



**VERTICAL ZONE™**  
TRAMPOLINE CLUB

**TAKE FLIGHT**



# Competitive Team Handbook

(Interclub, Provincial and National Programs)

2022-2023 Season

## CONTACT INFORMATION

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<p><b>Owner/ Club Director</b> Jenn Waterman (<a href="mailto:jenn@verticalzone.ca">jenn@verticalzone.ca</a>)</p> <p><b>Head Coach/ Competitive Program Coordinator:</b> Allison Mackay (<a href="mailto:allison@verticalzone.ca">allison@verticalzone.ca</a>)</p> <p><b>Assistant Competitive Coach:</b> Kyle Newton (<a href="mailto:contact@verticalzone.ca">contact@verticalzone.ca</a>)</p>

*Other coaches may join our growing team and we will introduce them as we go*

## COMPETITIVE HANDBOOK TABLE OF CONTENTS

Welcome To The Team .....	2
Vertical Zone Trampoline Club Pillars.....	2
Program Structure.....	3
Athlete and Coaches' Responsibilities.....	4
Parent Responsibilities and Tips for Parents.....	5
Long Term Athlete Development.....	6
Injury Prevention and Protocol.....	6
Competition Etiquette and Team Travel.....	8
Club Policies.....	9
2022/23 Training Fees.....	10
Competitive Team Training Schedule .....	10
Training Credit Information .....	11
2022/23 Competitive Season Training Calendar.....	11

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## WELCOME TO THE VERTICAL ZONE COMPETITIVE TEAM!

Making the commitment to competitive trampoline is a conscious choice; it will take hard work and dedication from the athletes and coaches, with strong support from their parents. Involvement in competitive sport will teach athletes many important life skills such as perseverance and focus. The priority of our coaching staff is the development of our athletes as better people who have strong morals and organizational skills as a result of their participation in our program. It is so incredibly important that each and every athlete enjoy a positive sport experience.

Our mission is to inspire excellence through sport and provide quality competitive programs that raise self-esteem by challenging the athletes in a stimulating environment. Coaches and athletes are expected to keep the gym a “positive space” that encourages learning and growth. Our programs are intended to be creative, fun and technically superior.

### VERTICAL ZONE TRAMPOLINE CLUB PILLARS

Vertical Zone Trampoline Club is a trampoline training facility, governed by Gymnastics Ontario policies and staffed with coaches who are trained in accordance with the National Coaching Certification Program (NCCP). Our programming decisions are built on the following 4 pillars: Development, Adventure, Safety and Transparency.

DEVELOPMENT	ADVENTURE
Everyone has potential. We are here to train, develop and coach athletes to be resilient and reach their maximum potential. Our in-house expertise offers professional and proven training and coaching methods that will deliver athlete development, grit and peak performance.	There is a thrill seeker in all of us. The feeling of flying through the air is exhilarating, exciting and let's face it, plain old fun. We believe that when people are having fun, they are more likely to learn, develop and grow. At its foundation, trampoline is a fun sport and makes it a unique activity for the adventure seeker in all of us.
SAFETY	TRANSPARENCY
Vertical Zone Trampoline Club believes in promoting self-esteem and that starts with safety. We prioritize the health and wellbeing of our athletes through a holistic approach to safety. Constant consideration of the athlete's physical, emotional and social welfare makes Vertical Zone a safe place to be. Our coaches are certified, our equipment is regularly inspected and our classes are capped with safety in mind. This is a place you can trust.	We believe strong communication is key in delivering excellent customer service. We strive to make the athlete pathway, programming, services, pricing and athlete progress easy to understand. We communicate clearly and professionally with our athletes and their families. We believe that transparency offers the respect that customers deserve.

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## PROGRAM STRUCTURE



**Interclub Stream:** An introduction to competitive trampoline gymnastics, training once or twice per week. Athletes will learn skills and routines and have the opportunity to attend Interclub competitions throughout the competitive season. Interclub athletes can move towards the provincial program or continue challenging the higher Interclub levels.

**Provincial Stream:** The provincial program is set by Gymnastics Canada, ranging from levels 1-4. This program is for athletes to excel in competition, achieve provincial qualifying scores and build toward the national categories. Athletes are expected to train 2 to 4 days per week and attend 3 provincial qualifier competitions. Provincial athletes can achieve scores to attend Ontario Championships, Eastern Canadian Championships and promotion to the national levels.



**National Stream:** Athletes who achieve the level 4 mobility requirements of Gymnastics Canada will focus on performance at the national level. Difficulty of skills and execution of routines becomes most important to succeed. National athletes train 3 to 4 days per week and compete at provincial qualifiers, Elite Canada and Canadian Championships. The national program allows for international opportunities in the Olympic sport of trampoline gymnastics.

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## ATHLETE RESPONSIBILITIES

1. On time is late! Do your best to arrive early to training sessions and ready to focus on developing your skills.
2. Make Vertical Zone your happy place, leaving all negative feelings at the door.
3. No cell phones, iPads/Tablets or other personal electronic devices are allowed in the gym. These items may be stored in the office and will be returned after practice.
4. Arrive properly dressed. Athletes are to wear a leotard/singlet, fitted tank top or fitted t-shirt, tights or shorts. No baggy clothing with buttons, zippers and pockets in shorts to avoid snagging on body parts and equipment while performing acrobatic movements.
5. No jewelry of any kind is allowed and all long hair must be appropriately tied back so there is no risk of losing visual cues while performing acrobatic movements.
6. Speak directly with your coaches about your training program and, if possible, bring any concerns about your training directly to your coach. Please ask your parents for support, if you need help with communicating concerns to your coaches.
7. Support, motivate and respect your teammates in person, via Direct Messaging (if applicable) and on ALL social media platforms. Use the **THINK** principle: Is what I'm communicating **T**houghtful? **H**elpful? **I**nspiring? **N**ecessary? **K**ind?
8. Work to achieve and maintain excellence in all areas of your development.
9. Inform your coach ahead of time if you will be absent from training sessions via email or telephone call to the office (see contact information on front page).
10. Read and understand competition etiquette, injury prevention and all other materials provided by the competitive coaching team.
11. Read and initial each page of the Team Handbook in order to acknowledge that you understand the commitment you are making as a competitive athlete.

## COACHES' RESPONSIBILITIES

1. Maintain coach/ athlete/ parent confidentiality.
2. Demonstrate and implement the positive character life traits that are expected of Vertical Zone athletes.
3. Develop a positive relationship built on respect and trust with each and every athlete.
4. Develop individualized and attainable performance goals for each athlete.
5. Plan and deliver practices that are technically sound and meet the needs of each athlete.
6. Make technical and tactical decision grounded in the Long Term Athlete Development (LTAD) model (see page 6 for explanation).
7. Keep up to date on all current rules and regulations and changes for Trampoline and Double Mini Trampoline, as communicate by Gymnastics Ontario and Gymnastics Canada.
8. Develop conditioning programs that address the components of fitness that are relevant to our athletes.
9. Provide athletes opportunities to be advised accurately on topics related to peak performance (e.g. mental imagery/ visualization, relaxation, nutrition, competition preparation, goal setting, biomechanical principles, etc.).



PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## PARENT RESPONSIBILITIES

1. Maintain coach/ athlete/ parent confidentiality.
2. Be positive and supportive with your child about their performance goals and experiences.
3. Support coaching decisions. If you have questions or concerns about coaching decisions, please contact Jenn Waterman ([jenn@verticalzone.ca](mailto:jenn@verticalzone.ca)).
4. Refrain from interrupting or calling your athlete out of training for any reason other than an emergency. In the instance of an emergency, please communicate with the appropriate office personnel or coach and they will enter the gym to retrieve your athlete.
5. Refrain from interrupting training in order to speak with a coach about your athlete. We would be happy to discuss any issues with parents on the phone during the day or in person after training.
6. Please use the upstairs Parents Lounge for viewing. Do not enter the gym area unless you have been invited by the coach and have signed a waiver.
7. Read and understand Competition Etiquette (p.8), Injury Prevention (p.6) and all other materials provided by the competitive coaching team.
8. Read and initial each page of the team handbook in order to acknowledge that you understand and support your child(ren)'s commitment.
9. Pay all fees in a timely manner.

## TIPS FOR PARENTS

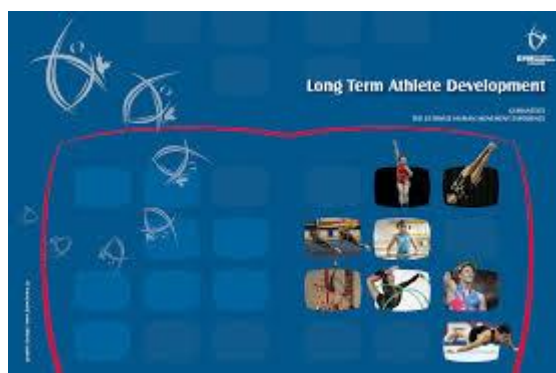
1. Fight the urge to coach your child. The job of a supportive parent is hard enough without confusing it by trying to be a coach or trainer as well. If you have any questions or comments about your child's training program, please bring them up with the Club Director or Competitive Coaches.
2. Avoid asking questions of an evaluative nature when you pick up your child from practice. Ask "How are you doing?", instead of "Did you have a good practice?" This will limit the external pressure placed on the athlete to perform. Ultimately, for an athlete to be successful and well-rounded, ***the desire to achieve MUST come from within.***
3. Avoid basing your child's sense of self-worth on how they do at trampoline. Your child regularly attempts and performs acrobatic maneuvers that very few people ever think about attempting. Just training in the sport of trampoline gymnastics separates them from almost everyone else.
4. Observations are just a moment in time. Children will perform differently based on whether or not they feel they are being observed. Any comments about observations made during practice or competition should be directed to the coach, rather than the athlete.
5. Attending training sessions regularly and on time sets each athlete up for success. The coach is unable to focus on an athletes' warm up when late and the athlete spends much of the training session trying to catch up.
6. REMEMBER: *"Your child's success or lack of success does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of parenting."*

## LONG TERM ATHLETE DEVELOPMENT (LTAD)

Currently, over 90% of participation in sport is organized and scheduled; therefore, strategies have been developed to ensure that sport providers are doing their best for all children at their various stages of development. This has culminated in the development of Gymnastics specific LTAD.

It is important to understand that there are a variety of stages and targets for each stage. At Vertical Zone Trampoline Club, we predominantly deal with athletes in 3 stages of the LTAD: 1) Learning to Train; 2) Training to Train; and 3) Training to Compete. These stages span the ages of 9 years through to adulthood.

SOURCE: [http://www.gymcan.org/uploads/gcg\\_ltad\\_en.pdf](http://www.gymcan.org/uploads/gcg_ltad_en.pdf)



## INJURY PREVENTION AND PROTOCOL

*“Danger in gymnastics is directly proportional to the distance between the move being tried and the last solidly learned progression.”* (Dan Millman: Author, respected gymnast and the first World Trampoline Champion).

As long as your child participates in physical activities, there will always be risk of injury. Choosing to pursue an acrobatic sport at the competitive level, creates additional risk and it must be recognized that at some point, your athlete will incur an injury. The primary focus of our entire staff is the avoidance of injury and the mitigation of risk, which is why athletes in our competitive programs follow established protocols of learning. Although injury prevention is always the goal, it is important to know how everyone should deal with injury.

Generally there are 3 types of injuries that occur in a trampoline setting: sprain or strain, fractures and concussions. In any situation where there is an injury in the gym, we immediately enact our Emergency Action Plan (EAP):

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

STAGE 1: Evaluate the severity of the injury. In most cases, one athlete will go and get ice and injured athlete sits out and applies ice. In this stage, once the Head Coach, Allison Mackay (also a registered Kinesiologist and Certified in Standard First Aid) has determined that the injury is minor and has been treated properly, the athlete will be able to return to action in a short time frame.

STAGE 2: In the situation where there is an apparent injury that will require medical attention, the entire coaching team goes into action. The primary focus is to keep order in the gym while ensuring that those involved with the injured athlete are able to keep things safe for EMS.

The days and weeks following the injury are quite important for the athlete. It is crucial that an injured athlete continues to take part in modified training, as much as possible. We facilitate this by adjusting and adapting training regiments rather than have the athlete remain at home. There is significant scientific evidence that shows the psychological and physical importance of maintaining the same schedule and spending time with teammates during the healing process. We have access to a variety of training programs that deal specifically with athletes who encounter injury and are happy to work through those programs as needed.

In the specific instance where an athlete has fallen and there is potential for concussion, the coaching team immediately start to monitor and test for signs and symptoms of a concussion. Training will be stopped immediately if there are any apparent signs of concussion and there will be communication with the athlete's family to seek immediate medical attention.

In the case of any injury incurred at Vertical Zone, an accident report form is filled out immediately and provided to Gymnastics Ontario on behalf of an athlete. This enables the process to begin if there is a need for the sport accident insurance program that is provided by the athlete's GO membership fees.

Any time there is an injury that requires medical attention, the **RETURN TO PLAY** form will be issued to the athlete's family. This is to be filled out by the attending physician and returned to the club to ensure that we understand the specifics of the injury and can create a timeline for the athlete to return to training with the approval of the medical professional.

In regards to insurance, there is a package that will be filled out by the Vertical Zone staff and provided to the athlete's family. This paperwork will need to be taken to the athlete's doctor to fill out. Please return that package of paperwork as quickly as possible, so we can send it to the insurance provider. The sooner they have the materials they need, the sooner they will provide assistance.

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_



## COMPETITION ETIQUETTE

One of the most important parts of competing is how we act on the competition floor and at the venue. The following is a list of competition expectations that are integral to being a good member of the Vertical Zone competitive team:

1. Always arrive a minimum of 45 minutes ahead of your assigned stretch time in your competition attire: Long hair tied back securely in a bun or tucked-up braids (long, loose hair in ponytails or long braids distracts from the clean visual needed for optimal scores), competitive team leotard or singlet, team jacket, and any competition aids you require.
2. Check in with your coach(es) when you arrive so that they may update you on any schedule changes. **ATHLETES AND COACHES ONLY ON THE COMPETITION FLOOR.**
3. Use respectful communication with yourself, parents, teammates, competitors, coaches and the officials. Remember that everyone involved in our competitions is there because they love our sport and wish to contribute to an overall positive sport experience.
4. Please remember that we want to be leaders in our community. We can show this by ensuring that we keep all of our personal items in the athletes' corral(s) and by making sure that we follow the protocols of GO. This includes avoiding lounging on the competition floor, sitting on the matting surrounding the trampolines and making sure that wherever we walk, we are not impeding the competition in any way.
5. Regardless of how you perform at the competition, act respectfully and positively. Remember that ALL athletes at EVERY level have good and bad competitions. If you have put in the work at training, competition should be the opportunity to show off what you have already achieved.
6. It is essential to learning the life skills of sportsmanship and integrity. Regardless of your personal results, you are expected to wait at the competition venue until the awards for your category are handed out. It is always nice to celebrate your own success, but even more important to support your fellow teammates and competitors with the respect that they deserve for their performances.
7. Please check out with your coach before leaving the venue at the end of your category's awards/ day.

## TEAM TRAVEL

Travelling to Interclub Invitational Competitions, Ontario Cups and Provincial Championships will be the responsibility of the athletes' families. Athletes who are selected to travel as part of Team Ontario, Team Canada or to any other competitions, including special club events, will be travelling with the team unless otherwise stipulated by the head coach.

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## CLUB POLICIES

1. Only registered participants are permitted to enter the gym. Visitors are only allowed to enter the gym floor area if they have permission from a coach and have signed a waiver.
2. The Head Coach will make all final decisions as to who will represent Vertical Zone in any competitions at suitable levels. Attitude, attendance, health (physical and mental) and skill level are all taken into consideration for proper placement in interclub, provincial and national levels.
3. The Head Coach will make all final decisions concerning transfers into or out of competitive programs. If an athlete appears to be having difficulties that cannot be overcome, together with the athlete and parents, the Head Coach may decide to supportively transfer them out of the competitive program. Any fees for the remainder of the year will be refunded.
4. Members of the competitive team have the option to pay their fees evenly over 10 months or all upfront. If an athlete needs to miss a significant amount of training due to injury, Vertical Zone will refund fees upon receipt of a doctor's note.
5. Class Cancellation: When class is cancelled due to unforeseen circumstances (e.g. inclement weather, power outage), the decision will be made by 3pm. An email will be sent to your family contact email to inform you, as well as posted on Social Media outlets (e.g. Facebook, Instagram). In the event that Vertical Zone cancels class, a credit will be added to your account for the missed class. The credit on your account can be used towards ancillary costs, additional training over the winter, March and summer breaks, or any product or program offered.
6. Make-up classes: team members can have a maximum of 5 make up classes (not including class cancellation classes) to accommodate athlete illness or other personal commitments. Make-up classes must be scheduled in advance with the competitive coach and occur during an already scheduled competitive class that has room for an additional athlete. Make up classes cannot be scheduled as a private booking or public jump. These 5 make up classes are a courtesy and are not owed by the end of the year, if they have not been used.
7. Please note that there is a 30 day written notice policy for withdrawal from the program. Withdrawals will be accommodated as of the end of a month. If the athlete wishes to return to the Vertical Zone team for the next season, he/she must contact Allison McKay to verify space and eligibility. A tryout may be required.
8. There will be a \$25 Uplifter fee applied to any NSF payment or withdrawal from the competitive program.
9. Competition fees must be received prior to the club-imposed deadline in order to be registered. Competition meet fees will come in 2 installments: 1<sup>st</sup> – GO registration fee costs; 2<sup>nd</sup> – once the schedule is released, we'll be able to calculate the coaches fees and divide between competitors.
10. All registration information and program payments must be submitted through Uplifter at [www.verticalzone.ca](http://www.verticalzone.ca).

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## 2022/23 TRAINING FEES

It is our objective to be transparent in the training fees and ancillary costs that you will incur this season. In order to ensure we priced our competitive program fees at market rates, we researched costs at a number of comparable clubs in Ontario. It is our goal to inspire excellence through sport, starting with providing our competitive athletes with exceptional coaching and a world class facility. Athletes are recommended to programs based on experience, work ethic and skill set.

PROGRAM INFORMATION	INTERCLUB 1x Per Week	INTERCLUB 2x Per Week	PROVINCIAL 2x Per Week	PROVINCIAL NATIONAL 3x Per Week	PROVINCIAL NATIONAL 4x Per Week
Weeks (Sept 11 - June 22)	38	38	38	38	38
Cost per hour	16.20	13.75	13.75	11.85	11.65
Hours per Week	2.5	5.0	5.0	7.5	10.0
Cost	1,539.00	2,612.50	2,612.50	3,377.25	4,427.00
HST	200.07	339.63	339.63	439.04	575.51
Total Cost	1,739.07	2,952.13	2,952.13	3,816.29	5,002.51
Monthly Fees	171.87	291.97	291.97	378.45	495.79
Gymnastics Ontario Fee	IC = \$125 (+HST) - PROV = \$250 (+HST) - NAT = \$350 (+HST)				
*GO Competition Fee	\$85(+HST) for 1st event; \$35(+HST) for each additi				
Competition Coaching Fee	This fee covers coach wages, mileage, meals and accommodations when necessary and will be billed equitably once comp schedule is confirmed.				
* GO Competition fees are from 2021/22 training year; fees are subject to change					

*NOTE: Training over Winter, March and Summer breaks is not mandatory or included in the regular season training fees. Registration and additional payment will be required.*

### OTHER ANCILLARY COSTS TO CONSIDER:

- Competitive suit (~\$70 - \$170), team jacket (~\$80) and shoes (~\$50)
- Training camps
- Travel and accommodations

## 2022/23 TRAINING SCHEDULE

MONDAY	WEDNESDAY	THURSDAY	SUNDAY
4:00 - 6:30 PM 5:15 - 7:45 PM 6:30 - 9:00 PM	4:00 - 6:30 PM 6:00 - 8:30 PM	6 - 8:30	2 - 4:30 PM

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_

## TRAINING CREDITS

- **STAT HOLIDAYS/ SUNDAYS BOOK-ENDING SCHOOL BREAKS:** For those who train on Sundays and Mondays, you will be credited the amount for 3 missed classes, due to these classes falling on statutory holidays between September and June (Thanksgiving, Family Day, Easter Sunday and Victoria Day) or Sundays bookending Winter and March Breaks. The credit on your account can be used towards ancillary costs listed above, additional training over the winter, March and summer breaks, or any product or program Vertical Zone offers.
- **COMPETITION SUNDAYS:** If your athlete trains on Sundays and their competition day falls on a Sunday, you will be credited for the class missed, due to attending the competition. This credit will go towards your competition fees. *Please note: only those who are scheduled to compete on a Sunday AND train on Sundays are eligible for this credit (unless we need to cancel Sunday training due to staffing constraints).*
- **CLASS CANCELLATION:** In the event that Vertical Zone cancels class due to unforeseen circumstances (e.g. inclement weather, power outage), a credit will be added to your account for the missed class. The credit on your account can be used towards ancillary costs, additional training over the winter, March and summer breaks, or any product or program offered.

### 2022/23 COMPETITIVE SEASON TRAINING CALENDAR – DRAFT

SEPTEMBER 2022							OCTOBER 2022							NOVEMBER 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	2	3	4	5	6	7	8			1	2	3	4	5
4	5	6	7	8	9	10	9	10	11	12	13	14	15	6	7	8	9	10	11	12
11	12	13	14	15	16	17	16	17	18	19	20	21	22	13	14	15	16	17	18	19
18	19	20	21	22	23	24	23	24	25	26	27	28	29	20	21	22	23	24	25	26
25	26	27	28	29	30		30	31						27	28	29	30			
DECEMBER 2022							JANUARY 2023							FEBRUARY 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28				
MARCH 2023							APRIL 2023							MAY 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4	2	3	4	5	6	7	8		1	2	3	4	5	6
5	6	7	8	9	10	11	9	10	11	12	13	14	15	7	8	9	10	11	12	13
12	13	14	15	16	17	18	16	17	18	19	20	21	22	14	15	16	17	18	19	20
19	20	21	22	23	24	25	23	24	25	26	27	28	29	21	22	23	24	25	26	27
26	27	28	29	30	31		30							28	29	30	31			
JUNE 2023							LEGEND													
Su	Mo	Tu	We	Th	Fr	Sa	<ul style="list-style-type: none"> <li>• Green means GO, Red means NO, &amp; Blue means *BONUS (*extra training option during a school break – tentative; subject to change)</li> </ul>													
				1	2	3	<b>TOTAL # OF TRAINING DAYS (CREDITS OWED)</b>													
4	5	6	7	8	9	10	<ul style="list-style-type: none"> <li>• SUNDAYS &amp; MONDAYS = 35/38 (credit 3 by end of September)</li> <li>• WEDNESDAYS &amp; THURSDAYS = 38/38</li> </ul>													
11	12	13	14	15	16	17														
18	19	20	21	22	23	24														
25	26	27	28	29	30															

PARENT: \_\_\_\_\_ ATHLETE: \_\_\_\_\_