

X-Treme Tumbling and Trampoline
911 East Brinton St. Ellsworth, IA 50075
REGISTRATION FORM please include registration fee of \$25.00 (recreational)
\$55.00 (competition team)

GUARDIAN'S INFORMATION: New Students Former Students – name and updated info only

Parent or Guardian #1 First Name: _____ Last Name: _____
Parent or Guardian #2 First Name: _____ Last Name: _____
Billing Address: _____ City: _____ State: _____ Zip: _____
Primary Phone #: _____ Home Work Cell Secondary Phone #: _____ Home Work Cell
Parent or Guardian Email Address: _____
Emergency Contact- First Name: _____ Last Name: _____ Relationship: _____
Phone #: _____ Home, Work, Cell

STUDENT INFORMATION/Class Choice:

First Name: _____ Last Name: _____
DOB: _____ - _____ - _____ Grade 2020-2021: _____ Gender: M / F School: _____
CLASS(S): _____ Day/Time: _____ (can be found on schedule page)

Child's Medical History

Medical Needs: _____
Preferred Hospital: _____ Do you have Health and Accident Insurance? ___ Yes ___ No
Physician's Name: _____ Physician's Phone: _____
Has Student **EVER** Had: (Give Dates and Circumstances)
Any injuries requiring medical attention? _____
Any neck or head injuries? _____
Any convulsions or seizures? _____
Has the student **EVER** been admitted to the hospital with injuries or surgery? Yes or No
If yes, what? _____
Is your child taking any medications? _____
Does your child have any allergies? _____
Does your child have a medical problem that may limit their performance in class? Yes or No
If yes, what? _____
Does your child have any other mental or physical handicaps? _____
Parent/Guardian's Signature: _____ **Date:** _____

X-Treme Tumbling and Trampoline Waiver and Release Form

The sport of gymnastics, tumbling, trampoline, and dance involve certain inherent risks. I fully understand and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in club activities and events. I further agree that X-Treme Tumbling and Trampoline and the sponsor of any X-Treme Tumbling and Trampoline event, along with the employees, agent, officers, and directors of these organizations shall not be liable for any organizations or individuals identified above.

I also understand that it is the parents' responsibility to warn the children about the danger and all potential injury that may be a part of participation in all the activities at the club. The parents should warn the child according to what the parent feels is appropriate. X-Treme Tumbling and Trampoline will only warn the child through "safety messages" and our teaching style and progressions.

I affirm that I now have and will continue to provide proper hospitalization, health, and accident coverage which I consider adequate for both my child's protection and my own.

X-Treme Tumbling and Trampoline has my permission to render necessary standard first aid emergency treatment to my child while in attendance at the facility or any other off-site events. I hereby give my consent, in the event that I cannot be reached, for the X-Treme Tumbling and Trampoline staff to call our doctor and seek medical help, including transportation by an X-Treme Tumbling and Trampoline staff member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of any ambulance for said child.

(AGREEMENT SUBJECT TO CHANGE WITHOUT NOTICE)

I HAVE READ, UNDERSTAND, AND ACCEPT THE ABOVE CONDITIONS.

Parent or Guardian's Signature: _____ **Date:** _____

X-Treme Tumbling and Trampoline
Assumption of the Risk and Waiver of Liability Relating to Coronavirus/Covid 19

The coronavirus, Covid19, has been declared a worldwide pandemic by the World Health Organization. Covid-19 is extremely contagious and is believed to spread from person-to-person contact. As a result, federal, state, and local governments and health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

X-Treme Tumbling and Trampoline has put in place preventative measures to reduce the spread of Covid-19, however, X-Treme Tumbling and Trampoline cannot guarantee that you or your child(ren) will not become infected with Covid-19. Further, attending X-Treme T & T could increase your risk and your child(ren)'s risk of contracting Covid-19.

By signing this agreement, I acknowledge the contagious nature of Covid-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by Covid-19 by attending X-Treme T & T and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by Covid-19 at X-Treme T & T may result from the actions, omissions, or negligence of myself and others, including, but not limited to X-Treme T & T employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at X-Treme T & T or participation in X-Treme T & T programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs, or expenses of any kind arising out of a relating there to. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence X-Treme Tumbling and Trampoline, its employees, agents, and representatives, whether a Covid-19 infection occurs before, during, or after participation in any X-Treme T & T program.

Athlete and Guardian agree to abide by the following guidelines:

1. Athlete will NOT come to practice if they have a temperature or do not feel well in any way. Athlete will be fever free for 48hours with no medication prior to returning to gym.
2. Each athlete must bring their own water bottle to drink.
3. Guardians agree to discuss social distancing with your athlete prior to every practice, private lesson, or class.
4. All athletes will enter X-Treme Tumbling and Trampoline wearing shoes.
5. When an athlete goes to the bathroom, they must wear shoes (flip flops or slides kept in the designated areas).
6. Correct hand washing or hand sanitizing will be done before and after each practice, private lesson, or class.
7. Athlete will not arrive more than 10 minutes prior to practice starting.
8. Parents will pick up promptly on time.
9. Proper social distancing practices will be adhered to whenever possible.
10. If you feel like your child should wear PPE, they need to supply their own.

Signature of Parent/Guardian _____ Date _____

Print name of Parent/Guardian _____

Name of Athlete(s) _____

Payments:

Payments are due the 1st of each month, and no later than the 15th of the month.

We are currently not using our previous system for automatic payments.

We will be accepting the following methods of payments:

***VENMO** payments to @XTREAMTeam or by using the QR code.

Athletes name must be in the payment description line.

***Check** payments made out to XTT, or automatic bill pay through your bank. Be sure to include the athletes name on the memo line.

***Cash** Payments: cash payments must be clipped or in an envelope with the athlete's name and placed in the black payment box located on the desk at the gym.

***PayPal** information to come.



Leah Phipps

@XTREAMTeam

venmo



Scan QR Code for payment

X-Treme Tumbling and Trampoline

Class Schedule 2020-2021

Classes begin September 8th, 2020 and run through May 27th, 2021

Mondays:

- 4:30-6:00 pm **Competition Team** Beginner-Advanced Beginner. Working on rolls (forward/backward), handstands, cartwheels, round offs, backbends, handstand bridges, bridge kickovers. Trampoline/double mini working on beginner skills and beginning front tucks.
- 6:00-7:30 pm **Competition Team** Sub Novice-Novice. Have all beginner/advanced beginner skills + front tucks on trampoline/double-mini without spot. Can back handspring without spot and working round off back handsprings.
- 7:30-9:00 pm **Competition Team** Intermediate – Elite. Have completed all previous levels in competition and are working 3+ flips on trampoline/double mini and competing 5 and 8 skill passes on floor.

Tuesdays:

- 4:00-4:45 pm **Tumbling** Parent/tot class - kids ages 2-3. Those not ready for full instructor-based learning. We will use parent guided learning to introduce equipment and proper technique as well as modeling how to take turns and stay in line.
- 5:00-6:00 pm **Tumbling** Beginner level class. We will teach the basics on trampoline, double mini, and tumbling-rolling, cartwheeling, handstands.
- 6:00-7:00 pm **Tumbling** Novice level class. Students have mastered their rolls, cartwheels, and backbends. We will be working handstand bridges, bridge kick overs, roundoffs, and some flipping on trampoline and double-mini.
- 7:00-8:00 pm **Tumbling** Intermediate level class. Athletes need little to no spot on their back handspring and are flipping on their own on trampoline/double mini. We will be working multiple handsprings as well as the different position flips on floor, trampoline and double-mini.

Wednesdays:

- 4:45-5:30 pm **Tumbling** Beginner 4-year-old class.
- 5:40-6:10 pm **Tumbling** Parent/tot class - kids ages 1-2. We will use parent guided learning to introduce equipment and proper technique as well as modeling how to take turns and stay in line.
- 6:20-6:50 pm **Tumbling** Beginner 3-year-old class.
- 6:50-8:50 pm **Competition Team** Sub Advanced-Elite level. Athletes must have mastered all levels prior to sub advanced and be working 5 + flips on trampoline, and 2 flip connections on double mini. Floor will work 5 and 8 skill passes.

Thursdays:

- 4:00-5:00 pm **DANCE** Ballet/Tap COMBO 2 (ages 6-9). Those who have taken a combo dance class or completed Combo 1.
- 5:00-6:00 pm **Tumbling** Beginner ages 5-7. We will teach the basics on trampoline, double mini, and tumbling- rolling, cartwheeling, handstands.
- 5:00-6:00 pm **DANCE** Tap/Jazz Intermediate level.
- 6:00-7:00 pm **DANCE** Tap/Jazz Advanced level.
- 6:00-7:30 pm **Tumbling/Competition Team** Sub Novice – Novice level. Have all beginner/advanced beginner skills + front tucks on trampoline/double-mini without spot. Can back handspring without spot and working round off back handsprings.
- 7:30-9:00 pm **Competition Team** Intermediate – Elite level. Have completed all previous levels in competition and are working 3+ flips on trampoline/double mini and competing 5 and 8 skill passes on floor.

Fridays:

- 5:00-6:00 pm **DANCE** Beginner Ballet ages 9 and up (add on for Thursday Tap/Jazz beginner or stand- alone, have previous ballet through a combo class).
- 6:00-7:30 pm **DANCE** Ballet/Pointe Intermediate – instructor placed.

Saturdays:

- 9:00-10:00 am **DANCE** Preschool Ballet/Tap/Tumble (Patsy) ages 3-5, starter dance class.
- 10:10-11:10 am **DANCE** Combo 1 Ballet/Tap/Tumble (Patsy) Taken a preschool ballet class or age 5-6.

PRICING:

Tumbling & DANCE classes: \$25 registration fee per year.

30 min/week = \$35/month

45 min/week = \$40/month

1 hour/week = \$45/month

1.5 hours/week = \$60/month

2 hours/week = \$75/month

Competition Team \$55 registration fee per year.

**Additional fees may include competition entry fees, leotard, competition shoes, and warm-up suit (optional).

1.5 hours/week = \$60/month

3 hours/week = \$95/month

5 hours/week = \$120/month

DISCOUNTS:

*10% discount for tuition paid in full.

*10% Family Discount for each additional child after the first (full price).

*10% Travel discount for those that travel 40 + miles one way.