in 1972 and was the 1979 rhythmic group hoop gymnastics champion. Joy also was a competitive power lifter and was the Wisconsin State Woman Power Lifting Champion in 1983.
Joy has been awarded countless coaching honors throughout her coaching career. Some of those include: 1998 & 1999 USAG Trampoline Coach of the Year, 1997 USAG Tumbling Coach of the Year, and 1991 USAG Junior Olympic Developmental Coach of the Year.

**Nuno Merino- Trampoline & Tumbling Team Coach**

Nuno joins The Matrix staff from Mem Martins, Portugal where he was an Olympic Finalist on Trampoline in 2004 at the Olympic Games in Athens, Greece. He was also a member of the Portuguese Olympic Reserve Team for the 2012 London Olympics and the 2008 Beijing Olympics. He and his synchronized trampoline partner were the World Cup Series Winners in 2011 and he was ranked 3rd at the 2011 World Cup Ranking Podium. Nuno has coached numerous winning athletes, including the 2012 Team Europe Youth Champion and many finalists at the World Age Group Championships. Nuno received his BS in Aeronautical Sciences from Universidade Lusofona de Humanidades e Tecnologia in Lisbon, Portugal.

### Coach Contact Information

<table>
<thead>
<tr>
<th>Coach</th>
<th>Email</th>
<th>Cell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joy Umenhofer</td>
<td><a href="mailto:joyanneu@thematrixgym.com">joyanneu@thematrixgym.com</a></td>
<td>208-406-7704</td>
</tr>
<tr>
<td>Nuno Merino</td>
<td><a href="mailto:nunom@thematrixgym.com">nunom@thematrixgym.com</a></td>
<td>256-655-9607</td>
</tr>
</tbody>
</table>

### Section 3

**Training Groups and Competitive Teams**

**Training Groups**

Training groups are created by the coaches. Each athlete’s skill level, ability level, discipline, and strength are assessed and taken into consideration when determining training groups. Athletes are required to train with their assigned group.

**Competitive Levels**

Competitive levels and requirements are determined by USA Gymnastics. Athletes may start competing once they reach Level 4. USA gymnastics requires athletes to pass mobility scores to move from one level to the next and the State Director tracks these mobility scores starting at Level 7. Athletes at Level 5 through 10 can compete at the Regional Championships; if qualifying is reached at Regionals, athletes can compete at USAG Junior Olympic National Championships. All Elite Level athletes, meeting the qualifying standards, will compete in the US Visa Championships.

**Mobility through the Levels**

Mobility scores must be reached at a USAG sanctioned event (Local, State, Regional or Invitational Event) to move to the next level. The coach will determine if a student is ready to compete at the next level and the coach’s decision is final.

**Qualifying For US Championships**

Level 5 through Level 10 athletes must compete in two sanctioned events (sometimes called pre-qualifiers) in order for their scores at State or Regionals to qualify them for the US Championships. US Championship qualifying scores have been determined by the USA Gymnastics JO Technical Committee.

Junior and Senior Elite Athletes must compete in two sanctioned events and achieve the qualifying requirements at the Winter Classic or Elite Challenge to qualify for US Visa Championships.

**Note: Mobility Scores and requirements are usually higher than the National qualifying standards.**

**Coaches Decisions are FINAL**

The Matrix T&T coaches’ decision on placement of your child within Trampoline & Tumbling Team is FINAL. Our coaches are professionals and will place the athletes where they are most qualified for the team.

### Section 4

**National Team & International Competitions**

**National Team**

The Matrix Trampoline and Tumbling Team embrace the opportunity for athletes to become USA National Team Members. A USA National Team member is an athlete who has attended USAG sanctioned competitions and has been awarded enough points to
qualify for a team. Teams are divided by age and difficulty of skills performed. For more details: usagym.org/pages/tt/pages/index.html

Note: When an athlete’s scores at a competition qualify him or her, for World Age Group National Team or World Championship National Team, that day the athlete is assigned to their respective national team. When assigned it is the financial RESPONSIBILITY OF THE ATHLETE to make payment for the Matrix coach and him or herself. Especially, when an athlete is approaching the age and points necessary to qualify for these national teams should the fees associated be considered.

<table>
<thead>
<tr>
<th>Team</th>
<th>Skill Level</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump Start National Team</td>
<td>5-10</td>
<td>8-10yrs</td>
</tr>
<tr>
<td>Description: Athletes who competed in JO National Championships may test at a club level then qualify to state, regional, and national testing where they will be selected to the National Team.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Olympic Development Program</th>
<th>9-10</th>
<th>11-14yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description: Athletes qualify by points earned at Elite Challenge, Stars and Stripes, and the JO National Championships. Athletes making the ODP Team will compete in an international exchange camp in August, and possibly travel internationally for a youth competition.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Junior National Team</th>
<th>Junior Elite</th>
<th>12-16 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description: Athletes are named to team by points of USAG designated competitions.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>World Age Group National Team</th>
<th>Junior Elite and Senior Elite</th>
<th>12-19 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description: Qualification for WAG National Team is by points acquired at USAG designated competitions. USAG has the right to assign athletes to WAG Team. USAWAG Team competes at the World Age Group Championship in November.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Senior National Team</th>
<th>Senior Elite</th>
<th>17 yrs +</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description: Athletes are named to the team by points acquired at USAG designated competitions. Trampoline athletes are funded to international competitions as well as National training camps upon assignment.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>World Championship National Team</th>
<th>Senior Elite</th>
<th>17 yrs +</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description: Athletes are named to team by points acquired at USAG designated competitions.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

International Competitions
Any athlete qualifying for an international competition will be responsible for all coach expenses. NO athlete may attend an international competition without a personal coach. The personal coach will be selected by the Matrix Trampoline and Tumbling Coaching Staff. Please be advised World Age Group and World Championship athlete and coach travel, uniform, and entry fees are due the day the USA Team is named.

Section 5
Training Information

Team Training
The Trampoline & Tumbling Team will train at their regularly scheduled hours throughout the week, unless otherwise announced by the coach. Additional training times or days off will be announced by the coach, posted on our website, and posted in the gym on our bulletin board. The team also trains during “school breaks”, so please speak with the coaching staff if you will be out of town or will be missing practice for another reason.

Attendance Policy
You are expected to attend all scheduled team practices. If an athlete is unable to attend a practice, the coach must be notified in advance. It is imperative that athletes attend ALL training at least two weeks prior to a competition. If the attendance policy is not followed, the athlete could be removed from the roster; in this case, no refund will be given for competition entry fees. Missing practice creates a serious safety issue and removal from the competition roster will be enforced.

Training Apparel
Female athletes are required to wear a leotard. (sleeveless, short, or long sleeve.) “Hot shorts” (tight fitting lycra) are the only shorts permissible during training.
Male athletes must wear shorts and a compression shirt. No baggy t-shirts or shorts allowed.
It is mandatory that athletes follow the apparel guidelines for safety. Athletes are not allowed to train without proper attire. All Athletes must have socks or trampoline shoes for training at every practice.
Section 6
Annual Registration and Monthly Tuition

Annual Registration
The Matrix T&T Team DOES NOT INCUR the $35.00 annual registration fee. Any other children in the same family that sign up for recreational classes will be charged the Annual Fee.

Monthly Tuition Fees
Monthly Team Fees are based on each athlete's Competing Level. This fee is due by the 10th of every month to The Matrix. All fees can be paid by cash, check, or charge. The Matrix emails statements monthly and a $10 late fee is automatically applied to any accounts that are not paid in full by the 10th of the month. PLEASE make sure the front desk has your correct email address. You must also have a valid credit card on file with The Matrix. This card will only be run if your account is not paid in full by the 10th of every month.

<table>
<thead>
<tr>
<th>Level</th>
<th>Hours Per Week/4-week session</th>
<th>Monthly Tuition/Cost per Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreational T&amp;T Program</td>
<td>1 Hour/4 Hours</td>
<td>$60.00/$12.00</td>
</tr>
<tr>
<td>Club (Bronze, Silver, Gold)</td>
<td>Varies/Varies</td>
<td>Varies/Varies</td>
</tr>
<tr>
<td>HOPES Program</td>
<td>4.5 Hours/18 Hours</td>
<td>$210.00/$11.66</td>
</tr>
<tr>
<td></td>
<td>6 Hours/24 Hours</td>
<td>$265.00/$11.04</td>
</tr>
<tr>
<td></td>
<td>8 Hours/32 Hours</td>
<td>$320.00/$10.00</td>
</tr>
<tr>
<td></td>
<td>10 Hours/40 Hours</td>
<td>$340.00/$8.50</td>
</tr>
<tr>
<td></td>
<td>12 Hours/48 Hours</td>
<td>$365.00/$7.60</td>
</tr>
</tbody>
</table>

Multiple T&T COMPETITIVE Team Members
If your family has multiple athletes in the T&T COMPETITIVE Team program, you will receive a 15% discount on the second child's (multiple children's) tuition. Please see Management to ensure your account is set to receive the discount.

Additional Trampoline & Tumbling Fees
No additional fees, other than what is outlined in this handbook, will be added before being discussed with the Trampoline & Tumbling Team parents and will only be added if necessary/required.

Open Gym
Open Gym is held on different days and times at The Matrix. The cost to Matrix Trampoline & Tumbling members is FREE! This is a GREAT way to come and practice your skills. We invite you to bring friends! Just remember, non-members of the gym will need a release form signed by an adult to participate and their cost is $10.

Section 7
Competition Information

<table>
<thead>
<tr>
<th>Competition Apparel</th>
<th>Female</th>
<th>Male</th>
<th>Approximate Cost</th>
<th>Approximate Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm Up Leo</td>
<td></td>
<td>Warm up Shorts and Comp shirt</td>
<td>$55.00</td>
<td>$55.00</td>
</tr>
<tr>
<td>Competitive Leo</td>
<td>$325.00</td>
<td>Competitive Short/Pants/Tank</td>
<td></td>
<td>$200.00</td>
</tr>
<tr>
<td>Warm up Suit –</td>
<td>$80.00</td>
<td>Warm up Suit – Pants and Jacket</td>
<td></td>
<td>$80.00</td>
</tr>
<tr>
<td>Pants and Jacket</td>
<td></td>
<td>Matrix Bag with Monogram</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>Trampoline Shoes -</td>
<td>$35.00</td>
<td>Trampoline Shoes - White</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

In order to guarantee that all team apparel is of the same make and quality, competitive apparel is ordered through bloom dancewear. All payments for competitive apparel will be required at time of ordering. A bloom representative will arrange at least one time to come and fit team members at the Matrix for any competitive apparel that needs to be ordered. The Matrix will notify you when this time is scheduled. You are responsible for ordering and making sure that your child has the proper attire for competition.

Competition Travel
It is mandatory that L8 through Senior Elite athletes will travel as a team with the coach (es) to any competitions requiring air travel. All arrangements will be made by the coach. Athletes will stay with the team until their competition has finished. Parents traveling
to support the team MUST make their own travel arrangements. The athletes are at the competitions to compete. Parents please do NOT arrange any activities for your child until their competition has finished.

Athletes competing L4-L7 are responsible for their own arrangements to all competitions. Athletes competing in these levels may opt to travel with the team if they are 9 years old within the year. If they travel with the team, the athlete and the parents will have to abide by the team travel rules.

**Mandatory Athlete Travel Rules**

1. Athletes must be respectful of coaches, fellow athletes, and all competition officials.
2. Athletes will abide by curfews set by the coach.
3. Athletes must be punctual to meetings, meals, and departure times to and from the competition arena.
4. Athletes may never leave the hotel or competition arena without permission from the coach.
5. Anytime athletes are allowed to leave the hotel, it will be in a group of 3 or more.

**Competition Expectations**

- Athletes must arrive a minimum of 30 prior to warm-up/competition time.
- Athlete must come prepared with draw string bag, warm-up suit, competition attire including WHITE trampoline shoes or WHITE socks. All long hair must be secured in a bun.
- Exact times for competing may not be known until just a few days before the meet since schedules are not finalized until then
- Admission fee is normally $4-$10 for adults
- There is NO flash photography allowed; this is for the safety of the gymnasts
- No parents are allowed on the gym floor
- As a general rule, we are not able to recover meet fees once they are submitted. This policy is set by the host gym.

**Section 8**

**Team and Gym Rules**

**General Rules**

As a Trampoline & Tumbling Team member, you are a “role model” for other athletes in the gym. Please be on your best behavior at all times. There should be NO playing on any of the equipment without supervision and permission by your coach. There will be NO cell phone use during practice times. All cell phones should be left inside your gym bag or at home.

**Suggestions and Concerns**

The Matrix staff is willing to hear any suggestions or concerns you might have. Issues should be handled in a mature manner in a private setting away from other Matrix members or employees. The Matrix has the right to remove a parent, athlete, or patron from the gym or competition. Reasons for removal may include, but are not limited to: coming onto the floor during practice; entering restricted areas during a competition; causing a disruption to the team. This also includes gossiping and/or complaining with other parents. Always take concerns to The Matrix Operations Manager or the T & T Coaches, so that they can take the necessary steps to address your concerns in a proper manner.

**Printed Matrix Apparel**

Any use of the “Matrix Logo” and/or the “Matrix Name” is strictly prohibited without prior consent from The Matrix. Suggestions for team or parent apparel must be submitted to the Matrix Operations Manager for approval.

**Section 9**

**Communicating with the Trampoline & Tumbling Team Coaches**

The Matrix is aware that it is almost impossible to talk with your team coaches before or after practice. Please take that into consideration and refrain from approaching your athlete’s coach during practice and/or at competitions. An open line of communication is encouraged by appointments, cell phone, email, and monthly meetings.

**Sportsmanship**

We hope that everyone associated with The Matrix T&T Team demonstrates excellent sportsmanship at all events, whether at the Matrix or at another host gym. We want to instill in all of our Matrix athletes the importance of respect and good sportsmanship and we encourage our parents and fans to support and represent the Matrix in a positive way!

**Useful Websites for T&T Team Members**

www.thematrixgym.com
www.usa-gymnastics.org/tt/pages
Trampoline & Tumbling Team Information Board
There is a Trampoline & Tumbling Team bulletin board in the main hallway which provides you up-to-date information and handouts. Please check this board frequently.

Parent Meetings
Parent meetings are scheduled on an “as-needed” basis and are most often held during the competition season. We encourage all parents to try and attend if possible. Parent meetings are a great opportunity to stay informed of team information, as well as, share your feedback on team decisions.

Emails and Customer Portal
Matrix Tumbling & Trampoline coaches, as well as, Matrix staff email important information regarding scheduling, practices, competitions, and other team activities. Please make sure the Matrix front desk has your current email address, as this is our most common form of communicating with parents. Please remember you can log into our Customer Portal at anytime from your home computer. There you can update your contact and billing information, make a payment, send an email, or register for an upcoming event.

Section 10
ANNUAL FEES

Annual Team Fees are NON REFUNDABLE AND NON –TRANSFERABLE to another outstanding balance!
Voluntarily quitting the Competitive Team mid-year DOES NOT QUALIFY FOR A REFUND on Annual Team Fees.

For the 2013-2014 season, an annual team fee per person, based on the child’s level, has been put in place to cover competition fees, coaching fees, and coaching expenses. The level your child competes will determine what competitions you are attending. Since fees are set by host facilities, there are NO discounts for multiple students on the T&T team for this fee.

Each child must commit to the T&T team no later than August 15th, 2013.

Team fees are assessed based on The Matrix Gym’s previous years' income vs expense for competition fees, coaching fees, coaches’ travel, and coaches’ expenses. Management and staff do our best to “guesstimate” the actual cost of attending and hosting our yearly competitions. In the event the Team Fees fund will not cover entry fees or coaching fees for the season’s competitions, assessments will be made for the athletes who are attending the non-covered competitions.

In the event a competition on the travel schedule is canceled or an individual athlete decides not to attend, no credit will be issued on the account or posted against an outstanding balance for any reason. At the end of the competition season, all remaining funds will be used for equipment, supplies, coaching aides, improvements, and/or team building activities.

In the event that an athlete decides to attend a meet outside of their assigned group schedule, that athlete will be assessed for the competition’s entry fee, coaches’ fees, and coaches’ travel expenses.

In the event that you secure sponsorships AFTER you have made payment of your team fees, a CREDIT will be issued on your account for the collected amount and can be applied to your tuition since you have “pre-paid” your team fees.

Your fee(s) will be divided into 3 equal payments and these fees will be posted to your account at The Matrix on August 1, 2013, September 1, 2013, and October 1, 2013.

Divided payments will be due no later than: August 10, 2013, September 10, 2013, and October 10, 2012.

Fees may also be paid up front in one payment, if desired. A 10% discount will be given for PIF Team fees by August 31st, 2013.
### HOPES

<table>
<thead>
<tr>
<th>Dates</th>
<th>Competition</th>
<th>Cost</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NO ANNUAL FEE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>September/October</td>
<td>Mobility Meet</td>
<td>TBD</td>
<td>The Matrix</td>
</tr>
<tr>
<td>Can be assessed per</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>October/November</td>
<td>Mobility Meet</td>
<td>TBD</td>
<td>The Matrix</td>
</tr>
<tr>
<td>competition if you</td>
<td></td>
<td></td>
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<tr>
<td>March 1 (Tentatively)</td>
<td>Winterfest</td>
<td>TBD</td>
<td>The Matrix</td>
</tr>
<tr>
<td>would like to</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>April</td>
<td>State Championships</td>
<td>TBD</td>
<td>The Matrix</td>
</tr>
<tr>
<td>participate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013-14 USAG number/renewal</td>
<td></td>
<td>$15.00</td>
<td>Will be added to August bill</td>
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</table>

### Levels 5-7

<table>
<thead>
<tr>
<th>Dates</th>
<th>Competition</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>September/October</td>
<td>Mobility Meet</td>
<td>The Matrix</td>
</tr>
<tr>
<td>October/November</td>
<td>Mobility Meet</td>
<td>The Matrix</td>
</tr>
<tr>
<td>December</td>
<td>Let it Shine</td>
<td>Franklin, TN</td>
</tr>
<tr>
<td>January 17th-18th</td>
<td>Ozone</td>
<td>Knoxville, TN</td>
</tr>
<tr>
<td>February</td>
<td>TBD (Tentative)</td>
<td>TBD, Georgia</td>
</tr>
<tr>
<td>March 1 (Tentatively)</td>
<td>Winterfest</td>
<td>The Matrix</td>
</tr>
<tr>
<td>April</td>
<td>State Championships</td>
<td>The Matrix</td>
</tr>
<tr>
<td>May</td>
<td>Regional’s</td>
<td>TBD</td>
</tr>
<tr>
<td>2013-2014 USAG Number/Renewal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Levels 8-SR

<table>
<thead>
<tr>
<th>Dates</th>
<th>Competition</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>September/October</td>
<td>Mobility Meet</td>
<td>The Matrix</td>
</tr>
<tr>
<td>October/November</td>
<td>Mobility Meet</td>
<td>The Matrix</td>
</tr>
<tr>
<td>March 1 (Tentatively)</td>
<td>Winterfest</td>
<td>The Matrix</td>
</tr>
<tr>
<td>March 14th-16th</td>
<td>Kalon Invitational</td>
<td>Salt Lake City, UT</td>
</tr>
<tr>
<td>April</td>
<td>State Championships</td>
<td>The Matrix</td>
</tr>
<tr>
<td>April</td>
<td>Elite Challenge</td>
<td>TBD</td>
</tr>
<tr>
<td>May</td>
<td>Regional’s</td>
<td>TBD</td>
</tr>
<tr>
<td>June</td>
<td>Friendship Cup</td>
<td>TBD</td>
</tr>
<tr>
<td>August 2014</td>
<td>Stars and Stripes</td>
<td>TBD</td>
</tr>
<tr>
<td>2013-2014 USAG Number/Renewal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NOTE: 2013-14 Team fees DO NOT COVER US CHAMPIONSHIPS.

Any athlete attending US Championships will be assessed for entry fees, coaching fees, and coaching expenses. Estimated cost of Nationals BEFORE INDIVIDUAL TRAVEL is $350-500/athlete depending on the number of athletes traveling.

*This annual fee DOES NOT cover entry fees or coaching costs to: ODP, Jumpstart National Testing, World Age Groups, World Championships, and Camp Wakeshma, AND US CHAMPIONSHIPS. Athletes participating/competing at these events will be assessed accordingly.

### 2014 Breakdown:

Most entry fees are around $100/competition. For 2014, Levels 5-7 have approximately $700 in competition fees For 2014, Level 8-SR have approximately $800 in competition fees.

The Matrix spent approximately $20,000.00 in coaching fees and coaching travel expenses for the 2013 competition season (not including Nationals). If the team has 21 competitive athletes, the cost per athlete is $952.38 for coaching fees. Therefore, 15 athletes @ $1500.00 = $22,500.00 8 athletes @ $1800.00 = $14,400.00 Total Income = $36,900.00

Entry Fees Levels 5-7 = $10,500.00
Entry Fees Level 8-SR = $6400.00
Entry Fee Totals = $16,900.00

Total Coaching Fees = $20,000.00
Total Entry Fees = $16,900.00

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2012-2013 T&T Team Financials

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012-2013 Total Fees Collected</td>
<td>$36,113.00</td>
</tr>
<tr>
<td>Assessment for Nationals</td>
<td>$1,410.48</td>
</tr>
<tr>
<td>2012-2013 Total Spent on Fees</td>
<td>$19,989.00</td>
</tr>
<tr>
<td>Coach’s Hotel</td>
<td>$1,410.48</td>
</tr>
<tr>
<td>2012-2013 Total Spent on Coaches</td>
<td>$12,767.00</td>
</tr>
<tr>
<td>Airline Ticket</td>
<td>$455.60</td>
</tr>
<tr>
<td>2012-2013 Total Spent on Misc</td>
<td>$1500.00</td>
</tr>
<tr>
<td>Coaching Fees</td>
<td>$1,650.00</td>
</tr>
<tr>
<td>Misc/Transportation</td>
<td>$500.00</td>
</tr>
<tr>
<td><strong>BALANCE</strong></td>
<td><strong>$1,857.00</strong></td>
</tr>
</tbody>
</table>

In 2014, the T&T Team fees WILL NOT INCLUDE National’s expenses. Therefore, any athlete(s) wishing to attend Nationals in 2014 will be assessed the USAG entry fee, plus an assessment will be made to cover coaches’ travel and expenses.

This cost will solely depend on how many athletes qualify and attend Nationals. Just to give you an idea, The Matrix had 17 individuals compete at Nationals this year.

2013 Individual Cost for Entry Fees and Coaching for Nationals: $386.24

NEW for 2013-14

Account balances in regard to travel
No athlete will be permitted to travel with the Team until the account balance is $0.00 for the month of the competition. We are more than willing to work with families to pay down their balances, but tuition and fee installments MUST BE CURRENT for an athlete to be allowed to participate in an upcoming competition. No credits or refunds are issued for Team Fees or tuition if an athlete misses a competition due to an outstanding balance. Please be cognizant if you are behind on your account balance.

Other (Optional) Fees Associated with T&T Competitive Team 2013-2014

Any other USAG optional testing

- **2014 US CHAMPIONSHIPS**: Entry fees, coaching fees, coaches’ expenses, personal travel and expenses- estimated between $350.00-$500.00 depending on number of athletes and location
- **Olympic Development Program (ODP)**: Houston, TX (coach’s travel and expenses and personal travel and expenses)
- **National Jump Start Testing**: $125.00 to USAG and then $225.00 to USAG, plus travel if National Jump Start Team is made, plus coach’s travel and expenses and personal travel and expenses
- **National Jump Start Camp**: Huntsville, TX (coach’s travel and expenses and personal expenses)
- **World Age Groups**: Sofia, Bulgaria(2013) (coaching fees, travel, and expenses)
- **World Championships**: Sofia, Bulgaria(2013) (coach’s fees, travel, and expenses)
- **Camp Wakeshma**: Three Rivers, MI $500.00(2013) (coach’s travel expenses, travel, expenses)

Return Check Policy
There is a $35 fee for each returned check written to The Matrix. The balance of the check, plus the fee, MUST be paid in full by cash or certified check within 10 days.

Section 11

Fundraising and Parent Involvement

Team and Individual Fundraising
Fundraising is just one way that parents and communities may choose to support their local youth. Like all activities that support children, fundraising should reflect the values and expectations of the community, including those of parents, athletes, staff, management, and the owners. When teams choose to engage in fundraising activities, it is important that they understand their fundraising has a designated purpose and that the proceeds should be for that purpose, as intended.
The Matrix defines fundraising as:
Fundraising is any activity, permitted under The Matrix’s policies, to raise money or other resources approved by the Matrix management and/or owners, operating in the name of the business, and for which The Matrix provides the administrative processes for collection. Such activities may take place on or off Matrix property.

Voluntary
- All athletes and staff are welcome to participate in fundraising activities. These activities should reflect the diversity, values, and priorities of The Matrix.
- Participation in fundraising activities is strictly voluntary athletes and their families. Parental consent is required for student participation for students under the age of 18.
- Privacy should be respected. The personal information of staff, students, or other individuals should not be shared for the purposes of fundraising without prior consent. (The use of personal information is governed by the Municipal Freedom of Information and Protection of Privacy Act).

Safety
- The safety of athletes must be a primary consideration in all fundraising activities. If ANY door-to-door fundraisers are conducted on behalf of The Matrix, parents will be required to sign a standardized document agreeing to accompany their child at all times. The Matrix does not assume responsibility for children who are travelling door-to-door without parental supervision. **Never allow children to carry collected money.** Parents should be the ones to handle any funds collected and directly pass these along to the management in charge of the fundraiser. We discourage cash transactions and prefer that checks be the main form of payment, but we understand that this is not practical (such as selling a $1 candy bar) in every case. Please keep all collected funds in a secure location and pass along the funds to The Matrix as quickly as possible.
- In addition to parental consent, student fundraising activities require adult supervision and should be age-appropriate.

Accountable & Transparent
- Fundraising activities should be developed and organized with advice and assistance from The Matrix, including students, staff, parents, and/or parent involvement committees.
- A fundraising activity must not result in any staff or volunteer benefiting materially or financially from the activity OUTSIDE OF WHAT IT IS DESIGNATED FOR.
- Fundraising should have a designated purpose and the proceeds should be for that purpose, as intended. Transparent financial reporting practices will be made available at the end of calendar year.

GUIDELINES:
1. All fundraisers on behalf of The Matrix **must be approved by Matrix management** before any advertising, signage, and/or marketing is allowed.
2. All monies raised on behalf of The Matrix will be used to cover competition fees, entry fees, or any extra costs incurred by the athletes that are generated and being paid for THROUGH THE MATRIX. Fundraising money will not be paid to individuals, as this can be misconstrued as false advertising and The Matrix has no way of guaranteeing the money will be used for travel/competition expenses if audited or required to provide documentation of money disbursement.
3. Fundraising monies MAY NOT BE USED TO PAY YOUR MONTHLY TUITION BILL.
4. Each participant will receive equal amounts of the money generated. Team members who do not participate in a group fundraiser will not be eligible to receive a portion of the money.
5. Dates for fundraisers that need to be held at The Matrix and/or on The Matrix property (i.e. Rummage Sales, car washes, etc.) must be submitted to the Operations Manager AT LEAST 1 MONTH PRIOR TO THE REQUESTED DATE due to the high volume of events and parties, so that proper arrangements can be made.
6. A member of The Matrix T&T Team staff and/or Matrix staff/management must be present for the majority of the time at all group fundraisers.

GROUP FUNDRAISING:
1. All money collected/raised at an event will be given to a member of Matrix management who will be responsible for tallying, dividing, and depositing money.
2. Participants of group fundraisers will all be “awarded” the same amount based on the total dollar amount raised. It will be up to the “coordinators” of the event to make sure participants are working equal amounts. No one participant will receive more money than another. The Matrix is not responsible for ensuring athletes are participating equally.
3. If the individual’s awarded portion of the money raised does not cover the posted fees, the athlete/parents will be responsible to pay the remaining balance before your child will be allowed to compete/travel.
4. In the event there is more than enough money to pay all the competition fees for a/the participant(s), the extra money will go into the T&T Team slush fund and be used for coach’s fees, coach’s travel fees, t-shirts for the athletes, etc. It will NOT be applied to the child’s account as an additional credit.

Example: Child A: Competition Fee is $200, Child B: Competition Fee is $300. Fundraiser generated enough for each child to receive a $300 credit. Child A’s remaining $100 will be put into the slush fund.

INDIVIDUAL FUNDRAISING:

1. Individuals may fundraise on their own to help cover travel, hotel, and incidental fees incurred by individual athletes, but that are not paid for through The Matrix.

2. The Matrix does not have to approve individual fundraisers UNLESS the fundraiser is being advertised ON BEHALF OF THE MATRIX as a whole. The Matrix is very sensitive to charitable giving laws and standards and will not be held responsible for those who falsely advertise.

**Section 12**

**Volunteers & Sponsorships**

**Parent Volunteers**

Team parents are required to volunteer at The Matrix home events, including but not limited to, Mobility meets, Winterfest, and State Championships. It is an honor and a privilege to host Nationwide meets at our facility and the positive attitude and helpfulness of our parent volunteers are a direct reflection of our facility and our outstanding program on a National level. It is the responsibility of the “host” gym to be able to provide spotters, concessions, runners, and coordinators. Matrix Management and Coach Joy will have sign up sheets within plenty of time of the meet to accommodate busy schedules. Please mark your calendars for the home meets as soon as dates are finalized. If you are not able to volunteer the day(s) of the events, please notify The Matrix Operations Manager ASAP and we will be happy to assign you a volunteer job consisting pre-meet tasks (stuffing registration packets, organizing judging packets, hospitality food/drink). The Matrix reserves the right to assess parents/guardians who are not willing to volunteer a fee to help cover costs of the meet.

**Sponsorships / Donations**

The Matrix is open to sponsorships and/or donations that companies or individuals would like to give towards the program or an individual athlete. Please speak with Management if you have any ideas for sponsorships or donations. Please see The Matrix 2013-2014 Sponsorship forms. All forms are due no later than November 30th, 2013 to ensure company or individual recognition on t-shirts, banners, and/or the website.

In order to maintain a fairly advertised program, ALL scholarship money will be applied towards athletes’ Team fee balance. Money collected will go directly towards the child’s bill that collected the sponsorship, UNLESS family would like to donate scholarship money towards another athlete.

If you decide not to participate on the Matrix Traveling Trampoline and Tumbling team at any time during the competition season and you have raised money, this money will not be refunded. Your remaining balance will go into the general T&T Team slush fund for equipment, supplies, parties, and other miscellaneous items for the T&T Team. No refunds will be issued to individuals who voluntarily quit the T&T Team. The only exception for refunds will be if an athlete’s family is moving out of the North Alabama region and will no longer be able to attend classes at The Matrix. The remaining sponsorship funds will be refunded directly to the company or the individual who sponsored the athlete.
Section 13
Forms

Parent/Athlete Information Sheet and Medical Release Form

Athlete’s Full Name __________________________________________ Email __________________________
USAG# ___________________ Cell phone: __________________________________________

Mother’s Name __________________________________________ Email __________________________________________
Address __________________________________________ Cell Phone __________________________
Home Phone ____________________________________________

Father’s Name __________________________________________ Email __________________________________________
Address __________________________________________ Cell Phone __________________________
Home Phone ____________________________________________

Emergency Contact: __________________________________________ Relationship: __________________________
Contact phone number: __________________________________________

Physician’s Name: _____________________________________________________________________________
Address: ___________________________________________________________________________________
Phone #: (______) ________ - ________________

Dentist’s Name: _________________ __________________________________________________________________
Address: ___________________________________________________________________________________
Phone #: (______) ________ - ________________ (______) ________ - ________________

Primary Insurance Company: __________________________________________________________________
Phone #: (______) ________ - ________________ (______) ________ - ________________
Billing Address: _______________________________________________________________________________
Policy Holder’s Name: ___________________________________________________________________________
Address: ___________________________________________________________________________________
Relationship to child/children: ____________________________________________________________
ID #: ___________________________ Group/Policy #: __________________________

Secondary Insurance Company: __________________________________________________________________
Phone #: (______) ________ - ________________ (______) ________ - ________________
Billing Address: _______________________________________________________________________________
Policy Holder’s Name: ___________________________________________________________________________
Address: ___________________________________________________________________________________
Relationship to child/children: ____________________________________________________________
ID #: ___________________________ Group/Policy #: __________________________

Any specific medical needs that we need to be aware of? If so, please list below.
___________________________________________________________________________________________________________________________________________________________________________________________
___________________________________________________________________________________________________________________________________________________________________________________________

Statement of Consent:
In the event of an emergency or non-emergency situation requiring medical treatment, I, ___________________________, hereby grant permission for any and all medical and/or dental attention to be administered to my child/children, in the event of an accidental injury or illness, until such time as I can be contacted. This permission includes, but is not limited to, the administration of first aid the use of an ambulance, and the administration of anesthesia and/or surgery, under the recommendation of qualified medical personnel.

Signature: ___________________________ Date: ___________________________
I/We, _____________________________________, parents and/or guardians of _____________________, who is a participant in The Matrix Trampoline & Tumbling Program and a member of the Huntsville T & T Club and wishes to participate in the T&T competitions in the 2012-2013 season, do hereby give our consent for such participation by our son/daughter.

We understand that our son/daughter is required to be in good physical condition and that the activities in which he/she will be asked and expected to participate are strenuous and require physical and athletic agility. It has been fully explained to us as parents and/or guardians that these activities include, but are not necessarily limited to a variety of gymnastic routines, including somersaults, back handsprings, aerials and round-offs; that there will be a variety of mounts on and off equipment; that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout practices and competitions.

It has also been explained to us that trampoline & tumbling is an activity in which the risk of injury is high; that any one of the routines involving our son’s/daughter’s participation in T&T activities in general could lead to serious injury, including partial or total paralysis, even death. We have also discussed this with our child and among ourselves. Despite this understanding of the possibility of serious or catastrophic injury or death and the risks involved, we still consent to the participation in this activity by our son/daughter.

I also understand that our son/daughter will be required to travel to locations for competitions, and that we, as parent and/or guardian, will be responsible for our child’s transportation and or cost of transportation.

We represent to you that to the best of our knowledge and belief, our son/daughter has no physical, medical or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us.

I, as a parent and/or guardian, grant permission to The Matrix to use photographs or video taken of my child at any Matrix competition for the year 2012-2013 for use in publications, The Matrix website, and/or other electronic forms or media to promote The Matrix without notifying me. I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph. I hereby agree to release, defend, and hold harmless The Matrix including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuses, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution. I have read this release and by signing below, I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing. My failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

We agree to, and by the signing of this agreement, release The Matrix owners, employees and staff, coaches, assistant coaches, trainers, volunteers of the Matrix, from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, form any liability arising from claims for damages for injury to our son/daughter and claims for loss of or damages to his/her property which may arise out of his/her participation in the Matrix Trampoline & Tumbling program for the 2012-2013 season. I also agree to electronically sign The Matrix Release of Liability Waiver through Jackrabbit or online.

This _______ day of ____________, 2012 in the State of Alabama.

(Parent’s Signature)                                      (Date)

(Parents Signature)                                      (Date)
T&T Team Parent Code of Conduct

1. I/We understand the TEAM obligations must always be regarded as the FIRST obligation before any individual requests.
2. I/We agree to meet all financial obligations in order for my/our athlete(s) to participate fully in the TEAM program.
3. I/We have read and agree to all Matrix rules and regulations, tuition payment deadlines, write up procedures, and absences.
4. I/We agree to show sportsmanlike conduct at all times during competitions for our teams as well as our competitors.
5. I/We agree to respect and show compassion towards all adults and children in the gym.
6. I/We have a responsibility to encourage the child/children to succeed academically, as well as, in the Trampoline and Tumbling program at The Matrix.
7. I/We will not go onto the gym floors at any time unless special permission has been granted by The Matrix Management and/or staff.
8. I/We understand that all coaches’ decisions are FINAL.
9. I/We agree that all communication with coaches will be respectful of their personal time and time off. I agree and understand that personal texts, phone calls and emails from me to my child(ren)’s coaches are inappropriate during days off and/or holidays or non-training days and weekends.
10. I/We will not confront any administrative personnel of competition companies, host gyms, and/or judges (i.e. staff, directors, etc.) during any event in which Matrix competes, home or away.
11. I/We understand being a member of this program requires a great commitment on many fronts and I/we are willing to fully make this commitment.
12. I/We understand The Matrix reserves the right to remove us from the Trampoline and Tumbling TEAM program if I/we cannot follow, abide by, and fulfill the guidelines set forth within this packet.

I, ______________________________________________, parent/guardian of, ______________________________________________, have read the Matrix Trampoline and Tumbling Athlete and Parent Handbook and have reviewed the provisions with my athlete. We agree to respect and abide by these provisions.

T&T Athlete Code of Conduct

1. I understand that I am committing to listening and respecting my coaches, abiding by the rules of The Matrix, and conducting myself in a way that is an ambassador of goodwill and sportsmanship.
2. I understand that a bad attitude and poor behavior will not be tolerated by my coaches and that my attitude affects everyone on the team with me. I promise to be a good listener and to always maintain a positive attitude towards my coaches, my teammates, and my sport.

I, ______________________________________________, agree to these simple requirements and hereby acknowledge my participation in The Matrix T&T Competitive Program.