



Dear Twin City All Star Candidate and Parent:

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

Thank you so much for your interest in Twin City! As we prepare for our 21th season, we are anticipating a very exciting and successful year. The past year was very exciting, and we can't wait to get a new year started. So, come be a part of our awesome TCAS Family!

Twin City is looking for athletes that are willing to commit a full year to TCAS, to hard work, to improve skills and to be a loyal team member. We know that this type of program is not for everyone; Twin City Competitive teams are not recreational. We train to COMPETE! One of our main goals is to create winning routines. This type of goal requires strict attendance policies and structured workouts. Please carefully consider these goals when deciding to try out.

I have prepared the following information to help each family understand the commitment level that we expect. Please take the time to thoroughly read the packet in detail. These are the facts and we want everyone involved knowing what the expectations are for each member. If your child is selected to be a part of our team program, please continue to encourage your child throughout the season and help your child stay focused on their goals.

Once again, thank you for considering being a part of the National Champions Twin City All Stars. We hope you will find answers to your many questions about our program within this packet. Good luck to each of you and see you at tryouts!

Cheers,

Shera Hopkins

Tryout Procedures

1. Download tryout form
2. Attach \$30.00 tryout fee with registration
3. Bring a Copy of your Birth Certificate (New members only - very important!!)
4. Attend tryout time for your age group (see tryout dates and times)
5. Wear comfortable workout clothes.
6. 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 will learn a short three to four 8ct. dance and cheer the day of tryouts (if time allows). The dance is performed to show us their ability to move to music, sharpness in motion techniques, timing and showmanship.

**** 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 post all tentative team placements Wednesday, May 1, 6:00pm at gym or www.twincitycheer.com (by numbers). If you are on this list, this means that you will be competing for TCAS in our 2019-2020 season!! Final Team placement will not be until 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-June 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 flip flop backs. We will not “max out score sheet.” This will be what is best for the team!

Cross Over Competitors:

Cross competing means competing on more than one team. Please check on your registration form if you are willing to cross competes. Competitors will be responsible for all competition fees if chosen to cross compete. 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 unless water in the building.
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 assessed a \$150 quitting fee.**

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 competition unless medical or family emergency.
2. Members are to attend ALL practices including extra practices called before competitions.
3. An excused absence is limited to mandatory school function for a grade, death in the family or contagious illness (not a headache or cold). Member must come and watch for any changes in routine.
4. Excessive absences could result in member 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!!!!
(This is very important and will be enforced. We have been lenient in the past but NO MORE!!!!!! Competition fees, choreography & music fees, uniforms, practice clothes, & USASF Fees are fees that are paid directly out of my pocket and must be paid for your child to attend choreography camp and get uniform or practice clothes.)

TRYOUT SCHEDULE

\$30 TRYOUT FEE

(Age as of AUG. 31, 2019)

Monday – April 29th

4:30 – 5:30 Ages 5 to 8

Monday – April 29th

5:45 - 6:45 Ages 9 to 12

Wednesday – April 24th

6:30 – 7:30 Ages 13 and up

I will post results at gym or www.twincitycheer.com

Please arrive at least 10 minutes early to stretch.

***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 on Monday, May 6th (times will be posted with teams). This meeting, again is mandatory. We will be discussing upcoming competition dates and getting vacation dates for everyone. If you make a team, you must be prepared to be at our MANDATORY choreography camp which could be anytime between July 28th thru Aug. 1st. We reserve that time with Coach Matt but do not have definite dates and times for each team. At this 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. We will discuss all Fundraising ideas.

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 15th of each Month

Monthly – \$125 this tuition is from May to April (cheer & tumbling class)

USASF Fee: \$30

Gym Registration Fee: \$35

Competition Fees - \$600 (5 to 6 Competitions depending on competition fees)

Practice Clothes - \$85 – one t-shirt or tank, sports bra & spandex shorts

Choreography/Music: Tiny's & Mini's - \$200 / Youth, Junior's & Seniors - \$225

(This is an estimate could change depending on number on squad.)

Uniform – \$450.00 This is our second year with this uniform so there might be some old ones or parts that don't fit for sale. We keep the uniform for two years.

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. WE WILL NO LONGER ACCEPT ECHECK PAYMENTS FOR TUITION! IF YOU ARE PAYING CASH, PAYMENT IS DUE BY THE 10TH OF EACH MONTH. IF NOT PAID BY THE DUE DATE, YOUR CHILD WILL BE PULLED FROM THE ROUTINE EACH TIME PAYMENT IS NOT MADE!!!!

By signing this contract, you are giving TCAS permission to charge the account on file for fees not paid by no later than the 15th of each month. If you pay for a full year of cheer and tumbling classes you will receive a 10% discount on class tuition only.

Cancellation Fee:

Twin City is now charging a cancellation fee of \$150. This fee will apply to any person who leaves the gym voluntarily, or for disciplinary reasons. The gym incurs additional costs when a student leaves the gym. Re-choreographing a routine, no matter how early in the season is a

very costly and time consuming process. Also, sometimes competition fees for that month are already paid for. Hopefully this fee will help anyone who is not 100% committed from trying out.

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 you vacations and time off during our breaks. Just don't schedule camps or vacation the last week of July!!!!

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 28th – Aug.1st – You will be notified the exact days at a later date!

Office use: _____

Try Out Number: _____

Amount Pd: _____

Cash _____

Check _____

Twin City Registration Form

Student's Name: _____

Age as of August 31, 2018: _____ Grade: _____ Birth Date: _____

Address: _____

City, ST, Zip: _____

Parent Cell: _____ Student Cell: _____

Parent Names: _____

Parent email: _____

I, _____ (parent) have read the entire tryout packet in full and understand and will follow all standards and rules set by Twin City.

Signature _____ Date: _____

I, _____ (cheerleader), have read the entire tryout packet in full and understand and will follow all standards and rules set by Twin City.

Signature _____ Date: _____

- ☐ YES -Willing to cross compete
- ☐ NOT - Willing to cross compete

Athlete T-Shirt Size (Circle one) YXS YS YM YL AS AM AL AX

Payment Contract Agreement

Student Name: _____

Parent's Name: _____

Address: _____ City _____ ST _____ Zip _____

I acknowledge that, under the terms of this Agreement, the above name student will be charged a registration fee once a year and all tuition will be payable by the 15th of each month. If fees are not paid on time, I acknowledge that late fees will be charged and assessed.

_____ Parent Initial

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 Initial

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 15th of each month, or for the cancellation fee of \$150.

_____ Parent Initial

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