

# Tumble Classes Information Sheet

## REGISTRATION

Each athlete must pay a registration fee of \$40.00. This fee is due at the time of sign ups. Please complete a registration and financial form. All registration forms must have an attached **copy** of athletes' birth certificate and **current** physical.

## FEES

**ALL FEES ARE NON-REFUNDABLE.** (Please refer to the Financial Form)

## TUITION

### **\$60 Monthly Tuition Fee**

- This includes monthly training by a qualified instructor. Monthly tuition also covers administrative fees, assessment fees, insurance and other related fees.
- Tuition is due on the 15th of each month.
- Payment Options/Late Fees: Cash, Money Order, Apple Pay, Credit Cards are the only payment methods available. Late Fees are applied to accounts daily until tuition is paid in full. The late fee is \$5.00 per day starting the day after the payment due date until the account is current. **\*No personal checks accepted\***

Financial Hardship Program: This option is available to all athletes every quarter. The hardship program is for parents who are experiencing difficulties making a current tuition payment. It allows parents to submit a Promise-to-Pay (**PTP**). This is in place to avoid accumulating late fees during hardship. However, if the date on the Promise-to-Pay (**PTP**) is **broken**, the original late fees will be applied. All PTP's have to be submitted and **approved a week prior** to tuition due date. If the account becomes delinquent, cheerleaders will be asked to sit out of practices, performances, and competitions until the account is current.

## **THE FOLLOWING ITEMS ARE MANDATORY FOR PARTICIPATION:**

### UNIFORMS

*All tumblers must wear **SOLID all black pants or shorts with an iIMPACT top. Shorts are not permitted to come above athlete's fingertips. All undergarments must be solid black.***  
*Boys: Uniform must be ordered from our customer service team (Prices may vary)*

Girls: iIMPACT Tumbling Leotard *\*Available in long and short sleeves\**

Boys: iIMPACT Tumbling T-Shirt

### PRACTICES

Practices are held once a week. Please follow the practice schedules provided by the Customer Service Team (Please note: Practice schedules are subject to change.)

**All athletes must attend practice in IMPACT approved practice gear.** This is mandatory practice attire. If athletes are not in the proper attire, they will not be able to participate in practice. There are no exceptions!

### **FUNDRAISERS**

Fundraisers will take place monthly. **IT IS MANDATORY THAT ALL ATHLETES PARTICIPATE in monthly fundraiser events.** Whether or not your athlete attends the event, all monies from the fundraiser must be turned in by the due date. If not, the delinquent balance will be **AUTOMATICALLY** added to the athletes account. If no payment arrangements are made within 30 days, the delinquent account will be sent to a collection agency.

### **COMMUNICATION**

All parents are asked to download the FREE GroupMe. All information, helpful practice videos and immediate changes will be updated on the Group Chat. Please note, this will be our main line of communication. It is the parent's responsibility to check Group-Me daily. Please do not utilize the Group Chat for personal questions. Please contact our customer service number or email us directly.

### **MEDICATION**

If your child has any medical concerns, please make sure you consult a doctor prior to enrolling your child into cheer. Please fill out a medical form to include all medications or special needs. It is the parent's responsibility to notify the coaches of any medical changes. **Glitter Bows & Pointed Toes LLC and its representatives will consent to medical treatment for all athletes when guardian cannot be reached for consent. No prior determination of life-threatening emergency or danger of serious or permanent injury resulting from treatment need be made under this authorization.**

**ALL participants must be fully aware that any activity involving motion, height, or athletic activities create the possibility of serious injury, and further agree to hold Glitter Bows & Pointed Toes LLC., IIMPACT, Noble Street Baptist Church, Trinity Faith Diamond and its staff and officers harmless for any injury or resulting expense(s). All participants release and discharge all rights and claims against Glitter Bows & Pointed Toes LLC., Noble Street Baptist Church, Trinity Faith Diamond Church and its parties. Glitter Bows & Pointed Toes LLC. strives to provide the maximum in safety procedures and guidelines, and cannot assume responsibility for any accidents, injuries or illnesses that may occur.**

### **CONTACT**

Website: [www.iimpactnation.com](http://www.iimpactnation.com)

**For questions or inquiries regarding PTP's, withdrawals, absences, and other related topics:** [customerservice@iimpactnation.com](mailto:customerservice@iimpactnation.com)

**For questions or inquiries regarding booking, waiting list, sponsorship, and other related topics:** [booking@iimpactnation.com](mailto:booking@iimpactnation.com)

**Customer Service Department:** 757-478-0377

Thank you for entrusting your athlete with Hampton Roads leading Tumbling team. We hope you are ready to make an impact.  
WELCOME TO THE SQUAD!

# Tumbling Classes

**Tiny Twisters: (Preschool ages 3-5) 40 mins**

This 40 minute class is for students who are ages 3-5. This class curriculum is based on foundational concepts.

**Glam: (Beginners) 60 mins**

This hour class is for students with no experience in tumbling. This class will learn forward rolls, backward rolls, handstands, cartwheels, and back bends as well as other skills that introduce tumbling basics.

Class Goals: Forward Rolls, Backwards Rolls Run-Jump-Forward Roll Down Wedge, Lunge Handstand, Hurdle, Cartwheel, Cartwheel Step In-Rebound, Backbend, Bridge kick over

**Glitz: (Intermediate)60 mins**

This hour class is for students that have mastered a backbend, handstand, and cartwheel. In this class students will learn round offs, back walkovers and begin to learn back handsprings and front flips as well as other tumbling skills.

Class Goals: Handstand, 2 Shoulder Taps, One Arm Cartwheel, Round Off- Off Panel Mat, Run-Hurdle-Round Off Rebound, Back Walkover, Back Handspring, Front Handspring, Dive Roll, Handstand Forward Roll, Handstand Snap Down- Off Mat, Handstand to Bridge, Front Limber

**Heat: (Advance) 60 mins**

This hour class is for students who have mastered a back walkover and can do a clean back handspring. We will begin to learn skills that fly through the sky and use no hands, such as aerials. Running tumbling is introduced in this class.

Class Goals: Handstand ½ Pirouette, Handstand Snap Down, Fly Back, Front Walkover, Power Hurdle Round Off, Aerial, Jump to Tuck, Front Tuck, Back Handspring Step Out, Round Off Back Handspring

**Boys Can Flip: (All Boys) 40-60 mins**

This class was created for boys only. The above skill levels and development will apply.