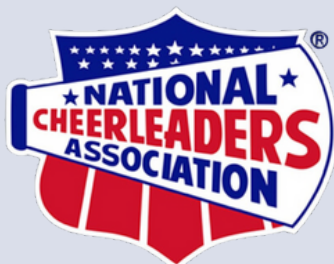




ASW GOLD MEDALISTS



WORLDS BID RECIPIENTS



2019 NCA CHEER ABILITIES
NATIONAL CHAMPIONS &
2023 NCA SILVER MEDALISTS



NUMEROUS US FINALS
NATIONAL CHAMPIONS

SEASON 24-25 INFORMATION

MARYLAND TWISTERS



SALISBURY

THE ONLY D1 CHEER GYM
ON THE EASTERN SHORE

STAY CONNECTED

AS SALISBURY'S LONGEST-STANDING ALLSTAR CHEERING PROGRAM, WE BOAST NUMEROUS PRESTIGIOUS TITLES AND WELCOME ATHLETES AGED 3+ WITH NO PRIOR EXPERIENCE. EVALUATIONS ARE CASUAL AND FUN WHERE ATHLETES DEMONSTRATE VARIOUS SKILLS AND MEET THE STAFF. THANK YOU FOR BEING A PART OF THE MARYLAND TWISTERS SALISBURY FAMILY!

WWW.MDTWISTERSSBY.COM



410-713-8785



FACEBOOK.COM/TWISTERSSBY



@TWISTERSSBY



MDTWISTERSSBY@GMAIL.COM

EMAIL IS THE PREFERRED AND QUICKEST WAY TO GET ANSWERS.

**600 GLEN AVENUE UNIT 102
SALISBURY, MD 21804**



FOR UPDATED INFORMATION ON OUR PROGRAMS, CLASSES, AND CALENDAR, VISIT OUR ICLASSPRO SITE REGULARLY.
BIT.LY/TWISTERSSBYPORTAL

FACEBOOK GROUPS ARE OUR MAIN TEAM COMMUNICATION CHANNEL, SO TURN NOTIFICATIONS ON AND CHECK FREQUENTLY

TWISTERS CULTURE + EXPECTATIONS



ATTENDANCE

TWISTER'S PRACTICES ARE MANDATORY AND PUNCTUALITY IS EXPECTED. FULL COMMITMENT FROM ATHLETES AND FAMILIES ARE REQUIRED IN OUR PROGRAM. WE HAVE A RELAXED SUMMER PRACTICE SCHEDULE AND ENCOURAGE YOU TO TAKE YOUR FAMILY VACATIONS AT THAT TIME.

*MISSED PRACTICE TIME NOT ONLY EFFECTS THE ATHLETE, BUT THE ENTIRE TEAM. ABSENT REQUEST FORMS MUST BE COMPLETED FOR ALL KNOWN MISSED PRACTICES. FOR EMERGENCY SITUATIONS PLEASE NOTIFY PAM VIA THE GYM EMAIL.



SCHOOL SPORTS/ACTIVITIES

WE ARE UNDERSTANDING OF ATHLETES PARTICIPATING IN SCHOOL ACTIVITIES. WE REQUIRE SPORTS SCHEDULES SENT VIA EMAIL AND ASK FOR COMMUNICATION THROUGHOUT THE SEASON.



PRACTICE ATTIRE

FULL YEAR ATHLETES WILL RECEIVE ONE PRACTICE SET AND ARE EXPECTED TO WEAR IT EACH ASSIGNED PRACTICE DAY. ATHLETES SHOULD ALWAYS HAVE HAIR PULLED UP IN A HIGH PONY TAIL WITH A BOW AND LIPSTICK.

COMPETITIVE ENVIRONMENT

WE FOSTER A COMPETITIVE ENVIRONMENT CONSISTENTLY ADJUSTING TEAM POSITIONS TO MAXIMIZE PERFORMANCE, DRIVE SUCCESS, AND PROMOTE GROWTH. HIGH EXPECTATIONS ARE HELD FOR ALL ATHLETES.



OPEN COMMUNICATION

IN CASE OF ATHLETE STRUGGLES, WE PARTNER WITH PARENTS TO ADDRESS ANY EMOTIONAL HURDLES AND MAINTAIN A SUPPORTIVE, COMPETITIVE ATMOSPHERE. WE BELIEVE ANY ISSUES CAN BE RESOLVED THROUGH OPEN COMMUNICATION, ENSURING OUR ATHLETES FEEL VALUED, SEEN, AND HEARD.

GET REGISTERED

FULL YEAR REGISTRATION FEE- \$150

REGISTRATION FEE INCLUDES INITIAL EVALUATIONS,
ALL MAY CLASSES & MAY COLOR CALL BACKS.

REGISTER BEFORE APRIL
18TH AND SAVE \$10 ON
YOUR MONTHLY TUITION
EACH MONTH!

(TUITION IS PAID JUNE 2024 - APRIL 2025)



**ARE YOU READY TO JOIN THE BLACK
AND BLUE CREW?**

CLICK HERE TO
REGISTER

OR

SCAN THE QR CODE



INITIAL EVALUATION DAY

INITIAL EVALUATIONS

MAY 18TH

ALL ATHLETES INTERESTED
IN WORLDS L6 NT 10:00 - 11:30
(BORN 2006-2011)

RETURNING ATHLETES 12:00 - 1:30
BORN 6/1/05 - 2012

ALL NEW ATHLETES 2:00 - 3:30

RETURNING ATHLETES 4:00 - 5:30
BORN 2013 - 2018

FOR ATHLETES BORN 2019-2021 NO
EVALUATION IS NEEDED. EMAIL US
FOR MORE INFO & WE WILL SEE YOU
WHEN TINY TEAMS BEGIN.

ATTIRE

TANK TOP OR SPORTS
BRA, SPANDEX/ATHLETIC
SHORTS, CHEER/TENNIS
SHOES, AND HAIR UP IN
A HIGH PONY TAIL OUT
OF YOUR FACE.

HOW THE DAY WILL GO

STEP 1

ARRIVE 15 MINUTES EARLY
TO CHECK IN AT THE FRONT
DESK

STEP 2

ATHLETE PICTURE TAKEN

STEP 3

MOVE TO THE GYM FOR
GROUP STRETCH AND
WARM UP

STEP 4

ATHLETE IS TAUGHT A
DANCE, EVALUATED ON
JUMPS, TUMBLING, AND
PERFORMANCE

STEP 5

ATHLETE RECEIVES A COLOR
CALLBACK CARD FOR WHEN
TO RETURN NEXT



EVALUATION FORMAT

AT MARYLAND TWISTERS SALISBURY, WE AIM TO CREATE A FUN, SAFE, AND ENGAGING ENVIRONMENT WHILE DEVELOPING WORLD-CLASS ATHLETES ON AND OFF THE MAT.

NEW THIS SEASON!

TRYOUTS WILL HAVE A STRONGER FOCUS ON STUNTING! WE WANT TO MAKE THE EVALUATION PROCESS AS STRESS-FREE AS POSSIBLE FOR OUR ATHLETES AND PARENTS. REGARDLESS OF AGE OR EXPERIENCE LEVEL, WE ARE COMMITTED TO EVALUATING EACH ATHLETE FAIRLY AND PLACING THEM ON THE TEAM THAT BEST SUITS THEIR ABILITIES.

ON INITIAL EVALUATION DAY, ATHLETES WILL SHOWCASE THEIR CURRENT JUMP & TUMBLING SKILLS. A SHORT DANCE WILL BE TAUGHT TO ASSESS SHOWMANSHIP. THIS SERVES AS A BASELINE FOR EACH ATHLETE. THEY WILL LEAVE EVALUATIONS WITH A COLOR CALLBACK CARD, LETTING THEM KNOW WHEN TO RETURN FOR THE NEXT FIVE WEEKS.

DURING COLOR CALLBACKS, COACHES WILL BE ABLE TO ASSESS ATHLETES' STUNTING STRENGTHS.



COLOR CALL BACKS

WHAT ARE THEY?

ATHLETES MUST ATTEND CALLBACK DATES IN ORDER FOR PROPER TEAM PLACEMENT. DURING CALLBACKS, ATHLETES WILL BE EVALUATED MAINLY ON STUNTING SKILLS BUT WILL ALSO DEMONSTRATE JUMPS, TUMBLING, AND DANCE SKILLS.

CALL BACK COLORS ARE NOT TEAMS! ATHLETES MAY BE ASKED TO CHANGE CALL BACK COLORS AT ANY TIME OR COME TO MULTIPLE DAYS SO THAT ACCURATE TEAM PLACEMENTS CAN BE MADE. PLEASE TRUST THE PROCESS.

COLOR CALL BACK SCHEDULE

RED

EXCITEMENT,
STRENGTH,
ENERGY

PURPLE

ROYALTY,
LUXURY,
AMBITION

PINK

COMPASSION,
SWEETNESS,
LOVE

YELLOW

CREATIVITY,
HAPPINESS,
WARMTH

ORANGE

CONFIDENCE,
SUCCESS,
BRAVERY

6:30-8:30

MONDAY 5/20

TUESDAY 5/21

WEDNESDAY 5/29

MONDAY 6/3

TUESDAY 6/4

MONDAY 6/10

TUESDAY 6/11

MONDAY 6/17

TUESDAY 6/18

6:30-8:30

WEDNESDAY 5/22

THURSDAY 5/23

THURSDAY 5/30

WEDNESDAY 6/5

THURSDAY 6/6

WEDNESDAY 6/12

THURSDAY 6/13

WEDNESDAY 6/19

THURSDAY 6/20

MAY / JUNE CLASSES

**ALL MAY CLASSES ARE INCLUDED IN YOUR \$150
REGISTRATION FEE**

Monday 5/13 Level 1 Tumbling 5:30-6:30 Level 1 Stunt 6:30-7:30	Tuesday 5/14 Level 2 Tumbling 5:30-6:30 Level 2 Stunt 6:30-7:30	Wednesday 5/15 Level 3 Tumbling 5:30-6:30 Level 3/4 Stunt 6:30-7:30	Thursday 5/16 Level 4+ Tumbling 5:30-6:30 Level 6 Stunt 6:30-7:30
Monday 5/20 Level 1 Tumbling 5:30-6:30	Tuesday 5/21 Level 2 Tumbling 5:30-6:30	Wednesday 5/22 Level 3 Tumbling 5:30-6:30	Thursday 5/23 Level 4+ Tumbling 5:30-6:30
		Wednesday 5/29 Level 3 Tumbling 5:30-6:30	Thursday 5/30 Level 4+ Tumbling 5:30-6:30

**JUNE CLASSES ARE \$10 PER CLASS
SIGN UP THROUGH ICLASSPRO**

Monday 6/3 Level 1 Tumbling 5:30-6:30	Tuesday 6/4 Level 2 Tumbling 5:30-6:30	Wednesday 6/5 Level 3 Tumbling 5:30-6:30	Thursday 6/6 Level 4+ Tumbling 5:30-6:30
Monday 6/10 Level 1 Tumbling 5:30-6:30	Tuesday 6/11 Level 2 Tumbling 5:30-6:30	Wednesday 6/12 Level 3 Tumbling 5:30-6:30	Thursday 6/13 Level 4+ Tumbling 5:30-6:30
Monday 6/17 Level 1 Tumbling 5:30-6:30	Tuesday 6/18 Level 2 Tumbling 5:30-6:30	Wednesday 6/19 Level 3 Tumbling 5:30-6:30	Thursday 6/20 Level 4+ Tumbling 5:30-6:30

TEAM PLACEMENTS

ALL TEAMS ARE BUILT WITH ATHLETES' SUCCESS AND CONFIDENCE IN MIND. ATHLETES' SKILLS ADVANCE AT DIFFERENT PACES AND OFTEN TAKE MULTIPLE YEARS TO PERFECT EACH LEVEL.

THERE ARE MANY FACTORS CONSIDERED IN TEAM PLACEMENT, INCLUDING AGE, TUMBLING LEVEL, STUNTING LEVEL, STUNT POSITION, ABILITY TO PERFORM, ATHLETE AVAILABILITY, AND MATURITY.

TEAM PLACEMENT EMAILS WILL BE SENT OUT BY MIDNIGHT ON

JUNE 22ND



TEAM PRACTICES WILL BEGIN JUNE 24TH

FULL YEAR TEAMS WILL PRACTICE TWO WEEK NIGHTS IN THE SUMMER FOR A TOTAL OF 4 HOURS AND THEN TRANSITION IN THE FALL TO ONE WEEK NIGHT AND A SUNDAY PRACTICE FOR A TOTAL OF 5 HOURS A WEEK.

ATHLETES' TEAM PLACEMENTS MAY STILL CHANGE THROUGH THE SUMMER.

WE AIM TO BUILD WELL-ROUNDED ATHLETES WHO CAN PROFICIENTLY CONTRIBUTE TO A ROUTINE AT THEIR RESPECTIVE LEVELS.

WE ASK THAT PARENTS RESPECT AND TRUST THE PROCESS. PLEASE WAIT 24 HOURS BEFORE CONTACTING WITH ANY QUESTIONS OR CONCERNS ABOUT TEAM PLACEMENTS. IN PERSON MEETINGS WILL BE HELD UPON REQUEST.

TUMBLING LEVELS

LEVEL 1 NOVICE/PREP

STANDING

- FORWARD ROLL
- BRIDGE
- BACKWARD ROLL
- CARTWHEEL
- BACKBEND
- BACKBEND KICKOVER
- HANDSTAND BRIDGE

RUNNING

- ROUND OFF
- CARTWHEEL SERIES
- CARTWHEEL ROUND OFF
- CARTWHEEL BACKWARD ROLL

LEVEL 1

STANDING

- BACK WALKOVER
- FRONT WALKOVER
- BACK EXTENSION
- VALDEZ
- SWITCH LEG BWO
- BACK EXTENSION BACK WALKOVER

RUNNING

- ROUND OFF
- CARTWHEEL BWO
- FWO CARTWHEEL BWO

LEVEL 2

STANDING

- BWO-BHS/BHS STEP OUT
- BWO SWITCH LEG-BHS
- VALDEZ-BHS/BHS STEP OUT
- BHS STEP OUT-BWO-BHS
- BACK EXTENSION BHS

RUNNING

- RO/CW-BHS STEP OUT
- FRONT HANDSPRING
- BOUNDER/FLYSPRING
- SERIES FRONT HANDSPRING
- FWO-RO-BHS/BHS SERIES

LEVEL 3

STANDING

- BWO-BHS SERIES
- PUNCH FRONT
- JUMP-BHS SERIES
- FWO RO TO TUCK
- FWO-AERIAL

RUNNING

- BHS-JUMP-BHS/SERIES
- BHS STEP OUT-BHS/SERIES
- RO-BHS 1/2TURN RO TO TUCK
- JUMP-BHS-JUMP-BHS
- RO-BHS/SERIES TO TUCK

LEVEL 4

STANDING

- BHS SERIES-TUCK
- AERIAL-BACK TUCK
- BWO-TUCK
- VALDEZ TUCK
- ONODI
- JUMP-BHS-TUCK

RUNNING

- WHIP THROUGH TO TUCK
- JUMP-BHS-TUCK
- RO-BHS-LAYOUT
- BHS/STEP OUT-TUCK
- PF THROUGH TO TUCK
- SPECIALTY TO LAYOUT

LEVEL 5

STANDING

- TUCK-BHS-TUCK
- BHS WHIP BHS TUCK
- BHS SERIES TO LAYOUT
- JUMP-TUCK

RUNNING

- RO ARABIAN
- RO BHS FULL
- RO BHS SERIES FULL
- SPECIALTY TO FULL



OUR PROGRAMS



TINY SHOW TEAM

AN INTRODUCTORY IN-HOUSE TEAM DESIGNED TO GET OUR YOUNGEST ATHLETES (BORN IN 2020-2021) INTO THE SPORT OF CHEERLEADING. TEAM ATHLETES WILL ALL BE ASSIGNED A BUDDY WHO WILL PRACTICE AND PERFORM WITH THEM. FOCUS WILL BE ON FOLLOWING DIRECTIONS, JUMPING, STUNT BASICS, TUMBLING BASICS, BALANCE AND SHOWMANSHIP.

TINY EXHIBITION

AN INTRODUCTORY TEAM ATTENDING COMPETITIONS TO CREATE CHEER INDEPENDENCE WITH OUR YOUNGEST ATHLETES (BORN IN 2020-2021). TEAM ATHLETES WILL BE ASSIGNED A BUDDY WHO WILL PRACTICE AND PERFORM WITH THEM AT THE FRONT OF THE MAT. FOCUS WILL BE ON PERFORMING A ROUTINE INDEPENDENTLY.

NOVICE

FOR ATHLETES NEW TO ALL-STAR OR HALF YEAR ATHLETES. NOVICE TEAMS FOCUS ON STRENGTHENING TECHNIQUE AND PERFORMANCE SKILLS THAT HELP PREPARE ATHLETES FOR FUTURE COMPETITIVE TEAMS. NOVICE TEAMS REQUIRE LOWER PRACTICE COMMITMENT AND COSTS.

ALL STAR PREP

FOR ATHLETES WHO WANT TO STRENGTHEN TECHNIQUE AND PERFORMANCE SKILLS IN A COMPETITIVE TEAM ATMOSPHERE. OUR PREP TEAMS REQUIRE THE SAME AMOUNT OF TIME & MONETARY COMMITMENT AS ELITE TEAMS. PREP DIVISIONS ARE USEFUL FOR IMPROVING TECHNIQUE AND LEARNING NEW LEVELS.

ALL STAR ELITE & NT WORLDS

FOR ATHLETES WITH SOLID CHEER TRAINING WHO ARE PERFORMING AT THE TOP OF THEIR CURRENT LEVEL. THESE INDIVIDUALS ARE READY FOR HIGHLY COMPETITIVE PERFORMANCE LEVELS AND TRAVEL COMMITMENTS. THIS INCLUDES OUR LEVEL 6 NT WORLDS ATHLETES.

CHEERABILITIES

FOR ATHLETES 6 AND OLDER WITH A DISABILITY DEFINED BY THE ADA. A PROGRAM BUILT TO ALLOW EXCEPTIONAL ATHLETES TO BE PART OF THE SPORT WITH THEIR PEERS. ATHLETES LEARN A ROUTINE, COMPETE AGAINST OTHER CHEERABILITIES TEAMS, BOOST CONFIDENCE, DEVELOP FRIENDSHIPS, AND WORK HARD.

MORE FINANCIAL INFORMATION

WE UNDERSTAND THAT ALL-STAR CHEERLEADING IS AN EXPENSIVE SPORT.

WE GIVE YOU PRICING UPFRONT SO YOU KNOW WHAT FINANCIAL COMMITMENT IS REQUIRED BEFORE YOU SIGN YOUR CHILD UP. MARYLAND TWISTERS IS ONE OF THE TOP COMPETITIVE CHEER GYMS IN THE COUNTRY AND OUR COACHES AND FACILITIES ARE TOP OF THE LINE, TAKING REGULAR TRAINING SESSIONS TO KEEP UP TO DATE WITH OUR EVER CHANGING INDUSTRY.

OUR PRICES DO NOT INCLUDE TRAVEL COSTS

THOSE ARE THE RESPONSIBILITY OF THE PARENTS. MANY OF OUR TEAMS TRAVEL TO OUT-OF-TOWN COMPETITIONS. CHEERLEADERS TRAVEL AND STAY IN HOTEL ROOMS WITH THEIR PARENTS FOR THESE COMPETITIONS. IF THE COMPETITION IS A STAY-TO-PLAY EVENT, PARENTS ARE REQUIRED TO BOOK THEIR ROOMS THROUGH THE DESIGNATED TRAVEL COMPANY. OUR PRICES DO NOT INCLUDE STAFF EXPENSES (TRAVEL, LODGING, FOOD, ETC) FOR EVENTS, THOSE WILL BE INCLUDED INTO EACH COMPETITION FEE.

MONTHLY TUITION MUST BE PAID BY THE 5TH OF EACH MONTH.

THERE WILL BE A LATE FEE CHARGED IF NOT PAID BY DUE DATE. IF PAYMENT IS NOT MADE BY THE 10TH OF EACH MONTH YOUR ATHLETE MAY NOT PRACTICE WITH THEIR TEAM UNTIL PAYMENT IS RECEIVED. ALL CREDIT CARD PAYMENTS ARE MADE THROUGH YOUR ICLASSPRO PORTAL. CASH AND CHECK CAN BE PAID AT THE FRONT DESK.

WE HAVE MANY FUNDRAISING OPPORTUNITIES.

THESE ARE RAN THROUGH OUR BOOSTER CLUB. THESE CAN HELP OFFSET ALL GYM COSTS, INCLUDING TUITION, COMPETITION FEES, UNIFORM, ETC. ALL FEES NEED TO BE PAID BY THEIR DUE DATE REGARDLESS OF ANY FUNDRAISING MONEY YOU MAY BE GETTING. SEE MORE INFORMATION ON THE NEXT PAGE.



BOOSTERS CALENDAR



GYM RAN FUNDRAISERS

JUNE/JULY - JOLLY ROGER'S WATER PARK

JULY/AUGUST - CRAB RAFFLE

SEPTEMBER - MUM SALE

OCTOBER - DOUBLE GOOD POPCORN SALE

DECEMBER - GIFT CARD WREATH RAFFLE

APPROVED FUNDRAISERS RAN INDEPENDENTLY

SPONSOR MY UNIFORM

PAY THE DATE CALENDAR

PIE IN THE FACE CHALLENGE

WORKOUT/TUMBLE BOARD

SUPER BOWL SQUARES

TEAM FUNDRAISERS FOR END OF SEASON

ICLASSPRO

**ICLASSPRO IS OUR PAYMENT
AND BOOKING SITE:**

[BIT.LY/TWISTERSSBYPORTAL](https://bit.ly/twisterssbyportal)



APP STORE: THE ICLASSPRO APP

GYM NAME: MDTWISTERSSBY

WHAT YOU CAN DO:

- CHECK YOUR ACCOUNT BALANCE
- PAY BILL USING CREDIT CARD
- SET UP AUTOMATIC PAYMENT FOR
MONTHLY TUITION
- ENROLL IN CLASSES
- BOOK PRIVATE LESSONS

WHAT YOU CAN'T DO:

- PAY WITH CASH OR CHECK
- PAY BALANCES AHEAD
- PAY PARTIAL BALANCES

(YOU CAN COME TO THE FRONT DESK TO DO THESE THINGS)

MITCHELL'S TUMBLING CLINICS ARE PAID IN CASH AT THE DOOR

GYM CLOSURES

MAY 27TH - MEMORIAL DAY

JULY 1ST-5TH - JULY 4TH

SEPTEMBER 1ST & 2ND - LABOR DAY

OCTOBER 31ST - HALLOWEEN

NOV 26TH-DEC 2ND - THANKSGIVING

DEC 23RD-JAN 1ST - WINTER BREAK

ELITE/WORLDS TEAMS WILL PRACTICE DEC 30TH

APRIL 18TH-21ST - EASTER

ANY WEATHER CLOSURES WILL BE
POSTED ON ALL SOCIAL MEDIA
ACCOUNTS

CHOREOGRAPHY

FULL YEAR DATES

JULY 23RD - 30TH

2-3 DATES THROUGH THE WEEK PER TEAM
HOURS VARY

TIME BLOCKS BETWEEN 9AM-9PM
SPECIFIC INFORMATION WILL BE PROVIDED



TINY TEAMS, CHEERABILITIES, AND HALF YEAR
TEAMS WILL HAVE IN-HOUSE CHOREOGRAPHY
LEARNED DURING REGULAR PRACTICE TIMES.