

2024-2025 POWER TUMBLING TEAM HANDBOOK



*Here at Kris' we are
more than a gym*

Fitness-Fun-Family

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ABOUT US



Thank you for your interest in Kris' Competitive team. We are so glad you are here!

We opened our doors 30 years ago with a reputation for excellence and are excited that you are considering joining us this season.

No matter the age or skill level of your child we have a program that can meet your needs!

From the best instructors to our recently upgraded facility, we have all of the components to help your child succeed!



CORE VALUES



Core Values

Here at Kris' Power Tumbling & Cheer all decisions we make are guided by our five core values.

Please make sure you understand and can commit to these before becoming a part of Kris' Athletics.

- **Effort Over Everything**- there may be people that have more talent than you, but there is no excuse for anyone to work harder than you.
- **Kindness Matters**- everyone you meet is fighting a battle you know nothing about. BE KIND ALWAYS!
- **Integrity Always**- always do the right thing, even if no one is there to know.
- **Teamwork Makes the Dream Work**- talent wins games, but teamwork wins championships.
- **Just Keep Swimming**- you grow in the moments when you think you cant go on but you keep going anyways. Pause. Breathe. Cry if you have to, but NEVER GIVE UP!

COACHING PHILOSOPHY



Our Coaching Philosophy

Our coaching staff believes that the most important pay-offs from participation in this sport last much longer than trophies, banners, and medals handed out on competition day. It is important to us to teach life skills such as teamwork, goal-setting, perseverance, and dedication as it is to teach skills on the double mini, trampoline, and floor. Sure, winning is nice, and it's something we work for and strive for—but if "winning" is our ultimate and only goal, we are guaranteed disappointment at some point on the journey. Goals for our teams include bringing our best effort, our best performance, our best skills to the meet on competition day, hitting a new skill or a skill we've been struggling with, completing our passes, sticking a dismount, etc. These are realistic and attainable goals set by coaches that focus on what our athletes have control over—their preparation and performances. We do not set goals that are focused on things beyond our control—whether another athlete has deductions, whether the judges have an appropriate viewing angle, etc. Celebrate the achievements of our power tumblers on meet days! Every athlete and every team competing has worked hard to put on great routines and deserves our respect and appreciation. A culture of positive energy makes everyone a winner!

TEAM PRICING



Pre-Team

- 3 hours a week-\$135
- Registration Fee- \$35
- USTA Team Fee- \$150
- USTA Card-\$100

Team 2

- 5 hours a week-\$170
- Registration Fee-\$35
- USTA Team Fee-\$150
- USTA Card-\$100

Team 1

- 6 hours a week-\$185
- Registration Fee-\$35
- USTA Team Fee-\$150
- USTA Card-\$100

Elite/USAG

- 9 hours a week-\$275
- USTA fee-\$150
- USTA Card-\$100
- USAG Fee-\$200
- USAG Card- apply on your own

Additional Fees

- Team Long Sleeved Uniform-\$475
- Team Short Sleeved Uniform- \$170
optional
- Tramp Shoes-\$40
- Bookbag- \$75
- Team Warmups-TBA at a later date



*We accept cash, checks, and card payment through iclasspro.

Families will receive a multi-child discounted tuition for team.

Second Child discount 10%

Additional Child(ren) discount 10%

ATHLETE POLICIES



Maintaining Skills

- Athletes are expected to maintain the skills that placed them onto their team and level. We understand that athletes will have struggles with skills and this is part of the learning process. To keep our teams competitive and our athletes safe and progressing, we will adhere to the following policy:
- 1) If an athlete loses a skill thrown at evaluations/placements, there will be a communication directly from the coach to the parent and Kris' coaches immediately.
- 2) Athletes will be required immediately to attend one tumbling class per week (included in tuition) PLUS at least one private lesson, at the parents expense, per week with their team coach, an approved team coach, or an approved tumbling coach until the skill is regained.
- 3.) If after 30 days, the athlete is not completing skill, Kris' will determine if it is in the best interest of the athlete and the team to move the athlete to a different team.

Practice Wear

- Kris' no longer requires team practice wear, however we ask that you wear Kris' apparel or clothing that is presentable and wont get in the way. Please report any lost or damaged uniform items to your coach. The cost of the replacement will be the responsibility of the athlete/parent.
- Athletes can not have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings. Band-aids or clear space holders will not be allowed.
- Athletes must maintain natural hair color for competitions. No pink, purple, blue, green etc. Athletes must maintain short trimmed nails with natural or nude polish for competition.

TENTATIVE TEAM CALENDARS



Gym Calendar Dates:

August 15th-29th
August 26th-Sept 2nd
September 3rd
TBA
October 31st
November 27th-December 1st
December 20th-January 5th
February 14th-February 17th
April 18th-April 20th
May 26th-June 1st
June 2nd, 2025

Modified Schedule for back to school week
Gym Closed
Fall Class Schedule Begins
Team Pictures with Brandon
No Class, Happy Halloween
No Class, Thanksgiving Break
No Class, Christmas Break
Kris' Meet Weekend
No Class, Easter
Gym Closed
Summer Classes begin

***WE WILL UPDATE CALENDARS AS SOON AS WE GET MEET SCHEDULE**



TEAM POLICIES



Parent support, sportsmanship, & viewing practices

- Your dedication and support is important to your child's happiness and success in this sport. Parents, while genuinely expected to encourage their child, are asked not to actively coach their child either in practice or competition, change routines, or promote a coaching conflict with staff. Rules and requirements change yearly that may affect an athlete in competing successfully in any level or event. Any concerns should be brought to our attention.
- We encourage all parents to sit together and cheer on all Kris' athletes at competitions. We also suggest wearing Kris' colors or clothing to support the athletes.
- Showing respect for the coaching staff, other teams, and hosting organizations is expected as you are representing Kris' and your child.
- There is NO room for gossip, toxic behavior, or badmouthing another child in our club. We will remove anyone participating in this behavior from our program. Speak kindly and choose words thoughtfully, every athlete out there is someone's child.
- Parents are not allowed to come onto the floor unless accompanied by a coach. All practices will remain closed for the safety of our athletes and the integrity of our program.

Tuition & Team Fee

- Monthly Athlete Tuition payments are automatically drafted on the 1st of each month.
- Athlete Tuition is not pro-rated for any reason
- Late or returned payments are subject to a \$25 fee. Athletes with unpaid accounts balances may not participate in practices or events or receive any wearables or other team items.
- By the 30th of each month, your account must be up to date.
- If an athlete is asked to leave the program, or quits the team prior to the end of the season, a \$250 per athlete fee will be assessed on top of any remaining tuition.

Fundraising

Kris' is pleased to offer a fundraiser to help with fees. These fundraisers do involve extra work, however we have seen people pay off their entire season of team!

PARENT POLICIES



Communication

- To streamline communication, as a parent, you will receive information one way, we will use the band app, with team groups in which all events and current information can be found. We will give you information during registration on how to join the app

The Lobby and Viewing Area

- Our viewing area is for your convenience to allow you to watch your child practice
- siblings are not to be left unattended in the facility nor are to be running around. We also ask that everyone stays out of the dance room even when not occupied
- Parents are expected to clean up after themselves and siblings.
- Our lobby and viewing area is supposed to be a positive environment. It is your job, as a parent, to love and support your child, leaving the coaching to us.
- In the event of parents being an issue, they will be asked to leave or could be removed permanently.

Fees

- A schedule of payments is listed in the handbook. All monthly payments are set up in the icp app and will come out the first of the month, unless otherwise noted. If you choose to make a payment and not have the card on file charged, you must bring cash or check by the first of the month. By the 10th of each month, your account must be up to date or your athlete will no longer be allowed to participate.

Meets

- Kris' will host at least one meet a year. Parents are required to help set up, work each day, and help tear down. If you choose not to work, you will be required to pay a \$300 per child fee, that will be charged on your account.
- It is also required to provide snacks/ baked goods for the concession stand as part of your meet requirement

TEAM REGISTRATION



Registration

For 2024-2025, registration will be completed online. All athletes must register.

Kris' Power Tumbling Information

1100 West South 5th Street
Shelbyville, IL 62565
(217) 774-5403

To Register:

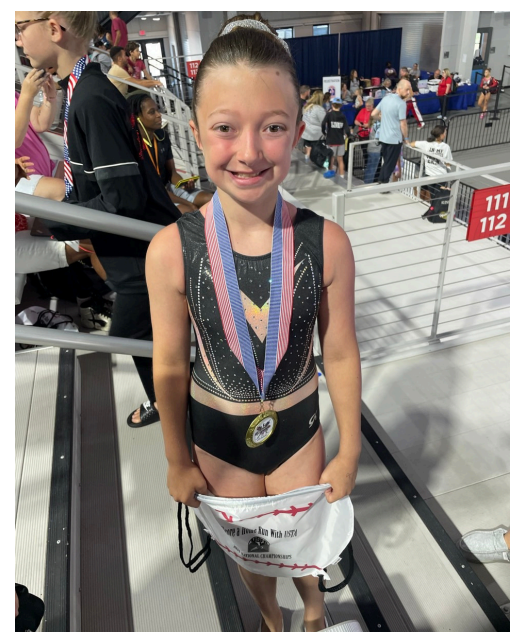
- login or make an account using our iclasspro app
- Select the team you will be on for the upcoming season
- There is a \$150 registration team fee

Email: krispowertumbling@gmail.com

Website: krispowertumbling.com

Facebook: Kris' Power Tumbling
Dance & Cheer

If you have any questions, please feel free to stop by the office.



WAIVER AND PARTICIPATION FORM



Liability Waiver and Participation Form

Athletes Name: _____

Parents Name: _____

Medical Authorization and Liability Release

I authorize Kris' and its representatives to consent to medical treatment for my child when I cannot be reached to consent. I am fully aware that any activity involving motion, height, or athletic activities create the possibility of serious injury, paralysis, or even death. I further agree to hold Kris' and its staff harmless for any injury or resulting expense(s). I release and discharge all rights and claims against Kris' and its parties. Kris' strives to provide the maximum in safety and procedures and guidelines, and cannot assume responsibility for any accidents, injuries, or illness that may occur.

Parents Name: _____

Parents Signature: _____

Date: _____

Parent Consent

The athlete listed above has my permission to participate in Kris' program for the 2024/2025 year. In consideration for the training and coaching provided by Kris' and its staff, I understand that my son/daughter must abide by the rules and regulations set forth by the coaches and staff. I understand that violations of any of these rules may result in removal from the classes and/or team. We acknowledge and recognize that hazards are present in any athletic event and that injury may result. Kris' coaches, staff, and volunteers will not be liable for injury that occurs during practice, competitions or travel to and from activities.

Parents Name: _____

Date: _____

Parents Signature: _____

FINANCIAL AGREEMENT



Name of Parent/Legal Guardian

Print the name of athlete here

-
- I understand and agree to the following:
 - I understand and agree that tuition is due on the 1st of the month for the current month. So January tuition is due January 1st. Tuition is set up and automatically drafted through iclasspro each month. A valid card must be on file at all times.
 - I understand that I am subject to a late fee charge of \$25 after the 5th of the designated month and if my account is past due on the 10th of the month, my athlete will no longer be allowed to participate until my account is brought up to date. Excessive tardiness of payments will be grounds for my child not competing and possible dismissal.
 - I understand and agree that as a parent signing this contract, that I am solely responsible for the Tuition, Travel Expenses, Uniform and Assessments as outlined in this packet.
 - I understand if I leave the program prior to May 23th, 2025, I am subject to a \$250 buyout fee, plus monthly charges. This will be billed to the card on file at the time of departure from the program.
 - I understand I have to work all meets hosted by Kris' or will be subject to pay a fee of \$300 per child.

Parent/legal guardian signature

Date



POLICY AGREEMENT



PLEASE READ, INITIAL AND SIGN THE POLICY AGREEMENT

1. ____ The Season is a full year commitment from July 2024- May 2025
2. ____ All Kris' customers are required to have a card set up in Iclasspro for all payments. All tuition is ran on the 1st of each month. Athletes will not be allowed to practice until there is a card on file or the account is paid in full.
3. ____ Your account must be current for your child to participate in team practices, tumbling classes, open gyms, private lessons and or competitions.
4. ____ All monthly fees, assessment fees, and or uniform fees, must be paid in advance in order to participate in any event. **All fees are 100% non-refundable for any reason.**
5. ____ I understand that if my child decides to quit the Kris' program (for any reason other than family relocation) at any time from June 1st to the end of the competition season May 2025, I will be charged a \$250 buyout fee. This fee will be deducted from the card on file or needs to be paid by check within 5 days if card is not approved.
6. ____ Your child can be suspended from practices and or competitions for displaying inappropriate behavior and refusal to follow gym rules and instructions from coaches or staff. Please discuss this with your child. You are still responsible for your athlete's fees during the period of suspension.
7. ____ Athletes should not be dropped off more than 10 minutes early for team or class. Athletes should not be picked up more than 5 minutes from the end of their practice/class, as this requires coaches and staff to work past their set hours.

POLICY AGREEMENT P2



- 8.____Fundraising- All fundraisers facilitated are individual, unless others noted. We will apply credits to your accounts. Any surplus of credits from fundraisers can be used towards any service or products Kris' offers. Funds can't be transferred to another athlete. If athletes leave with a credit that will be transferred to the general fund. Refund checks will not be issued in the result of a surplus.
- 9.____All transportation to and from competitions is the sole responsibility of parents. I understand that some competitions require a specific hotel. Information will be given as those dates approach.
- 10.____I understand I am not allowed to use the Kris' logo and make my own Kris' merchandise. I cannot sell or create Kris' apparel or merchandise.
- 11.____I understand I am not allowed to contact vendors on behalf of Kris', doing so is grounds for dismissal from the program.
- 12.____It is the parent's responsibility to stay informed. Check our facebook page, band app, and emails regularly, if you are not receiving information contact the office.
- 13.____All athletes and parents are expected to carry and conduct themselves with the utmost maturity on social media. This includes but is not limited to social media posts, photos, interactions, and discussion boards. Any violation of this policy may result in immediate termination from the program.
- 14.____I have received, read, and understand this 2024/2025 Kris' Power Tumbling Team Handbook

I understand and agree to abide by the policies as outlined above:

Athlete Name:

Print Parent Name:

Signature of Parent/Legal Guardian:

Date: