



Dear Twin City All Star Candidate and Parent:

GOAL: *Focusing on teamwork and structured, safe training, TCAS team members learn to encourage one another, build self-confidence, and support the team concept.*

Thank you for your interest in Twin City All Stars! As we prepare for our 28th season, we are looking forward to another exciting and successful year. This past season was incredible, and we can't wait to begin again—come be a part of our amazing TCAS family!

Twin City is seeking athletes who are ready to commit to a full year of dedication, hard work, skill development, and being a loyal team member. This program is not for everyone—Twin City competitive teams are not recreational. **We train to compete.** One of our primary goals is to build strong, competitive, and winning routines. Achieving this requires strict attendance, accountability, and structured training.

Please carefully consider these expectations when deciding to try out.

The information provided in this packet is designed to help each family fully understand the level of commitment required. We ask that you take the time to read through everything thoroughly. We believe in transparency and want every athlete and family to clearly understand the expectations of being part of our program.

If your athlete is selected, we encourage you to support and motivate them throughout the season as they work toward their goals and grow as both athletes and individuals.

Once again, thank you for considering Twin City All Stars—home of National Champions. We hope this packet answers your questions and gives you a clear picture of what it means to be part of TCAS.

Best of luck to each of you—we look forward to seeing you at tryouts!

Cheers,

Shera Hopkins

Tryout Procedures

1. Fill Out the [Google Form for Tryouts](#)
2. Bring \$50.00 cash to tryouts or Venmo @TwinCityAllstars
3. Attend tryout time for your age group (see tryout dates and times)
4. Wear comfortable workout clothes.
5. Relax...it will be fun! No stress allowed at our tryouts!

What to expect at our tryouts?

Candidates will have an opportunity to show their best running tumbling pass, standing tumbling skills, jumps, jump combinations and some stunting skills. (Tumbling is cartwheel or better depending on grade level)

Candidates could do some stunting if they have had any experience in the past.

**** Special Note: Parent viewing room will be closed the week of tryouts! ****

Does everyone make a team?

Candidates that do not have the minimum requirements will be invited to participate in our class program, so that we can help them gain the skills necessary to make a team in the future.

Team Placement

We will send all results through email May 1st and post on social media. If you are on this list, this means that you will be competing for TCAS in our 2026-2027 season!! Final Team placement will not be until the end of JUNE– USASF does not post new rules and age groups until mid May.

Preliminary Teams- We will begin working with our Preliminary teams in May. Please expect change and movement throughout the months of May, June & July. As we get to know the athletes and see teams work together, we will make any changes necessary to create strong, cohesive teams.

Team Practice Schedule

Your child will not be trying out for a specific team or position. We will not make any decision as to what teams will be created until mid-July to the end of July. We will create our training/practice schedule for May – June. Also, let it be noted that TCAS has the right to move your child to a different team based on ability, work ethic, attitude, etc. This move may be up or down. Please note that TCAS coaches reserve the right to change team divisions throughout the season based on changes in the rules and/or eligibility for various events.

Understanding Level Ability

Level 1: athleticism, listening skills, coordination, strength and flexibility and memory work. Tumbling skills include forward roll, cartwheel, round-off, back walkover.

Level 2: standing back handspring, round off back handspring, series of strong back handspring. We are also looking for level jumps, sharp motion technique and strong work ethic.

Level 3: Double toe touch back handspring, round off back handspring back, Round off backs. Flyers need to show flexibility and pull a variety of body positions.

Level 4: back handspring, toe touch back handspring back, standing back, alternate passes, layouts, layout step out. Flyer needs to show flexibility and single twist out of single leg stunt and double from prep level stunt.

Level 5: Standing backs, jumps combination back, standing 2 to full, round off back handspring full and up. Flyer needs to show flexibility and double twist out of all stunts.

NOTE: Some athletes may be close to these skills and we will give them time over the summer to master the skills. If skill requirements are not met by the Choreography camp, alternate placement will be determined.

Team Levels are determined by the majority performing skills at that level. For example, we will not perform as a Level 3 with three round off back handspring backs. We will not “max out the score sheet.” This will be what is best for the team!

****NOTE - Please remember that just because your athlete can tumble a certain level does not mean that he/she is ready to stunt at the upper level. They will be placed on a team where they will be most successful.**

Cross Over Competitors:

Cross competing means competing on more than one team. Please check on your registration form if you are willing to cross compete. Competitors will be responsible for all competition fees if chosen to cross compete (discounted). Crossovers will not have an increase in tuition to participate on two teams.

Rules and Regulations

1. Challenging the authority of the coach or person in charge by a student or parent could result in dismissal from the team.
2. If you must bring a CELL PHONE to practice it must be on SILENT!!
3. No food or drinks in the building, only bottled water with a closable lid.
4. Each member will follow all rules and guidelines given by the coach or person in charge.
5. Have a positive TEAM attitude giving 100% at all practices.
6. Members must wear practice attire and hair in a ponytail and shoes are required always!!!!
7. ABSOLUTELY – no gum, candy or jewelry of any type in the gym.
8. If you choose to quit or removed from the squad you will not be able to tryout the following year and **you will be responsible to pay ALL fees for the remainder of the season (tuition and competition fees). We encourage all to finish the season.**
9. **ALL** athletes are required to be at all regular scheduled competitions as well as end of The season events that they may get a bid. We will be going to a Nationals Event or a Bid Event.

Leadership

1. Each member must realize the way they conduct themselves while representing Twin City or not, directly reflects on the entire squad, gym and coaches.
2. Each member will be willing to work hard, take directions and strive for excellence.
3. **TCAS employees, athletes, parents and all other affiliates, pride themselves on good sportsmanship and supportive attitudes. Also, there will be no comparison between TCAS and any other similar programs. All TCAS affiliates understand and support their athletes at the level which they are presently and continue to support their progression.

Attendance

1. Members are to attend ALL competitions unless there is a medical or family emergency.
2. Members are to attend ALL practices including extra practices called weekend before competitions.
3. An excused absence is limited to mandatory school function for a grade, death in the family or contagious illness (not sinuses, headache or cold). Member must come wear a mask and watch for any changes in routine.
4. Excessive absences could result in athletes not performing.
5. Understand this is a team sport and if one person is missing it is basically a waste of time for everyone else.

Parental Obligations

1. Parents are to encourage and support your child to be the best they can be.
2. Parents are to inform the coach if the student is to be late or absent from practice.
3. To make sure your child is on time and attend all practices and events.
4. All financial responsibility kept up to date or will be removed from the team!!!!

TRYOUT SCHEDULE

\$50 TRYOUT FEE CASH

Venmo - @TwinCityAllstars

Wednesday, April 29th

4:30 - 5:30 Ages 5 to 8

5:45 - 7:00 Ages 9 to 12

7:15 - 8:30 Ages 13 and up

I will email all results and post on social media by numbers ONLY. Please go like Twin City All Stars on Facebook

Please arrive at least 10 minutes early to stretch and have all paperwork completed.

***If there is a time conflict please let us know and further arrangements will be made. ***

VIEWING ROOMS WILL BE CLOSED!!

We will have MANDATORY parent meetings May 6th- time will be given after tryouts. If you make a team, you must be prepared to be at our MANDATORY choreography camp which could be anytime between July 27th to 31st. Times and days will be given out at a later date. At this parent meeting, you will be responsible for paying for your child's practice clothes. We want to get them ordered early this year and hopefully have them back for choreography camp.

Tuition and Expenses

Financial Information: Please read very carefully!!!

EVERY DOLLAR that you pay at Twin City is accounted for and is paid out on behalf of your child. We know that competitive cheerleading is expensive! We are constantly working towards an affordable, more efficient payment system to help our customers balance out the cost of this awesome sport. We are committed to offering the most affordable, yet highest quality program possible. These fees MUST be paid for your child to participate.

Tuition – Charged by the 1st of each Month

- Monthly – \$160 this tuition is from May to April - \$90 for over an hour of cheer practice & \$70 for hour tumbling class
- Gym Registration Fee: \$50
- Competition Fees - \$700 (5 Competitions depending on competition fees) Bid events are EXTRA!! Coach travel fees are EXTRA!!(Only when traveling not local)
- Practice Clothes - \$145
- Choreography/Music: \$300

(This is an estimate that could change depending on the number of athletes on the squad.)

Uniform – approx \$450.00. New uniform for everyone but Senior Team

PAYMENT SCHEDULES:

We understand that competitive cheer is very expensive. We have set up a payment plan that is easy to follow and beneficial for all. This schedule will be passed out at the parent meeting We will be very strict on this payment schedule. You are more than welcome to pay any of these fees in advance or twice a month as long as the total is paid monthly.

ALL FEES ARE NON-REFUNDABLE

Payments:

All payments must be done through debit/credit card. IF YOU ARE PAYING CASH, PAYMENT IS DUE BY THE 1st OF EACH MONTH. IF NOT PAID BY THE DUE DATE , YOUR CHILD WILL PULLED FROM THE ROUTINE EACH TIME PAYMENT IS NOT MADE!!!! There will be a \$30 Late fee applied for any late payments.

By signing this contract, you are giving TCAS permission to charge the account on file for fees not paid by no later than the 1st of each month. If you pay for a full year of cheer and tumbling classes you will receive a month free on class tuition only.

Quitting Fee Policy:

Twin City requires full payment of tuition and competition fees for the remainder of the year. regardless of whether an athlete chooses to leave early. This policy applies to anyone who voluntarily withdraws or is dismissed for disciplinary reasons.

When a student leaves, the gym incurs significant costs, including re-choreographing routines, which is both expensive and time-consuming. Additionally, competition fees for upcoming events may have already been paid.

This policy is in place to encourage only those who are fully committed to try out. There is a \$300 Quitting Fee

SUMMER

JUNE - JULY

We use the summer to get ahead of our competition!! Many students get stronger and advance their skills during the summer months. Practices are mandatory. BUT... we do want each family to enjoy their vacation time, camps and other summer activities. Summer practice policy is; if you are in town, I need you at practice. I have created a very "FAMILY friendly" schedule so that families can enjoy long weekends. We practice one day a week in the summer. You will have tumbling class then a snack break then squad practice. These times will be given after tryouts. Please do your best to schedule your vacations and time off during our breaks. Just don't schedule camps or vacation the last week of July!!!!

GYM closed JUNE 29 - JULY 5th this would be a great time to schedule vacations.

Practices will be on Tuesday and Wednesday depending on your team.

Choreography camp:

ALL of our TEAMS camps are mandatory. We will hire or choreograph our routine during this time. It will be very hard to learn the routine without everyone there.

CAMP DATES: JULY 27th – 31st – You will be notified the exact days and times at a later date!

Payment Contract Agreement

Student Name: _____

Parent's Name: _____

I acknowledge that, under the terms of this Agreement, the above named student will be charged a registration fee once a year and all monthly tuition will be payable by the 1st of each month in the amount of \$160. If fees are not paid on time, I acknowledge that late fees in the amount of \$30 will be charged and assessed.

_____ Parent Signature

It is also acknowledged that FAILURE TO TAKE LESSONS WILL NOT RELIEVE ME OF ANY OBLIGATIONS TO PAY THE TUITION AGREED UPON, AND THAT NO REFUNDS OR MAKE-UP CLASSES FOR TUITION PAID SHALL BE MADE FOR NON-ATTENDANCE OR WITHDRAWAL. I further acknowledge that he/she will be required to pay for all uniform pieces, camp/practice clothes, and trips and expenses not included in Twin City tuition.

_____ Parent Signature

I understand that by signing this page, I give Twin City the right to run the credit card on file for any outstanding balances on the 1st of each month, or for the quitting the full year of team fees will be charged.

_____ Parent Signature

In addition, I understand that by signing this page, I understand if my account is not paid in full and on time, Twin City will be forced to turn my account over for collections and legal action taken.

Parent/Guardian Signature

_____/_____/_____
Date

Participant Signature

_____/_____/_____
Date