

# **TWISTER ALLSTARS**

## **2019-2020**

Welcome to the Twister All-Star program. We are excited you have chosen to become part of our family. Our mission at Twisters is to enrich the lives of children through the sport of competitive cheerleading. Our goal is to teach our athletes the value of commitment, hard work, integrity, respect, leadership, and self-confidence along with a love for the sport.

Please make sure you read through all of the information carefully. You will need to turn in the Tryout Authorization form, that link can be found on our website home page under Twister Tryouts. In this packet/handbook you will find helpful information such as; Parent/Athlete Expectations, Competition Information, and Season costs.

### **Tryout Informational Meeting**

We will have an informational meeting on Wednesday May 8<sup>th</sup> for anyone interested in learning more about our Twister program. This will be a good time for parents to ask questions as well as understand how we will place teams. The meeting will be at 7:30 pm at the Twister gym.

#### **Tryout Fee**

\$75

This includes 2 clinic days as well as a tryout t-shirt

#### **Tryout Dates**

Ages 11 and Under

Monday May 13<sup>th</sup> 5:00 to 7:00 & Tuesday May 14<sup>th</sup> 5:00 to 7:00

Ages 12 and Up

Monday May 13<sup>th</sup> 7:00 to 9:00 & Tuesday May 14<sup>th</sup> 7:00 to 9:00

#### **Worlds Team Evaluations**

We will be holding private evaluations for those interested in being a part of our Worlds team. You must be at least 13 years of age by 8/31/2019. Please email us at [info@twisterallstars.net](mailto:info@twisterallstars.net) to schedule an appointment time.

Those that cannot make it to tryouts will need to tryout by appointment. You can schedule appointments by calling the gym at 678-321-6903 or email us at [info@twisterallstars.net](mailto:info@twisterallstars.net)

#### **Twisters Prep Program**

Please see our last page for information on our Prep program.

## Team Placements

Twisters will place teams to be the most competitive in each level based on the Varsity/USASF competition scoring rubric. Placements are based on the athlete's physical abilities such as jumps, tumbling, basing, and flying. We also take into consideration the mental ability of the athlete (motivation, work ethic, determination, and ATTITUDE) as well as the previous experience of the athlete. We will not select teams based on how long you have cheered at a certain level or what level your friends will be on. Coaches will place individuals where we feel they will be most successful.

### Tumbling

Athletes will be evaluated on their level of tumbling to include consistency, form, and technique. Teams will be filled with the required numbers for tumbling which will include standing, running, and specialty tumbling passes.

### Stunts

Teams will also be built on stunt capability, experience, and to fulfill the stunting requirements for the scoring rubric. Flyers will be chosen based on flexibility and team dynamic. However some individuals may or may not have all required tumbling skills for that level, but have exhibited exceptional stunting abilities. These team members will be placed at the coach's discretion.

Please understand the teams can fluctuate between these ages per the USASF (United States All Star Federation). We strive to keep kids as age appropriate as possible. However there may be some circumstances where we would need to pull up a team member that would be at the lower end of the age range. The age ranges set by the USASF are as follows:

Tiny --- Ages 5-6

Mini --- Ages 5-8

Youth --- Ages 5-11, at level 4 the minimum age for a youth team member is 8

Junior --- Ages 5-14, at level 4 the minimum age for a junior team member is 8

Senior --- Ages 11-18

Worlds Senior Divisions --- Ages 13-18

Team placements will be emailed along with practice information no later than Monday, May 20th. We want to make sure we take the time needed to ensure the proper placement of each individual. We do our best to place everyone who is interested in being on a Twister team. If we are unable to place your child we will let you know through a phone call. Our first team practices will also start the week of May 20<sup>th</sup>. Each team will have a parent meeting at that time to go over expectations for the season.

## Parent / Athlete expectations

While many of you may read this and get a laugh or two, Twisters will hold our parents and athletes the following expectations. These anecdotes are like warning labels and should be taken into consideration when deciding if an all-star program is right for your family.

- If you were on a level last season and automatically think you should move up to the next season...

There is nothing wrong with spending a year or two extra at a particular level. There is no rush to get to level 5.

- If you throw a full and think that makes you level 5...

Just because you have a full does not mean you are ready for level 5. There are a number of different aspects to take into consideration when building a level 5 team or any other level team. This also applies to levels 2, 3, and 4. Just because your child has a tuck does not mean they are ready for level 3.

- If you feel the need to have a sit down with the coach at the end of every practice to discuss your child's feelings...

With that being said, we want to make sure the line of communication is open. If you have any concerns about your athlete we ask that you take 24 hours to think about the situation and if it is still a concern you can make an appointment to speak to the coach.

- When addressing coaches we will NOT discuss other team members.

- We make changes to routines based on what is best for the TEAM as a whole.

- If your child does a stunt class or stunt private and you think that makes them a flyer...

- Each year we go through the additions and losses of team members. Any dismissal/addition of a team member is at the coaches' discretion. Team members may also be moved from one team to another also at the coaches' discretion.

- All payments must be up to date. Your athlete will not be allowed to participate in competitions if payments are not current.

- Practices may be changed or added at any time during the season.

- The coaches reserve the right to close practices at any time for any reason.

- Only cheerleaders and coaches are allowed in the gym. Parents and siblings may be in the viewing room.

- No gossip! This includes gossip about teams and team members. It is better to address the problem than to listen to idle gossip. No profanity or abusive language.
- Withholding a child from practice or competition should never be used as a form of punishment.

We believe in perfection before progression. We will not allow students to learn advanced tumbling skills before perfecting their basics. If parents and students are not patient and have a clear understanding of our teaching methods, they should not be cheering at Twister Allstars. Proper Technique is everything! Only perfected skills will be choreographed in a Twister routine!

If at any time your child does not meet the minimum tumbling or stunting skill as well as the team or squad skill your child can be taken out of that particular section or routine at the coaches discretion. Your child is expected to uphold/improve the tumbling skills thrown during tryouts and will be accountable for doing so throughout the duration of the season.

Parents are not allowed to spot their children on Twister property. Absolutely NO unsupervised tumbling! An instructor must be present at all times.

Good sportsmanship and polite manners are mandatory at all competitions and practices. Twisters pride itself on a high standard of behavior. Please help us to continue in this endeavor.

Please make sure you and your athlete understand the expectations set out by Twisters

### **Competition Information**

We will have our competition schedule out in May. We do take into consideration the travel as well as the financial aspect of attending these competitions. Twisters may add or delete competitions as we see necessary. We typically do about 6 to 7 competitions per season. Two to three of these events will most likely be out of town. It is required that all team members attend every competition.

Host hotels will be booked for the teams for out of town competitions. For many of the out of town competitions it is required you stay at the host hotel. Some exceptions will be granted. More information about hotels and travel will be sent out later in the season. You will be responsible for all hotel expenses when traveling out of town.

### **Cheerleading Worlds and Summit Competitions**

These will be in addition to the regular competition schedule and treated as a 'post season' reward. Teams will only attend if they receive a bid. Extra cost will be involved to attend these competitions. Should a team receive a bid to either of these events we will reassess the

stunting and tumbling skills needed to put the most competitive team on the floor. At this time athletes will be given the opportunity to be a part of the post season team if character, attitude, and skill are upheld throughout the duration of the regular season.

### **Season Costs**

A payment sheet for the season is attached. The season cost covers the following:

1. All tuition for 11 months
3. Competition Hair Bow
4. Choreography Clinics, Stunt Clinics, and Music
5. Competition Entry Fees
6. Practice wear
7. End of season banquet (for athlete only)
9. Coaches fees for competitions

### **Additional Costs**

These are costs that are not included in the budget and will be additional.

- USASF Athlete Registration

All athletes must be entered into the United States Allstar Federation. Cost for new or renewal athletes will be as follows:

If you go online and register or renew your athlete the cost is set by the USASF and is \$30 per season/year.

If you wish for us to do this for you or in the event you do not get it done on time and we do it then the cost is \$50

- Shoes

All athletes are required to have cheer shoes. We will carry the Nfinity product and you can purchase shoes through us or you can purchase a cheer shoe of your choice on your own. Cheer shoes must be all white.

- Uniform

We will be getting new uniforms this season. For those that will need to order a uniform the cost for the new uniform is \$400.

- Warm-up

We will be using the same warm-up from the 2018-2019 season. You will have a chance to purchase a used warm-up for a discounted cost. Should you need to purchase a new warm-up the cost for that will be \$125.

- Team Gifts

For many of the competitions we will do little gifts to include tee-shirts, tanks, and sweatshirts throughout the year. The team moms will be the ones who will collect this money from you. You can estimate this to be \$150 for the season.

- Annual Twister Registration

Each team member is responsible for his or her annual registration fee. The annual registration fee is \$50. If you are new to the program this is due with your first payment. All others will be notified when your annual registration is due.

Payment Schedule:

All payments are due at the first of each month. Any questions or concerns about payments can be directed to Stephanie.

Month	Payment	Item
May 2019/ March 2020	\$650	First and Last Month Tuition
June 2019	\$325	Tuition & Expenses
July 2019	\$325	Tuition & Expenses
August 2019	\$325 & \$400	Tuition, Expenses, & Uniform
September 2019	\$325 & \$125	Tuition, Expenses, & Warm-up
October 2019	\$325	Tuition & Expenses
November 2019	\$325	Tuition & Expenses
December 2019	\$325	Tuition & Expenses
January 2020	\$325	Tuition & Expenses
February 2020	\$325	Tuition & Expenses
March 2020	\$0	No Payment
*April 2020	Cost Unknown at this time	Summit or Worlds

\*Cost for Summit and Worlds will be additional should the teams receive a bid to these competitions.

# **TWISTERS PREP**

Twisters will once again be offering full year Prep Teams. These teams will be for those ages 14 and under who are looking to try the competitive environment without the expense. No experience is needed to try out for our prep programs. It is our goal to teach these teams the fundamentals of cheer. The level that each team or teams will compete will be determined on the skill ability of the majority of the team.

The USASF offers the following Prep levels:

Level 1.1 --- Level 1 stunts with Level 1 tumbling

Level 2.1 --- Level 2 stunts with Level 1 tumbling

Level 2.2 --- Level 2 stunts with Level 2 tumbling

Level 3.2 --- Level 3 stunts with Level 2 tumbling

This team will practice 3 to 4 hours per week and do local competitions only. If you are interested in being a part of this team evaluations will be held as scheduled below. You will also need to fill out the Tryout Authorization form, that link can be found on our website home page under Twister Tryouts. If you have any additional questions please contact the gym at 678-321-6903 or by email at [info@twisterallstars.net](mailto:info@twisterallstars.net)

## **Tryout Fee**

\$75

This includes 2 clinic days as well as a tryout t-shirt

## **Tryout Dates**

Ages 11 and Under

Monday May 13<sup>th</sup> 5:00 to 7:00 & Tuesday May 14<sup>th</sup> 5:00 to 7:00

Ages 12 and Up

Monday May 13<sup>th</sup> 7:00 to 9:00 & Tuesday May 14<sup>th</sup> 7:00 to 9:00

## **Prep Team Competition Schedule**

This team will do 5 local competitions only. We will have that schedule out in May. All competitions are mandatory for each athlete to attend.

## **Season Cost**

The Prep Team budget will include the following:

Tuition for 11 months (May 2019 through March 2020)

Competition Entry Fees

Competition Hair Bow

Practice clothes

Routine Music & Routine Choreography

End of Season Banquet for athlete

Total Season Cost \$2640.00 (uniform and warm-up will be extra)

Payments of \$240 per month will be made from May through March. The first payment will be May of 2019 and March of 2020. We collect first and last month's payment up front.

Month	Payment	Item
May 2019/ March 2020	\$480	First and Last Month Tuition
June 2019	\$240	Tuition & Expenses
July 2019	\$240	Tuition & Expenses
August 2019	\$240 & \$250	Tuition, Expenses, & Uniform
September 2019	\$240 & \$125	Tuition, Expenses, & Warm-up
October 2019	\$240	Tuition & Expenses
November 2019	\$240	Tuition & Expenses
December 2019	\$240	Tuition & Expenses
January 2020	\$240	Tuition & Expenses
February 2020	\$240	Tuition & Expenses
March 2020	\$0	No Payment

### **Additional Costs For Prep Teams**

These are costs that are not included in the budget and will be additional.

- USASF Membership

All athletes must be entered into the United States Allstar Federation. Cost for new or renewal athletes will be as follows:

If you go online and register or renew your athlete the cost is set by the USASF and is \$30 per season/year.

If you wish for us to do this for you or in the event you do not get it done on time and we do it then the cost is \$50.

- Uniform

We will be using the same uniform as last season. You will have an opportunity to purchase a used uniform at a discounted cost. Should you need to order a new uniform for our prep program this year the cost will be \$250.

- Warm-up

We will be using the same warm-up as last season. You will have an opportunity to purchase a used uniform at a discounted cost. Should you need to order a new uniform for our prep program this year the cost for the warm-up will be \$125.

- Shoes

We carry the Nfinity shoe product. You are able to purchase shoes through us or you can purchase any white cheer shoe on your own.

- Team Gifts

For many of the competitions we will do little gifts to include tee-shirts, tanks, and sweatshirts throughout the year. The team moms will be the ones who will collect this money from you. You can estimate this to be \$150 for the season.

- Annual Twister Registration

Each team member is responsible for his or her annual registration fee. The annual registration fee is \$50. If you are new to the program this is due with your first payment. All others will be notified when your annual registration is due.