

# Trapeze School New York™

Intermediate Classes:

Preparation, Requirements & Procedure

Each step you take in your evolution toward expertise on the flying trapeze brings new challenges, freedoms and also serious safety considerations. You must develop and demonstrate an understanding of the responsibility you take on when moving into classes designed for more advanced (and therefore more challenging and dangerous) flying. Your instructors will work with you to develop your skills, but ultimately the ability to advance safely is up to you.

How you apply yourself to this course material, your training away from the rig, your focus during class and the commitment of time necessary to truly know the flying trapeze will reflect in your growth. If any of these elements is lacking, your development and security on the rig will suffer. Instructors cannot facilitate the challenges that make moving to the next level so exciting if **YOU** aren't ready.

If it is your intention to treat flying as a serious sport or performance pursuit, then challenging yourself to the intermediate course is the right decision. Without a full commitment to the art of flying trapeze, you are making a wasteful and potentially dangerous choice.

This document will clearly outline what expectations Trapeze School New York™ has of you before we accept you as an intermediate student. You will be asked to keep records of time logged on the rig as well as personal training time. You will also be tested on the physical- and knowledge-based skills required for intermediate class participation.

Getting into the course is not a popularity contest. You will either demonstrate the skills necessary or be asked to continue in beginner classes until you are ready. No single instructor is responsible for your admission. Any instructor that has a concern about your skills can suspend your entry. Additionally, the school management reserves the right to deny a student entry. Concerns will be shared in confidence with you and your instructor. Almost any concern an instructor or manager would have boils down to a safety issue. Try to keep this in mind, as it is your health and happiness that we are striving to promote.

The key is to take one thing at a time, know your limitations and maintain a healthy respect for the training equipment. Here are a few suggestions before we go into requirements that will vastly improve your flying experience and evolution:

- Refrain from eating a full meal two hours before a class.
- Come to class well-rested and ready to focus.
- Come to class at least 15 minutes early to stretch out and warm up.
- Be sure to have everything you need to be comfortable, i.e., clothes, tape, water, slippers, energy snack.
- Leave your outside life outside the School.

In order to qualify for the intermediate certification course and subsequent admission to intermediate status with TSNY you will need to achieve the following:

1. **Logged hours flying** - 20 hours for returning students with at least one-half season of at least twice monthly flying under their belt. 50 hours for new students and students returning with less than a previous one-half season of twice monthly flying. A log is supplied with this handout and must be with you every time you take class.
2. **Take off** - you must be able to stand ready for take off without any assistance from staff and take off safely. You must know how to correctly call your trick and ready to the spotter & catcher, and do so consistently.
3. **Tricks** - you must have a minimum of three tricks that you perform consistently to the net or catcher.
4. **Safety** - you must have three instructors sign off on your safety awareness and practice. These signatures, entered on the last page of this handout, verify that you have a complete understanding of and operate within the safety guidelines of the School. If you have any questions about the safety guidelines, ask your instructor.
5. **Net** - you must know how to move safely in and exit from the net.
6. **Regular training** - you must be committed to attending class a minimum of once a week from the beginning of your season through the completion of the four-week certification course.
7. **Consideration** - you must demonstrate consideration for your fellow students and respect for your instructors. Even though these new challenges may be frustrating and/or frightening at times, we expect you to maintain a pleasant, cooperative attitude. A good disposition will inspire everyone to support your growth.

Please be aware that there is a whole new set of skills demanded by the certification course and intermediate classes. This new phase of your development will expose you to a higher level of expectation from your instructors and will ultimately be the key to your ultimate independence. It is your willingness to observe the limits of these boundaries that will determine the breadth of your freedom as a flyer. Don't hesitate to ask for help. Congratulations, your journey has begun in earnest.

**Signatures**

\_\_\_\_\_ performs take off without any assistance from staff and knows how to correctly call tricks and ready to the spotter and catcher.

Instructor \_\_\_\_\_ / /

\_\_\_\_\_ performs these tricks consistently well

- 1.
- 2.
- 3.

Instructor \_\_\_\_\_ / /

\_\_\_\_\_ exhibits a working knowledge of Trapeze School New York™ safety guidelines.

Instructor 1. \_\_\_\_\_ / /

Instructor 2. \_\_\_\_\_ / /

Instructor 3. \_\_\_\_\_ / /

\_\_\_\_\_ moves and dismounts safely from the net.

Instructor \_\_\_\_\_ / /

\_\_\_\_\_ has kept accurate records of time spent training on the log sheets and is attending class weekly.

Instructor \_\_\_\_\_ / /

I \_\_\_\_\_ certify that all the information I have entered on my log sheet and shared with my instructors is accurate.

\_\_\_\_\_ / /

President signature \_\_\_\_\_ TSNY \_\_\_\_\_