

# Twister AllStars

## 2018-2019

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 following forms for tryouts; Tryout Authorization, Cheerleader Questionnaire, and Statement of Commitment. In this packet/handbook you will find helpful information such as; Parent/Athlete Expectations, Policies (competition information, season costs, absence procedure, etc.), and Athlete Policies (practice and competition dress code as well as our coaching philosophy).

### Tryout Fee

**\$50 before May 3<sup>rd</sup>**

**\$75 May 4<sup>th</sup> through May 17<sup>th</sup>**

### Tryout Dates

**Ages 11 and Under**

Wednesday May 16<sup>th</sup> 5:00 to 7:00 & Thursday May 17<sup>th</sup> 5:00 to 7:00

**Ages 12 and Up**

Wednesday May 16<sup>th</sup> 7:00 to 9:00 & Thursday May 17<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 8/31/2018. Please email us at [info@twisterallstars.net](mailto:info@twisterallstars.net) to schedule an appointment time.

Those that cannot make tryout 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)

### \* Prep Team Evaluations

Anyone wishing to be on our Prep Team will need to attend evaluations with their age group on the appropriate days and times listed above.

Please see last page for more information on the Twisters Prep Team.

## **Team Placements**

Twisters will place teams to be the most competitive in each level. 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.

We will first evaluate each individual on their level of tumbling. Once we begin to fill a team, with the required numbers for tumbling, we will continue to build the team based on stunt needs. However, those individuals may or may not have the 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 5 the minimum age for a junior team member is 9

Senior --- Ages 11-18

Worlds Senior Divisions --- Ages 13-18

Team placements will be emailed along with practice information no later than Monday, 21st. 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.

## **Parent / Athlete expectations**

While many of you may read this and get a laugh or two these are the expectations Twisters will hold our parents and athletes to. 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

## Twister Policies

### **Representing Twister Allstars**

#### **Apparel**

All Twister logos are branded and remain property of the gym. This includes any shirt that says "Twisters, Twister Allstars, etc." on it. All Twister merchandise must be purchased through or approved by gym administration. Reproduction of any items with gym name or logos is strictly prohibited. If you have an item you would like to see offered please reach out to [info@twisterallstars.net](mailto:info@twisterallstars.net) PRIOR to having it made.

#### **Social Media**

No one is allowed to share or post Twister All-star music, choreography, routines, stunts, etc., on the Internet until the end of the competition season. This includes, but is not limited to: Facebook, YouTube, Instagram, Vine etc. Out of courtesy to other programs, please do not share any other programs' choreography, videos, or information either.

Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason. If you have an issue or concern that you wish address about a competition, please contact your team rep who will direct the concern to the appropriate Twister staff member. Parents are never allowed to represent Twister Allstars without specific permission from the staff concerning accommodations, competitions or any other situation.

Please don't speak negatively about any person, decision, or result. This includes "cheering" or showing excitement for other teams' mistakes as well as posts on the Internet and message boards! We strive to teach our cheerleaders respect and sportsmanship. Anyone who behaves in a manner in or out of the gym that we view as inappropriate may be asked to leave

our program. Cheerleaders whose parents are excessively negative or disrespectful will be removed from the program.

We are trying to create a positive, pleasant learning environment for our athletes. Profanity, abusive language, and inappropriate photos or behavior are not allowed. This includes the Internet, e-mails, Facebook pages, Instagram posts etc.

### **Team Representatives**

Team Reps are the primary contact person for a great deal of information, including: competition schedules, changes in practice times, and other pertinent information. They will assist the coaches at performances and competitions by gathering all the athletes, checking their uniforms, and getting the teams to the appropriate warm-up area. They may also be asked to organize or promote team social events to help the teams get to know the other team members. Twister All-star reserves the right to select, change, or remove the team reps at any time if we feel it is in the best interests of the teams.

### **Information and Communication**

As a parent, you will receive information in several ways, such as, monthly calendar and emails from your coach and team rep.

All information dealing with the all-star program is sent primarily through email. Each team will also have their own team snap account that will be updated by the team reps.

You can also follow us on Twitter @twisterallstars

### **Competition Information**

We will have our competition schedule out in June. 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.

We will add extra practices before each competition. You can count on having extra practices the two weekends before a competition. There will possibly be others in addition to these two weeks as well.

## **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 \$40.

- 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 using the same uniform as last season. For those that will need to order a uniform the cost for the new uniform is \$375. We will have used uniforms for purchase at a discounted price. Some teams may be adding additional pieces to their uniforms that will be an additional cost.

- Warm-up

We will be getting new warm-ups this season. The cost for the new warm-up will be \$100.

- 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 2018/ March 2019 | \$600                     | First and Last Month Tuition |
| June 2018            | \$300                     | Tuition & Expenses           |
| July 2018            | \$300                     | Tuition & Expenses           |
| August 2018          | \$300 & \$375             | Tuition, Expenses, & Uniform |
| September 2018       | \$300 & \$100             | Tuition, Expenses, & Warm-up |
| October 2018         | \$300                     | Tuition & Expenses           |
| November 2018        | \$300                     | Tuition & Expenses           |
| December 2018        | \$300                     | Tuition & Expenses           |
| January 2019         | \$300                     | Tuition & Expenses           |
| February 2019        | \$300                     | Tuition & Expenses           |
| March 2019           | \$0                       | No Payment                   |
| *April 2019          | 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.

# Athlete Policies

## **Tardiness**

You are considered tardy if you are not ready and on the practice floor when practice begins. Ready means wearing the appropriate attire, shoes on, and hair up. All snacks and drinks need to be taken care of. You must notify all coaches of any unexpected tardiness.

## **Absence Policy**

All-Star Cheerleading is the equivalent of “travel”/”all-star” baseball, hokey, soccer. We expect 100% dedication to your team.

- Excused Absences Include:
  - o A death in the family
  - o A contagious illness\* *See “Sick Policy” below*
  - o A school function that will result in a grade, you must first talk with a coach
  
- Unexcused Absences Include:
  - o Jobs
  - o School projects, homework, and tests
  - o Dances, birthday parties, concerts, banquets, family reunions, weddings, etc...

## **Summer Absence Policy**

During the summer we want you to take vacations and have fun. We will allow 5 missed practices over the summer. Missed practices do not include hanging out with your friends for the day. If you are in town you are to be at practice. Please contact your coach immediately if there is a foreseeable conflict with this policy.

## **Absence procedure**

An absence request must be submitted by e-mail two weeks prior to the absence to all coaches of your athlete’s team. This includes all school cheerleading, choir, band, and all other school sports. Requests e-mailed directly to the gym e-mail will not be accepted, nor will requests submitted in less than two weeks of the event. Your school activities are planned in advance. Please submit your request in advance. A completed request does not automatically excuse the absence. Your coach will approve the request and forward the approval to you and the team rep. No absences are permitted in the two weeks leading to a national competition.

## **Sick Policy**

You must attend practice when you are sick. You will not be required to participate; however, you must be present. An athlete will jeopardize their position if this rule is not followed. Only in the event that you have a contagious illness and would jeopardize the health of the other athletes will an absence be excused and you must provide a doctor’s note with detailed



information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit a student from participating.

### **Injuries and Conditioning**

Parents need to note that cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injuries that can include but are not limited to bruises, pulled or strained muscles, pulled or strained ligaments, broken bones, dislocations, paralysis, or even death. At Twisters we take every precaution to limit these injuries. We cannot prevent all injuries. In the event there is an injury we will take every step to ensure your child's well being. We do have an emergency plan that the coaches will follow in the event someone is injured.

In the event that a student is injured at home or during other extracurricular activities, we ask that you please notify your coaches immediately. We will make changes with choreography prior to practicing. We will re-choreograph routines based on the person's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the routine. The coaches have complete discretion in replacing such individuals for upcoming competitions or the remainder of the season.

### **Practice Dress Code**

- All team members should be dressed in proper practice attire; shirts, shorts, shoes, and hair up, with a bow in it.
- No jewelry is to be worn at practice.
- All flyers should wear bloomers under their shorts during practices.
- All team members need to keep bras covered up, everyone should wear a sports bra under their shirt.

### **Competition Dress Code**

During competitions you are representing the Twister program at all times. You are to be in proper Twister attire during competitions.

#### **Prior to competing**

You must arrive at the competition venue fully dressed and ready to compete. Your hair must be done and in your competition bow. The only thing you may leave to be done at the venue itself is your competition makeup.

#### **After competing**

You may change into Twister warm-ups or you may remain in your full uniform. These are the only options, no exceptions. Your hair must remain up and with your competition bow in at all times.

#### **Awards ceremonies**

You must be in full uniform and may not wear backpacks, warm-ups, or any other items. You may NOT bring cell phones to award ceremonies.

## **Important Dates**

1. Your first tuition payment will be due at the first practice. We plan to begin practices the week of May 21<sup>st</sup>.
2. We typically schedule our choreography for the last week in July as well as we will use some weekends in August. We are working on scheduling those now and will have dates to you soon.
3. Stunt Clinic August 8<sup>th</sup> and 9<sup>th</sup> / All Teams

# Tryout Authorization Form

**Student Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age on August 31, 2018** \_\_\_\_\_

**Parent / Guardian:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

**Contact Email (This will be the e-mail we use to send your athlete's placement information):**

\_\_\_\_\_

\*\*Please circle all information

What are you trying out for: All-Star Prep or Full Year Competition

Did you cheer competitively last season: Yes No

If yes, what level did you cheer: Recreation Level 1 Level 2 Level 3 Level 4 Level 5

What level are you aspiring to compete this season: 1 2 3 4 R5 5

Are you willing to cheer for any Twisters Team: Yes No

If no please circle what levels you would be willing to cheer and give an explanation: 1 2 3 4 5

\_\_\_\_\_

\*\*If you are currently a flyer or aspiring to be in a flying position would you still be willing to commit to a team if you were not placed on the team in a flying position? Would you be willing to cheer down a level if a flying position were available? Explain:

\_\_\_\_\_

\_\_\_\_\_

## Waiver of Liability

I, the undersigned, understand and acknowledge that participation in cheerleading and related activities can be hazardous and realize that no one shall enter into activities unless the participant is medically able. I/We assume all risk with this activity including but not related to: falls, contact with other participants or equipment, effects of weather, equipment failure, and conditions of play area. I/We fully understand that it is my responsibility to ascertain if this specific activity contains other elements of risk that can prove harmful to the participant. Having read this waiver and in consideration of acceptance of entry into the program, I and anyone entitled to act on my behalf waive and release Cheer Academy of North Georgia, its co-sponsors, their representatives, and successors from all claims and liabilities of any kind arising out of my child's participation in this activity.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Statement of commitment

## Financial Commitment

I have read and fully understand my financial commitment to Cheer Academy Twisters. I understand this commitment is for the 2017-2018 season. I understand that I am giving a credit/debit card in the event I have not met payment deadlines. I understand that I will forfeit any monies paid if I choose to leave the team or I am asked to leave the program.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Policies and Expectations Commitment

I have read and fully understand all codes, rules, and expectations in this tryout packet. I understand that I am entering into this program of my own free will. I understand what is expected of me as a parent and a Twister Cheerleader. I will conduct myself in a sportsman like manner and uphold the standards that are expected of me as a Twister Parent and Cheerleader.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Cheerleader Questionnaire

Please take some time to answer these questions honestly. We feel this will help us get to know the athlete a little better. We will also use this when determining where to place team members.

1. Why are you interested in cheering?

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2. What are your goals for the season?

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3. What makes you a good team player?

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4. If you have previously been a flyer, or any other basing/backing position, are you willing to learn a new position?

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5. If you cheered previously, did you master all of the skills at your level? What are your strengths and weaknesses?

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Athlete Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# 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. The level of the team will be determined based on the skill of the majority of the team. This team will compete at local competitions only.

This team will practice 3 hours per week. If you are interested in being a part of this team evaluations will be held as scheduled on the first page of this packet. You will still need to fill out and turn in all paperwork attached to this handbook. 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)

## Prep Team Competition Schedule

We are working on developing a schedule for our prep program. These teams will do about 5 competitions that will be local.

## Season Cost

The Prep Team budget will include the following:

Tuition for 11 months (May 2016 through March 2017)

Competition Entry Fees

Competition Hair Bow

Practice clothes

Routine Music & Routine Choreography

End of Season Banquet for athlete

Total Season Cost \$2310

Payments of \$210 per month will be made from May through March. The first payment will be May of 2018 and March of 2019. We collect first and last month's payment up front.

| Month                | Payment       | Item                         |
|----------------------|---------------|------------------------------|
| May 2018/ March 2019 | \$420         | First and Last Month Tuition |
| June 2018            | \$210         | Tuition & Expenses           |
| July 2018            | \$210         | Tuition & Expenses           |
| August 2018          | \$210 & \$175 | Tuition, Expenses, & Uniform |
| September 2018       | \$210 & \$100 | Tuition, Expenses, & Warm-up |
| October 2018         | \$210         | Tuition & Expenses           |
| November 2018        | \$210         | Tuition & Expenses           |
| December 2018        | \$210         | Tuition & Expenses           |
| January 2019         | \$210         | Tuition & Expenses           |
| February 2019        | \$210         | Tuition & Expenses           |
| March 2019           | \$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 \$40.

- Uniform

We will be getting new uniforms for our prep program this year. The cost of the new uniform will be \$175.

- Warm-up

We will be getting new warm-ups for the season. Cost for the warm-up will be \$100.

- 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.