

# Welcome to the Icon Trampoline Club



## **Welcome to the Icon Trampoline Club.**

Trampoline is seriously good fun. It is also widely acknowledged that there are numerous health benefits to bouncing regularly and is now recognized as an Olympic discipline.

Whether you want to build a few skills to show off in the back yard, enhance your fitness/weight loss, work on your agility, cross train for other extreme sports or aspire to international trampoline competitions—joining a trampoline Gym will be a huge advantage.

Absolutely anyone at all can do trampoline. It is a low impact, self-regulating activity that works the whole body. It can be taken to any level you desire or can manage.

Icon Trampoline Club is a non-profit organisation and is the longest standing Trampoline Club in New Zealand, having begun in 1977. It has produced a number of NZ & World champions and currently has New Zealand's only three level 1 International judges plus an Olympic athlete.

The Club is an Incorporated Society run by a volunteer committee. We encourage and welcome new members onto our committee. If you are interested, please talk to a coach or committee member.

As a volunteer club we rely heavily on fundraising in order to maintain our building and equipment. Our main source of fundraising is the running of competitions. We are very reliant on the support of all members/families whether recreational or competitive to volunteer time to help on the floor or canteen at these competitions once or twice a year. Help is also required with cleaning and maintenance of the venue. If you have a trade or can help in anyway please let us know.

### **HISTORY AND BACKGROUND:**

Icon Trampoline Club Incorporated (ICON) was founded in 1977 with the aim to promote, organise and foster the sport of trampolining. Icon caters for athletes of all levels and abilities by providing a safe stimulating environment to learn to trampoline at both the recreational and competitive level. Every child loves to bounce on a trampoline at home and with skilful coaching a child develops spatial awareness, muscular strength and agility and well deserved pride in their accomplishments.

Icon purchased its current venue in 2000 and is the venue for most of the North Island based GNZ sanctioned competitions, and school competitions. It is also used for Gymnastic New Zealand coaching and judging courses. Our venue is a dedicated Trampoline facility with the most current and up to date equipment.

The club is located in Mangere East, South Auckland. While recreational members come mostly from the surrounding suburbs of Howick, Papatoetoe, Mangere and Otahuhu, they along with our competitive athletes now come from all parts of Auckland.

### **CLUB VALUES:**

#### **Excellence:**

Going the extra mile, taking it to the limit.

Striving for excellence in perfecting skills

Personal goal setting

#### **Respect:**

Treating every member, supporter, coach, athlete at the club with courtesy, consideration and respect. Earning respect through showing personal integrity.

#### **Fun and Enthusiasm:**

Bringing vibrant and positive energy into the club.

Approaching each challenge with an optimistic attitude .

**Teamsmanship:**

Encourage and include others at all stages.

Encourage a sense of belonging to the club family.

Supporting one another.

Personal Development:

Supporting individual development.

Fostering growth as a trampolinist and as a person.

Encouraging all people at all levels and ability to achieve and develop at their own pace.

**Covid Passports:**

Icon is vaccine mandated:

NO record of passport will mean you will not be able to access the venue .

Please log in [www.icontrampoline.co.nz](http://www.icontrampoline.co.nz) and upload your covid certificate.

This is safe and secure and only holds the relevant information not the actual passport. For more information follow this link.

<https://www.friendlymanager.com/upload-my-vaccine-pass>

**AFFILIATIONS AND CLASS FEES:**

All of our classes operate on a term by term basis.

**Fee's are due before the start of each term.** If not paid there is no guarantee that a space will be held in a class.

Class fees vary according to the level and number of classes attended each week. Generally our fee's start at \$135 per 10 week term plus affiliation fee's for a 1 hour recreational class.

Affiliation fee's relate to whether you are recreational or a competitive athlete and are set by Gymnastics New Zealand. They are collected by the club each term and passed onto GNZ .

Credit Icon Trampoline Club

ASB 12-3252-0060126-00

Please visit our web site [www.icontrampoline.co.nz](http://www.icontrampoline.co.nz) for up to date information on classes, class fees and to register for classes.

**ENROLEMENTS.**

Current Gymnasts will be offered Priority Bookings for the following term.

To ensure your place please make sure payment is made by the due date. If fee's are not paid prior to start of term a gymnast may not participate in the class. If gymnasts turn up for a class without pre booking they will be unable to participate.

If fees are not paid their space will be offered to a new member.

There is no discount for a gymnast arriving/leaving early or missing a class.

Spaces cannot be held for personal reasons eg Holiday during school term. If you wish to hold a space you will need to pay for the time you are not attending.

## **MAJOR INJURIES OR SICKNESS**

There are no make-up sessions.

Gymnasts that miss training sessions due to injury or sickness are not entitled to a fee reduction. However if a gymnast is sick or injured for longer than 3 weeks a credit for that time missed will be credited towards the following terms fees or refunded (Medical certificate required) Please direct all enquires to [icontrampoline@gmail.com](mailto:icontrampoline@gmail.com).

## **COMPETITION FEES.**

To represent the club at any competition, club fees must be up to date. Should a gymnast not be able to compete for any reason there are NO refund without a medical certificate. Hosts club will only refund with a medical certificate.

## **COACHES.**

We are committed to provide the highest standards, for all participants in the quality of coaching and safety. All coaching is by qualified coaches or by Junior coaches undertaking training programs. Please note that groups will change throughout the year and your child may have a different coach.

## **WHAT TO DO WHEN YOU ARRIVE FOR CLASS.**

Please enter via the ramp at the carpark end of the building.

Wait on seating till you are called to the trampolines by a coach.

Parents and siblings MUST remain in the seating area at all times. Please feel free to talk with a coach after class has finished.

## **WHAT TO WEAR AND BRING.**

Training: Recreational and competitive.

Shorts/leggings and T/shirt/singlet or a leotard.

No jewellery, belts, buckles etc that could get caught in the trampoline beds.

Socks or trampoline shoes. No bare feet on the trampolines.

Long loose hair must be tied up.

Drink bottle filled up. Please name.

All personal belongings must be left in the seating area and not brought into the trampoline area.

Trampoline shoes may be purchased at the club \$See your coach.

## **UNIFORMS.** (Competitive athletes only)

### **Girls:**

Tracksuit and T/Shirt

Club leotard

Plain white socks, (no markings)/ or trampoline shoes.

Gymnastic shorts, which maybe worn for warmup only.

### **Boys:**

Tracksuit and T/Shirt

Club Unitard.

Black sports shorts or if preferred long whites for trampoline/black shorts for DMT  
Plain white socks (no markings) or trampoline shoes.

**Tracksuits T/Shirts and Trampoline shoes**

These can be purchased at the club. (Limited stock of tracksuits) Please see your coach.

**Leotards, Unitards, Long whites**

Purchase direct from club

**RULES AND REGULATIONS:**

The Club is not responsible for children outside their hours of enrolment.

No use of the equipment without coach supervision

Children for the next session are not to be in the trampoline area until called by a coach.

Suitable clothing must be worn at all times (NO loose fitting clothing, belts buckles zips jewellery etc)

Long hair must be tied securely

No eating/drinking in the trampoline area at all times.

No chewing gum permitted in the venue at all.

**CODE OF BEHAVIOUR**

When a child is continually disruptive within a group or class, an initial warning will be given by the coach followed by discussion with parents if behaviour continues. The Club has zero tolerance to bullying.

**CLUB POLICIES:** Available at [www.icontrampoline.co.nz](http://www.icontrampoline.co.nz)

**CONTACTS:**

Phone: 09 2560433

Email [icontrampoline@gmail.co.nz](mailto:icontrampoline@gmail.co.nz)

Web site: [www.icontrampoline.co.nz](http://www.icontrampoline.co.nz)