

Join DCA's Power Tumbling & Trampoline Team!!!

2018-2019 Season



What IS Competitive Power Tumbling & Trampoline?

Power tumbling or TNT (tumbling and trampoline) is a form of gymnastics like artistic gymnastics or rhythmic gymnastics. TNT is one aspect of gymnastics that is governed by USAG, as well as USTA- United States Tumbling and Trampoline Association. Power Tumbling has three events: tumbling, trampoline and double mini trampoline. Tumbling consists of high energy tumbling passes where each

progressive skill performed is faster than the previous skill. A power tumbler gains speed as he/she tumbles down the rod floor flipping and twisting but has to stick the landing at the end of the pass for maximum points. Tumbling is done on a rod floor which is made of fiberglass rods covered by 2 rolls of foam and is super bouncy. A tumbler does between 3-8 skills per pass. Trampolinists do a series of 10 skills with motions going up and down and can include basic jumps, turns and seat drops to higher levels in which athlete starts to flip and twist in the air before coming down on trampoline bed. With the double mini trampoline, an athlete approaches trampoline bed at a run and performs one skill onto surface and one skill off and lands on the landing mat. Again this can be from basic skills like straight jumps, straddle jumps, and pike jumps, to flips onto trampoline bed and then dismounting off of apparatus with other set of flips.

Athletes are judged on form, technique, difficulty of skills performed and athlete receives a score for each pass and these scores are then added together for final score. Power tumbling and trampoline is

fun, addictive and the average athlete commits to 4-8 hours in the gym leaving lots of time for other sports, homework, family time, etc. At the highest level, competitive tumblers & trampolinists compete at world championships, while trampoline is an Olympic event.

What Skills Do I Need to Join Team?

DCA's power tumbling and trampoline team has a spot for everyone interested in learning and competing skills on the rod floor, double mini trampoline and trampoline from back handsprings, to double twisting layouts and more! If someone is interested in being on team, we will assess your skills and place you on the correct team level. What parents and athletes must remember is tumbling and trampoline requires a great deal of strength, flexibility, balance and body control and these things take time to learn. Every athlete learns at their own pace so it is important not to compare your child to other children. Our staff takes an immense amount of time talking about each athlete's progress and adjusting drills, conditioning, skill learning exercises and more to make sure every athlete is progressing at their own level. Team is a lot of work - but very rewarding.

What Does DCA Tumbling and Trampoline Team Schedule Look Like?

Team runs June - May and there is tuition due each month that covers all costs associated with practices (everything that goes on INSIDE the gym). During the summer team kids get 2-4 practice days PLUS UNLIMITED FLEXPASS tumbling and Saturday open work outs. During the school year, athletes practice between 2-5x a week and tuition depends on number of days per week. There are also team and competition fees associated with doing a competitive team and these include administrative and membership fees, uniform and warm up fees, competition and coach travel fees. At a minimum athletes will compete at our in-house mini meet, 3 meets plus state competition. We highly encourage all athletes who make Nationals to attend as it is a great experience. Nationals in 2019 will be in West Virginia.

I'm Interested in team, now what? Timeline for Joining team!

1. **Let the front desk know you are interested in team and we can get you into a practice to try it out and for the coaches to do an evaluation to see if team is right for you.** The best way for your child to see if team is right for them is to come in and participate in a practice.

Although we have to be conscious of our ratios in a team practice, the front desk can work with your schedule to get you into a trial day so you can meet the coaches and try things out.

2. **Pick up a power tumbling team packet from front desk (available by May 1st).** This packet outlines the summer schedule, school year schedule (subject to change), costs, our team policies and procedures- all the stuff you will want to know about team! These packets will be available by May 1st at the front desk only. There is a commitment form in this packet that we ask you to fill out and turn in before May 19th. After May 19th we may still take new team kids but it is on a first come first serve basis and once we hit our magic number for team, we cannot take anymore. So, we highly recommend that once you are evaluated, talked to the coaches and are ready to commit to DCA's power tumbling and trampoline team, you fill out form and turn it into the desk by May 19th.
3. **Once your commitment form is turned into the front desk, you will be contacted via email with your summer practice level and practice days.** You can get a sneak peak at this schedule in the parent packet so you are familiar with the summer times but this email will let you know which level you are in for the summer so you know exactly which days you will be expected to practice. The first team fee will be due once you commit to team as well to let us know you are for sure interested and committed. A staff person will go over all the forms, fees due, practice schedule, rules and answer any questions you may have regarding team. We will do this over the phone or in person.
4. **Summer practice schedule officially starts June 4th.** There are set practice times for each level that meet over the summer. In addition to these team practices, all team kids get an unlimited flexpass for unlimited tumbling classes all summer long! The summer schedule will be in effect through August 18th.
5. A team meeting will happen in September where we will go over the policies and program more in detail, including the competition schedule which will come out in late August.

Any questions please give us a call.

630-588-9000 or

coach@dupagetumbling.com