



Apopka TGA - Registration Form

<u>TGA Program</u>	<u>Qualifying Age</u>	<u>Tuition Fee (4 Classes/Month)</u>
Tiny Tumblers	3.5 - 5 Yrs	\$95 per Month/45 min Class
Tumble/Gymnastics Class	5 Yrs +	\$105 per Month/55 min Class

Tuition discount of \$10.00 for any student taking additional classes

All students are required to wear proper training attire: shirts, shorts, leotards, etc. Safety is a primary concern. Any behavior which may cause mental or physical harm to self or others will be immediate grounds for removal from class.

Student and Family Information

Student's Name: _____ Age: _____

Program Selected: _____

Class Day: _____ Class Time: _____

- Check if Registering as Step Up for Students Scholarship _____

Parents or Guardian Names: _____ Cell: _____

Address: _____ Home Phone: _____

City _____ State _____ Zip Code _____

E-Mail Address: _____

Emergency Contact: _____ Relation: _____ Phone: _____

Medication/ Special Needs: _____

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TGA Athletics, LLC

Scott Johnson's Tumble & Gymnastics Academy

Assumption of risk * Waiver of liability * Photo release * Medical authorization

Child or Children's Name: _____

I fully understand that TGA Athletics, LLC staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the TGA Athletics, LLC staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the TGA Athletics, LLC staff to call our doctor and to seek medical help, including transportation by a TGA Athletics, LLC staff member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the TGA Athletics, LLC staff deem this to be necessary.

We the staff of TGA Athletics, LLC recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of gymnastics, tumbling, cheerleading, and dance. Students may suffer injuries, possibly minor, serious or catastrophic in nature. Gymnastics, Tumbling, Cheerleading, and Dance can be dangerous and can lead to injury.

Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coaches' instructions.

TGA Athletics, LLC, its coaches, other staff members, will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling, dance or cheerleading instruction, or open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by TGA Athletics, LLC I, my executors or other representatives, waive and release any claims for damages that I or my child may have against TGA Athletics, LLC and or its representatives whether paid or volunteer.

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

I also understand that it is the parents' responsibility to warn the child about the dangers of gymnastics and injury. The parent should warn the child according to what the parents feels is appropriate. TGA Athletics, LLC will only warn the child through "Safety Messages" and our teaching style and progressions.

I hereby grant permission for myself or my child's likeness to be used in TGA Athletics, LLC publicity or advertising.

Parent or Guardian:

Print Name: _____ Signature: _____ Date: ____/____/____

Cell Phone: _____ Email: _____

Zip Code: _____ Comments: _____

Scott Johnson's Tumble & Gymnastics Academy



Concussion Protocol for Gymnastics (General Guidance)

****Not medical advice—this summarizes widely accepted sports-medicine guidelines adapted to the unique demands of gymnastics.*

1. Immediate Response (Recognize & Remove)

If a gymnast hits their head or shows signs of concussion:

Common signs to watch for

- Headache, dizziness, nausea
- Confusion, memory issues, slow responses
- Balance problems, blurry vision
- Sensitivity to light/noise
- Behavior changes (irritability, emotional swings)

Action

- **Stop participation immediately.**
- Remove from practice/competition—**no same-day return.**
- Monitor closely.
- Seek evaluation from a qualified healthcare professional (athletic trainer, physician).

2. Medical Evaluation

A clinician typically performs:

- Symptom assessment
- Neurological exam
- Balance/coordination tests
- Cognitive tests

They determine the severity and expected recovery plan.

3. Rest & Early Recovery (24–48 hours)

- Physical rest: No tumbling, equipment use, conditioning, or high-risk movement.
- Cognitive rest: Reduce screen time, studying intensity, loud environments if they trigger symptoms.
- Avoid activities that increase symptoms.

4. Graduated Return-to-Play Protocol (Gymnastics-Specific)

Gymnastics requires vestibular control, aerial awareness, and impact tolerance, so progression must be cautious.

Stage 1 — Symptom-limited activity

Light walking, gentle stretching.

No equipment.

Stage 2 — Light aerobic exercise

Bike, elliptical; light core strengthening.

No flipping, tumbling, or apparatus work.

Stage 3 — Basic gymnastics-adjacent movement

Low-intensity skills on floor (e.g., handstands, bridges), dance throughs.

No inversions that cause dizziness.

No impact or risk of falls.

Stage 4 — Controlled skill work

Low-risk skills on beam low level, bars basics, floor basics.

No tumbling passes.

Stop if symptoms return.

Stage 5 — Increased difficulty

Tumbling progressions on soft surfaces, apparatus drills, limited dismounts onto pits/foam.

Stage 6 — Full practice

Full routine training, landings, full apparatus work.

Only if **completely symptom-free**.

Stage 7 — Return to competition

Cleared by a medical professional.

5. Red Flags: Seek Immediate Medical Attention

(Go to urgent care/ER)

- Repeated vomiting
- Worsening headache
- Seizure
- Increasing confusion
- Weakness or numbness
- Slurred speech
- Loss of consciousness

6. Why Gymnastics Protocol Differs

Gymnastics includes:

- High rotational forces (twists, flips)
- Repeated impacts (landings)
- Risk of falls from height (bars, beam, vault)

These stress vestibular and proprioceptive systems—often compromised after concussion—so **return progression must be slower than field sports**.

I have read and understand the information pertaining to Scott Johnson's Tumble & Gymnastics **Concussion Treatment and Protocol**. I support the policy and guidelines set forth for our facility.

Parent Signature_____

Date_____

Participant Name_____