



T&T is HERE!!

Tumbling & Trampoline Classes and Team!

Beginner T& T: Mondays from 6:30-7:30 pm

Athletes will master the basics of tumbling and trampoline. Focusing on USA Gymnastics Level 1, 2, and 3 routines. No experience necessary. Will learn important fundamentals of SAFE trampolining including learning body control, body positions and basic seat and front drops. Will focus on cartwheels, rolls, handstands AND an introduction to back handsprings.

Intermediate T&T: Mon. from 7-8 pm and/or Wed. from 6:45-7:45 pm**

Athletes must have solid back handspring by themselves on tramp, tumble track and/or air trak to enroll. Must also demonstrate great body control on tramps including ability to do strong straddle, tuck and pike jumps, as well as seat and front drops. Will learn and master skills and routines from USA Gymnastics Levels 4 & 5 tumbling and tramp routines.

Advanced T&T: Mon. from 7:30-9 pm and/or Wed. from 7-8:30 pm**

Athletes must have a round-off and strong 3 back handsprings on floor, plus, strong front and back flips on the tramp (unassisted with great form) to enroll. Will learn and master skills and routines from USA Gymnastics Levels 6, 7, and 8 tumbling and tramp routines.

T&T Pricing (tuition due on the 1st of the month):

One Hour Class/Week—One Class \$66/mo Two Classes \$119/mo
90 min Class/Week—One Class \$99/mo Two Classes \$159

*Cheer Central does not pro-rate for missed classes or gym closures. All gym closures have already been calculated into pricing. Exception: December/Jan and June/July are "2-for-1" months. Please see back for more info.!



**Athletes mastering Level 4 and above will be eligible to compete in local competitions.

STARTS WEEK OF OCTOBER 6th! Come meet the coaches and do a FREE trial class. Athletes will be given a \$10 OFF their first month if they sign up for October!

T&T FAQs

What is T&T?:

Tumbling and Tramp is a USA Gymnastics recognized sport. Athletes can learn each discipline according to their skill level. Students will spend time during each class period working on BOTH the rod floor (tumbling) and on the trampolines. Cheer Central will be following the USA Gymnastics curriculum and will focus on mastering skills and routines at each level. This is a GREAT sport!! It is fun (who doesn't LOVE to jump on the tramp?!), and it teaches body control, strength, flexibility and endurance.

How much does it cost?

Cost depends on your level of involvement. Athletes in intermediate or advanced levels may choose to train one or two times per week. Beginner and intermediate classes are one hour, advanced classes are 90 minutes.

One Hour Class/Week—One Class \$66/mo Two Classes \$119/mo
90 min Class/Week—One Class \$99/mo Two Classes \$159

*All families must complete our online registration before athletes can participate. You must pay the \$55 lifetime registration fee to participate in T&T. This fee will cover your involvement of your child in CLASSES until they reach age 18. We will implement a separate T&T TEAM registration fee beginning in the fall of 2009. If your child joins a different program at Cheer Central (Competitive All-Star, Pre-CAST, High School Tumbling, or T&T competitive team in 2009) separate registration fees will apply.

How do I register?

You will need to register online AND visit our front desk.

Tuition is due at the first of the month. Cheer Central has an easy and convenient automatic payment system. You will need to complete the necessary payment form. In addition, we will require each family to complete a new medical form each year to ensure we have the necessary information in the event of a medical emergency.

Can my child compete?

Our focus for the 2008-09 season will be developing a strong foundation and teaching safe fundamentals for both tumbling and trampoline in a fun environment. We ARE planning on allowing athletes who desire to compete the opportunity to do so this season. Athletes will be required to master at least Level 4 tumbling and/or trampoline routines in order to compete.

If my athlete does choose to compete, what do you expect the cost/commitment to be?

Cheer Central will only compete locally. Most meets will be held in the Colorado Springs area. We will assess our athletes in January of 2009 and will give specific information regarding T&T competitions at that time. For planning purposes we will give you a brief description of expected costs/events below. Please remember, this information could change!

Additional Cost for T&T competition:

Uniform (leotards-girls, tanks/pants-boys)- Approx. \$75-\$125 (estimate)

USA Gymnastics Membership— Each athlete must be a registered member to compete- \$55 (estimate)

Competition fees— \$75/competition (estimate)—we will most likely participate in 2 competitions

USA Gymnastics Training Camp (last weekend in January)— \$100 (estimate)

**Cheer Central is planning to participate in approximately 2 competitions between February and May. Many meet coordinators have yet to finalize their schedules, so our meet schedule will be announced in early January.

Gym Closures, Pro-Rating and Open Gyms

Cheer Central does not typically pro-rate class tuition. Instead, we pre-plan closures into our monthly rates. However, during 2x of the year (December-January AND June-July), we will have 2-for-1 months. This means that we will charge you tuition in December, BUT we will suspend you payments in January. Likewise, we will charge you in June, but will suspend your July payments. Your athletes will then attend classes during December/January and June/July only when we are open. We do our "2-for-1" months when the gym will be closed for a significant amount of time (we close 3 weeks at Christmas time and 3 weeks for summer break). Our WINTER CLOSURE IS SCHEDULED FOR December 20, 2008 through January 10, 2009.

We will not prorate for other months as our rates have already been calculated for the occasional closure. In addition, as a ADDED BONUS, all athletes enrolled in our T&T program may attend a special weekly T&T OPEN GYM on Wednesday nights from 8:30-9 p.m. This is FREE to T&T class members only. This will be with our T&T coaches, and is another opportunity for athletes to get some extra work! This is a great opportunity for your child to "make-up" a class if they miss one for personal reasons.

Other Important Info

Our T&T classes/teams will be taught by Jason Carpenter and Seth Wong. Both having a background in USA gymnastics, and both being proven tumbling instructors in our gym we are excited for them to head up the T&T program!! We'd love to have you on board for the exciting season. GO SUNS!

Come Join Us for this Exciting Opportunity!

Starts week of October 6th. Sign up for October and receive \$10 off for your 1st month.

303-452-SUNS (7867) or www.CheerCentralSuns.com

660 Compton St. Unit 1

Broomfield, CO 80020

*T&T info/classes may change at any time to accommodate a growing program. We look forward to having you involved!!