



2020-2021

ALL STAR CHEERLEADING

TEAM INFORMATION PACKET

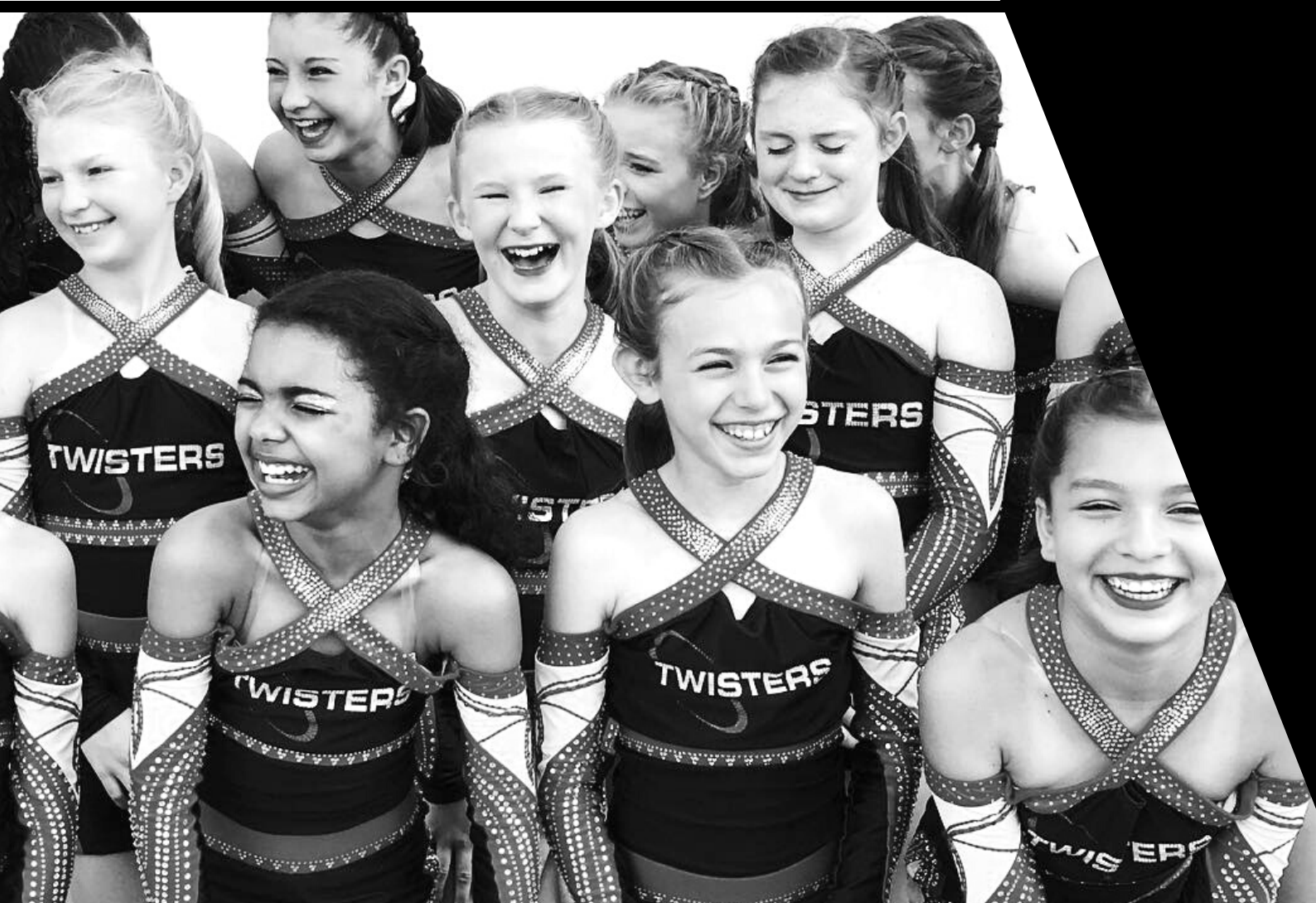


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WELCOME

Thank you for choosing Twister Sports as your premier all-star cheerleading program. We are embarking on our 9th competitive season, and we are very excited. Twister Sports has become a well-recognized name in the all-star cheerleading industry due to our clean technique, creative choreography and consistent program direction. In just eight years, we have accumulated hundreds of titles, receiving prestigious bids to The Summit, U.S. Finals, The One and the Amazing Championships. Hard work, perseverance, positive reinforcement and the dedication of our cheerleading families is what makes Twister Sports truly a unique place to learn and enjoy the sport of all-star cheerleading.

More importantly than any title or award, our athletes learn skills that benefit them throughout every area of their lives. Never does our desire to win stand in the way of making decisions that benefit the team as a whole.

Our coaching staff is committed to developing competitive athletes who are not only superb on the competition floor, but also upstanding individuals in everyday life. We create leaders and build confident athletes who have self-discipline and excellent work ethic. We hope that when it comes time for our athletes to graduate and move on to a new phase in life, they take with them the integrity, character, work ethic and self-confidence they have gained by being a part of the Twister Sports family.

In this packet, you will find all the information needed to become a competitive all-star cheerleader for Twister Sports. We have a variety of commitment levels so you can make the best decision for your family. You will see a section on tryout information, parent and athlete policies, financial obligations and other important information. If you have questions over the information in this packet, feel free to contact us.

Sincerely,

Danielle Johnston & Angie Fritsch
Twister Sports, Co-Owners



PROGRAM OPTIONS

FAMILY-FRIENDLY

There are many types of programs for cheerleading. Over the years we've worked hard to find what best suits our gym and our families. We're unlike many other programs in that - we love when kids try other sports too and have a variety of experiences in life. It's important to us that they get to cheer while also experiencing other sports, school activities and hobbies. Additionally, they just need time to be a kid. As you'll see, our programs have become very family-friendly and flexible. It's important to select a program that best suits what you're looking for when it comes to cheerleading.

ALL STAR ELITE & PREP TEAMS

SEASON: June 1-May 31, 2021

PRACTICES: 2 1/2 hours, 1 day per week

TUMBLING CLASS: Level-appropriate class of your choice included in tuition. Consistent attendance at tumbling is required.

PROFESSIONAL FEES: \$150 due June 1 & \$150 due October 1

MONTHLY TUITION: \$139

ADDITIONAL PROGRAM OPTIONS: Add NAC or Hip Hop for \$60/mo.

COMPETITIONS: Includes 4 competitions, 2 local, 2 semi-local (within a few hours)

NOVICE TEAMS

SEASON: June 1-May 31, 2021

PRACTICES: 1 1/2 hours, 1 day per week

TUMBLING CLASS: Level-appropriate class not included, but highly recommended.

PROFESSIONAL FEES: \$100 due June 1 & \$100 due December 1

MONTHLY TUITION: \$99

ADDITIONAL PROGRAM OPTIONS: Add NAC or Hip Hop for \$75/mo.

COMPETITIONS: Includes 2 local events.

ALL TEAMS RECEIVE

OPEN GYM: Access to free open gym throughout the contracted season.

IN-HOUSE CHOREOGRAPHY: Our choreography will take place in September. Athletes may be asked to attend 1-2 additional nights to learn choreography.

TEAM MUSIC: Access to this music will be provided for at-home practice, but licensing prohibits it from being used for any other purpose.

TEAM SHOWCASE: One of our favorite events of the year, our team will showcase routines for all friends and family.

COMPETITION BOW

PERFORMANCE OPPORTUNITIES: While these are optional, it is great to build your child's confidence and entertain our community at events like BurgFest.

DISCOUNT ON ADDITIONAL CLASSES

ADDITIONAL EXPENSES

UNIFORM: All teams will be purchasing new uniforms this season. Our uniforms are worn for 2 seasons. Prep/Elite team uniforms estimated cost: \$325, Novice uniform: \$250.

CHEER SHOES: Athletes may select a white cheer shoe of their choice. We are happy to make recommendations!

SPECTATOR FEES: Competitions do require spectator fees between \$15-30 per person.

PRIVATE LESSONS: If your child misses practices or is getting behind with choreography, private lessons may be required. These are not included in monthly tuition.

OPTIONAL TRAVEL EXPENSES: This is an optional expense for families who may choose to stay overnight in KC or Branson preceding a competition and applies to Prep/Elite Teams only.

SPIRIT GEAR: This optional expense will outfit your family to cheer on your favorite team at competitions!

TEAM PLACEMENTS

Unlike school tryouts or many dance auditions, our tryout atmosphere will be relaxed and comfortable. Tryouts are a two-way process to see if our gym is the right fit for your family and for us to establish what team would be the best fit for your child.

Our tryout process for this season will last one month. During this time, athletes are placed based on where the director thinks they will be most successful. Throughout the month, the athlete participates in tumbling, stunting and jumps skills with the other athletes at their practice.

During this time, the director may shift the athlete to other team practices in order to see which team is the best fit. At the end of the month, the athletes and their parents have a pretty good idea where they will place. On June 1, athletes will be notified via Facebook what team they have been placed on.

Throughout the summer athletes will participate in non-mandatory practices where they will focus on tumbling, flexibility and conditioning. Our athletes will be pushed within their personal comfort zones while being challenged to achieve the goals set out for themselves.

Throughout the tryout month, feel free to set up an appointment with our director or your child's coach to ensure all of your questions are answered prior to contract deadlines. Completed contracts for Novice, Prep & Elite Teams are due by May 25, 2020. Parents are welcome to observe team practices at any time throughout the tryout process and the season.

FACTORS WE USE TO DETERMINE TEAM PLACEMENTS

Throughout the team placement month, we will get your know your child in a variety of areas (not limited to) but including:



- AGE AS OF AUG. 31, 2020
- PREVIOUS EXPERIENCE
- TEAM NEEDS
- TUMBLING SKILLS
- MATURITY
- MEMORIZATION OF CHOREOGRAPHY
- PERFORMANCE SKILLS
- ATHLETICISM
- VERSATILITY & COACHABILITY
- PERSONAL DRIVE & GOALS
- OVERALL SKILLS LEVEL
- TEAM PREFERENCE

FINANCIAL COMMITMENT

Like our recreational classes, tuition payment is automatically charged by the 1st of each month. There is no penalty for early payments. On the 5th of each month, a \$10 late fee is assessed. If payment is still not made by the 10th of the month, the athlete will be dropped from the program and may not participate in practices/competition. In the event that this occurs, full payment is required before the athlete may return to practice/competition. If the athlete has missed any practices in this time, he or she is subject to miss the next competition and re-choreography fees may apply.

All tuition fees must be current before an athlete may compete, practice, or collect any uniform, clothing or other items.

No refunds will be given for any reason other than a military PCS. In the event that this occurs, we will reach out to event producers and make every effort to recover fees.

If an athlete is released from a team, a \$150 re-choreography fee will be processed immediately for each team the athlete is on. This fee is waived for military moves and injuries that require more than 8-week non-participation status. Crossovers to any team who are released from one team for not meeting their contract obligations are hereby released from all teams.

DISCOUNTS AVAILABLE FOR THE 2020-2021 SEASON

Discounts on tuition fees and additional classes are available to all Prep, Elite & Novice Cheerleaders.

LOYALTY DISCOUNT: A 1% discount is given for each year of consecutive participation in the All Star, NAC or Hip Hop program up to 5%.

PAY IN FULL DISCOUNT: Athletes whose season is paid in full by cash or check by June 15 may receive a 5% discount. This discount cannot be combined with the loyalty discount.

CHEER CROSS-OVER DISCOUNT: Athletes wanting to cross over to another team (if ages and skill levels permit), may do so for \$45/mo plus applicable competition fees.

NAC/HIP HOP CROSSOVER: Athletes wanting to also participate in NAC or Hip Hop may do so for \$60/mo. (Prep/Elite) and \$75/mo. (Novice) plus uniform fees.

SIBLING DISCOUNT: A sibling discount is offered for any sibling participating in a recreational class within the gym.

MEMBER DISCOUNT: Competitive athletes are always eligible for member discounts on our gym events, birthday parties, camps and clinics.





TIME COMMITMENT

All star cheerleading truly is like no other sport. Every teammate has an integral role in the routine, and there are no benchwarmers or alternates. As a result, it's important that athletes take practice times seriously so as to not delay the progress of the team as a whole. We also believe it's important for athletes to participate in after-school activities and other pinnacle moments in their childhood and young adulthood. When

we have adequate notice, coaches can adjust lesson plans to meet the needs of both the individual and the team. For that reason, we ask that absences are kept to a minimum (no more than 2-3 absences) Sept. 1, 2020 through May 15, 2021. Absences should be submitted to the director a minimum of two weeks in advance, and that parents take into consideration the team's ability to practice without every athlete. We've taken vacation times into account as you'll see in the Important Dates section below. Please schedule all other vacations and conflicts outside of this schedule as much as possible. Competition schedules will be released in July, and all competitions require 100% attendance. Please submit any commitments you've already made in writing when you turn in your contract so we can deconflict those areas prior to releasing the schedule (ie: Vacations outside of the schedule below.) *Note: March competitions typically fall the week before or after Spring Break, and we cannot always offer an alternate option that month. Please plan your Spring Break accordingly.

IMPORTANT DATES

SUMMER SCHEDULE

Our summer schedule runs June 1-Aug. 30. Over the summer we will hold practices 2 weeks at a time. "On" weeks are mandatory for athletes who are not on vacation. During this time, we will focus on synchronized tumbling, level-appropriate stunting (when possible) and jumps. "Off" weeks with less than 50% of the team in projected attendance will be offered a level-appropriate make up tumbling class. **Please note:** If your child is not tumbling at the team's tumbling level, we **strongly recommend** regular weekly attendance over the summer to help get up to speed. Our tumbling scores are based off many factors, to include percentage of team participation at the tumbling level and technique of skills.

NO PRACTICE ON...

- SEPTEMBER** LABOR DAY
- OCTOBER** HALLOWEEN
- NOVEMBER** THANKSGIVING WEEK
- DECEMBER** WINTER BREAK
- MARCH** *SPRING BREAK (See competition note above.)
- MAY** MEMORIAL DAY

Additional practices may be adjusted if large portions of the team have graded school events.

PARTICIPATION REQUIRED ON...

- SEPTEMBER** BURGFEEST
- OCTOBER** **UCM HOMECOMING PARADE
- JANUARY-MAY** ALL COMPETITIONS (Schedule released in July)

Information for these events will be available 3-4 weeks prior to the event.

** High school athletes who participate in a school-sponsored club or sport may participate with school for the parade if they desire to do so.

COMMUNICATION

TEAM PAGES

Our primary means of communication with our parents is Facebook. This allows us to reach the entire team at the same time as well as the ability to "search" for a particular topic or post. All parents will need to have a valid Facebook account (even if it is only for this purpose) to obtain the information for your child's team.

EMAIL

Please check your emails on a regular basis for general gym announcements, billing notifications and competition schedules. We typically get a general time frame for schedules a few weeks out, but the final schedule of arrival times and performance times can release as late as the day prior to competition.

PARENT EXPECTATIONS

We know there's nothing more important to you than the physical and emotional safety of your child. From time to time, your child may have a challenging practice. This is common in all sports, but can be extra challenging when they're working to achieve a particular stunt or tumbling skill. Our coaches are here to challenge your children and build their confidence through goals. If you're your child's biggest cheerleader, then we have the perfect recipe for success.

Please keep all communication with your children, other parents and the staff positive and solution-oriented for the success of the child, team and gym. Please refrain from adult language at all times at the gym and during gym functions.

ATHLETES

Athletes will be expected to treat teammates, parents and coaches with respect and courtesy at all times.

COACHES & PARENTS

We know sometimes you'll have questions for your child's specific coach or the director. When we're talking about progress, practice feedback or individualized progression plans - communication is key! Unfortunately, it can be very difficult for our coaches to have those conversations prior to practice. Many times, they're reviewing their lesson plans, preparing equipment and greeting athletes. After practice, our coaches are required to complete practice reviews and sanitize equipment. For this reason, we are happy to set up meetings with our director, gym manager or your child's coach - but these do need to be planned in advance so we can devote our full attention to parents and athletes. You may request a meeting through the front desk who will coordinate times.

Because it's important that we respect our staff's personal time, we ask that any questions are emailed directly to information@twistersports.com or sent to the gym's Facebook page. Our staff is asked to not respond to work inquiries on personal time so we - as an employer can maintain work/life balance and boundaries for our staff. We truly appreciate your understanding in this matter.

PRACTICE EXPECTATIONS

TEAM ACTIVITIES

BONDING EVENTS

Team bonding is about more than just making friends. When athletes stunt and do partner tumbling, they need to have a level of trust in one another. Throughout the season, we will offer a few team bonding events. While these are not mandatory, they are strongly encouraged. When children get to know their teammates and coaches, they can develop a level of trust that is necessary to do their skills with confidence. These events are not included in your tuition and fees, but cost is always taken into account when choosing events.

JOURNALING

Something new for this year: Each athlete will be asked to bring a journal or a notebook at the beginning of the season that they can keep in their cubby at the gym. We will spend 5-10 minutes at the beginning or end of each practice writing (or drawing for our younger athletes) about their goals and achievements. Reflection is an important part of progression, and science has shown athletes benefit from visualization and journaling exercises as much as physical training.

ATTIRE

CLOTHING

While we do not mandate a particular practice outfit, we do ask that all athletes wear primarily black clothing without large logos or designs. This helps our coaches see the details in choreography. Our Overall Impression and Routine Composition scores are heavily weighted on small details we can catch at practice when our team has uniformity. Please avoid wearing leggings or baggy clothing as it can be hard to see things like straight knees, straight arms, etc.

HAIR & JEWELRY

For practices, hair should be firmly secured out of the face. We recommend keeping a few extra hair ties in your child's cubby. Please refrain from wearing jewelry to practice as it compromises athletes' safety during stunting and tumbling. Acrylic and stick-on nails are not permitted for practices or competition.

NEW ATHLETES

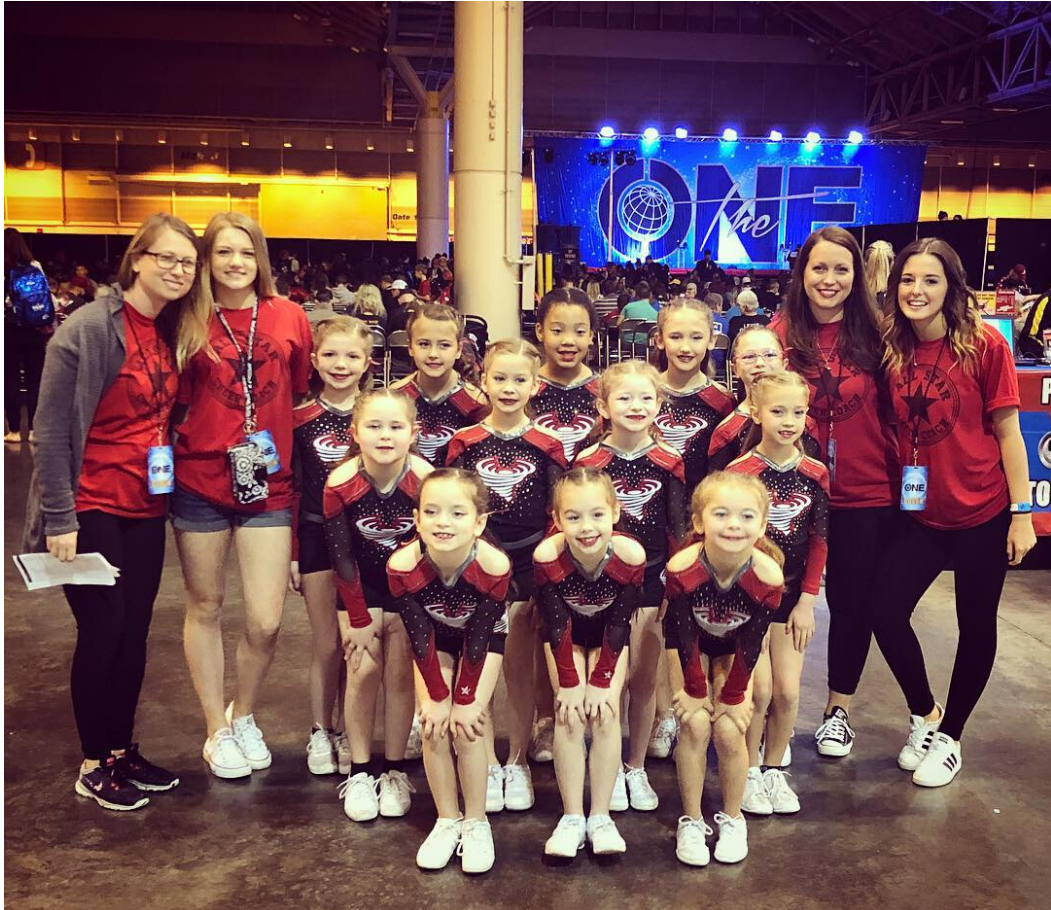
FLOW OF PRACTICE

If your child is new to cheer, you may be concerned that the length of practices might be overwhelming. We plan our lessons carefully to ensure athletes are challenged physically and mentally throughout practice without overexertion. Athletes will be given a few short water breaks throughout the evening. We recommend a healthy snack prior to practice and eating dinner afterwards. Heavy meals often make athletes feel sick before an extended workout. Don't ever worry that your child might not be able to keep up for 2+ hours. Over the years we've trained hundreds of athletes who quickly adapted and excelled.

CONDITIONING

Conditioning is an integral part of our training process. Proper conditioning will build strength and flexibility, prevent injury and propel athletes toward achieving their goals. Our conditioning will be at the start of every practice. Athletes who have a conflict and miss conditioning will be asked to complete their conditioning after practice or at home and provide accountability. This conditioning will always be age and skill-level appropriate.

COPYRIGHT



LOGO

Twister Sports logo is a copyrighted product and may not be replicated or duplicated for the purposes of apparel, fundraising materials or sponsorship materials unless explicitly authorized by Twister Sports.

APPAREL

Apparel is available for purchase at twistersports.com and through our proshop. Parents wanting spiritwear in different styles or sizes may request it through the director. This is a great way to cheer on your child throughout the season.