



TUMBLING REGISTRATION

*REGISTRATION FOR FALL SEASON BEGINS JULY 15th, 2024 (RETURNING ATHLETES) AND JULY 16TH (NEW ATHLETES)

REGISTRATION REMAINS OPEN CLASSES ARE FULL (WAITLIST WILL BE APPLIED FOR THOSE WHOSE **CLASSES ARE FULL)**

SESSION: SEPTEMBER 3RD – OCTOBER 29TH (FALL BREAK: NO TUMBLING OCT 8TH)

			•		,			
Name of Child: _		Grade:	Nickna	me:				
Gender:	_ Age:	Grade:	Birth Date:	//				
Address:		State:	Zin Co					
Parent/Guardian	Name:	State	Zip Co	ue				
TEXT # for Pare	nt:	E	mail Address:					- -
Toddler (3 y		Please check appr	opriate section*:					
Beginner (4		• •						
•	•	up @ 5:00-6:00pm)						
_	•	heer Tumbling (8-up @	6:00-7:00pm)					
		d been in tumbling?	• ,	(circle one)	1 2	2 3	4	5
		PERMISSION	REQUEST					
Name of Child:								
I certify that my child permission to a staff	I is in good health member for such ne future. I under	liability of any kind of persona and can participate in all activations are. I give consent for my constand that Rc3 will attempt to rund will be provided.	vities. If any attention i hild to be photographe	s required for illned d or videotaped a	ess or inj nd for th	ury, I ose im	give m nages	ny s to
of necessary diagno occurs when he/she true emergencies an	stic test upon, the cannot be locate and only when he/s an and/or their des	Rc3 to obtain immediate media use of surgery on, and/or the dimmediately. It is also unde the cannot be reached. The prignated emergency contacts.	administration of drug rstood that this agreem	s to his/her child onen covers only the	or ward i	f an er ations	merge which	ency h are
		e for payment of medica	al expenses.					
2. Medical	treatment cos	ts are covered by: Insur	ance Company: _					
Policy #:	Chi	ld's Physician or Clinic A	Attended:					
		Date:						
Signature of Par	ent							
TUMBLING FE	<u>'E</u> *							
		able. Applications are av\$65.00/\$95.00	vailable at the fron	t desk.		*For (Office	Use (

For Office Use Only						
Date:						
Amount Paid:						
Staff Initials:						

STUDENT-ATHLETE & PARENT/LEGAL GUARDIAN CONCUSSION STATEMENT

According to the Centers for Disease Control and Prevention, a concussion is a type of traumatic brain injury that changes the way the brain normally works. Most concussions occur without loss of consciousness. Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. The new concussion law is an opportunity to make playing sports safer for Tennessee's young athletes. For more information, visit: http://tn.gov/health --> Preventing Brain Injury

Student-Athl	ete Name: Guardian Name(s):		_			
	the information sheet, I am aware of the follow	ing information:	_			
Student- Athlete Initials	,		Parent/Leg al Guardian Initials			
	A concussion is a brain injury which should be a medical professional if one is available.	reported to my parents, my coach(es) or				
	A concussion cannot be "seen." Some symptoms can show up hours or days after an					
	I will tell my parents, my coach and/or a medic illnesses.	cal professional about my injuries and				
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.					
	I will/my child will need written permission from or practice after a concussion.	n a health care provider* to return to play				
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.					
	an athlete should receive immediate s such as loss of consciousness, rse.					
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.					
	Sometimes repeat concussion can cause serio death.	ous and long-lasting problems and even				
I have read the concussion symptoms on the Concussion Information Sheet.						
neuropsycho	e provider" means a Tennessee licensed medic logist with concussion training, or a physician a eam supervised by a Tennessee licensed medic	ssistant with concussion training who is a r	nember of a			
Signature of	Student-Athlete	Date				
Signature of	Parent/Legal Guardian	Date				



Fall 2024

Ages: Girls and boys 3 years old- high school. Four classes are offered based on age and skill level.

See below for class description.

Cost*: Tumbling (toddler class and ages 4-18) - \$65.00 (Rc3 member) or \$95.00 (potential member)

*Financial assistance is available. Please ask front desk staff for an application.

Dates: Registration for returning athletes opens on July 15th. Open registration begins July 16th and

will remain open until spots are filled (or the halfway point in the session – Week 4). Spring tumbling class includes 8 weeks of instruction. Classes meet on Tuesdays, September 3rd, 2024

- October 29th, 2024. (No Tumbling Class on October 8thth).

Attire: Suggested dress includes athletic wear (flexible shorts/t-shirt that can be tucked in) or

gymnastics leotards. Long hair should be tied back or pulled out of the face. Children may choose to wear socks or be barefoot. Chewing gum is not permitted during tumbling classes. Jewelry (bracelets, necklaces, dangling earrings, etc.) should not be worn.

Class Descriptions & Prerequisite Skills:

Toddler (3 yr old): This half hour class is specially designed for toddlers. Toddlers will learn listening skills, gross motor control, and build a foundation for more complex tumbling skills. Class format will include beginning stretching, various tumbling and crawling stations, and jumps. Age 3 years old, at start of class, **must be three before the first class** (no exceptions).

Beginner (4-5 yr old): A one-hour class designed for children to learn basic tumbling and balancing skills. Each class will learn an exhibition. Class format will involve stretching, gross motor skills, and various tumbling stations. Ages 4-5 years old, **must be four-year-old by the first class**.

Beginner/Intermediate (6-12 yr old): This one-hour class works on developing beginner and intermediate tumbling skills. Each class will learn an exhibition. Teachers will work with groups at their ability level to expand participant's tumbling skills. Class format includes stretching, working various tumbling skills, tumbling stations and conditioning. Ages 6-10 years old, **must be at least six before the first class**.

Intermediate/Advanced/Cheer Tumbling (8 yr. old - Up): A one-hour class for 8 year olds and up. For those interested in advanced tumbling and cheer tumbling, this class will continue to refine beginning tumbling skills and expand to advanced tumbling. Class will include advanced moves for use in cheerleading but is NOT just for cheerleading. Format includes stretching, conditioning, and various intermediate and advanced tumbling skills, such as: round off, back handspring to back handspring/back tuck, front handsprings, and front and back walkovers. Class placement between beginner/intermediate or intermediate/advanced will be determined by the coaches and the individual prerequisite skill set. The prerequisite skill set for this class will include: cartwheel, round-off, able to kick up to handstand (a hold is not needed). Age exceptions can be made if a student can do a spotted round off back handspring in addition to prerequisite skill set.