

Xcel Bronze Competition Packet

2016-2017 Season



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Xcel Bronze Competition Season Packet

Dear Parents and Athletes,

Welcome to the Xcel Program! The purpose of the Xcel Program at Twisters is to provide our recreational gymnasts with an enjoyable yet challenging training program and the opportunity to participate in fun, local competitions. The Xcel Program requires less training hours and is less intense than the traditional USA Gymnastics Junior Olympic Program. This makes Xcel a great choice for gymnasts who also wish to participate in other activities on their non-training days.

The staff and coaches of Twister Gymnastics are very proud of

how hard all of the girls have been working and are very excited about the upcoming competitive season. We are also continuing to "Go Green" with the administration of team paperwork. We will be compiling a team email list to notify you of important information and updates throughout the season, so please be sure to update your email address on the enclosed form and then look for important team notices in your email inbox.

Due to the growth of the entire Twister girls team program we have been able to maintain a low overall cost of competing, as we are able to spread the

budget out over more team members. The fees and information in this packet pertain specifically to competitions. These competitive fees are separate from your monthly tuition payments, which are dedicated solely to the expenses associated with the training of the athletes in the gym.

Thank you for your support of the program and for the privilege of working with such wonderful athletes!

Sincerely,

The Twisters Organization

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Participation in Meets:

How many meets should my child enter?

The gymnasts will have the opportunity to compete in up to 6 local competitions (and two shows) during the season. Ideally, we would like the girls to enter every competition, however, we understand that not all families will be able to make that commitment. Therefore, we request that the girls enter 4-6 of the meets, with one of them being the season finale - FL Crown Championships.

What is required to compete?

The gymnast must attend a full week of workout prior to competition to be eligible to compete at the competition. The gymnast also must have $\frac{3}{4}$ of her required skills mastered to compete on each individual event. If a gymnast is missing skills for a specific event they can still compete on the other three events they are proficient on.

What is the Competitive Dress Code?

In gymnastics, women wear a leotard approved for competition. A gymnast's appearance is very important to her self-confidence when at a competition. Hair should be off of her face and neck, pulled back in a bun or French braid. Clips, bobby pins and hair spray may be used to keep strands of hair from falling down. There is a deduction for any kind of jewelry as well as any nail polish worn on the fingers or toes. Please make certain that your gymnast looks her very best when representing Twisters.

Where are the competitions?

For now all of the Xcel competitions we offer are local. However, if we have enough interest we may add a "special competition" next year, which would give the girls the opportunity to compete at Disney World.

How do I know what day the meet is on?

Please note that all meets on the calendar usually have both a Saturday and Sunday date listed (in some cases a Friday date too). Team entries fees (made with a club check) are usually due 6 to 8 weeks prior to the competition date. This deadline varies based on the meet host and due to the popularity of some of the meets they "fill up", sometimes 4 or 5 months in advance. Once the meet director receives our check and (we must send one club check, since meet hosts do not accept individual personal checks) gymnasts are then assigned their competition days and times. We are completely at the mercy of the meet host and they can assign any level, to any day or time slot. Usually 7-10 days prior to competition we will be notified what day Twisters will be competing.



Meet Etiquette for Athletes and Family

Before the Day of the Meet

Whether your meet is in your own facility or in another team's gym, it is important that you and your athlete remember that hosting a meet takes a great deal of work. The hosting gym receives a roster of athletes from each gym wishing to participate in the competition. To give everyone an equal opportunity to take part in the meet, a deadline date is usually established. The deadline for entries can be from one week to months prior to the event. When the hosting gym gets all of the rosters, they may then begin to establish sessions and times. This all takes time. Please DO NOT call the hosting gym for information. The proper etiquette is to ask your own coaches. It is his/her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so be patient.

Each gym club has a set of rules and regulations that have been established for your comfort and safety. ALWAYS follow the hosting gym's rules. Here are a few rules that are common to ALL meets:

- No Flash Photography
- No Parents or Siblings on the Competition Floor/Area (there will be designated spectator seating)

- No Food or Drinks in the Gym Proper
- No Parents Allowed to Question a Judge.
- No Spectators Allowed on Any Equipment
- No Profanity
- No Unsportsmanlike Behavior
- No Destruction of Gym Property

Door Fees for Spectators

Some host clubs charge a fee for spectators at competitions. These fees range from \$15-20 per person. These fees help the host gym cover the expense of running the event.

Stretch and Warm-Up Session

Stretch and warm-up sessions are usually held 1 - 1 1/2 hours before competition begins. Gymnasts should arrive 20 minutes early to check in, obtain their competition rotation and become organized. Stretching and warm-up should be done as a Team. Any athlete that arrives at the stretch and warm-up session more than 15 minutes late may not be allowed to compete in the competition, due to safety concerns and the rules of competition.

Opening Ceremonies and Competition

At the conclusion of warm-ups, a gymnast should report to his/her

Meet Etiquette Continued...

coach to prepare for Opening Ceremonies. Gymnasts are usually queued up in ascending height order and march into the gym as a Team. Once all teams and Officials have been introduced, it is customary to begin the competition with the National Anthem or the Pledge of Allegiance. During this solemn period, please stand at attention and maintain silence, unless singing the anthem or speaking the pledge. Once the ceremonies are concluded the gymnast will be directed to his/her first event. Most gyms have a designated "waiting area" for the contestants. Athletes must report to your coach immediately before and after an event.

Please note that the gymnasts must stay with the coaches for the entirety of the competition. Parents are encouraged to cheer for their children, but they will not be able to talk to them during the competition. A gymnast will receive a deduction if their parent is overheard coaching them from the sidelines.

Competing is a Privilege

Your child has earned the right to compete in the Xcel Program through hard work and dedication to the sport. Please remember that competing is a privilege and as such, should not be taken for granted. All gymnasts should conduct themselves with dignity, composure and good

sportsmanship. At each event gymnasts return the Head Judge's salute prior to beginning the exercise. If a gymnast should fall from a piece of equipment, she has a certain amount of time allotted to compose herself before remounting the apparatus.

At all meets, please keep in mind that you are a guest, whether you are competing at a "home" meet or at an "away" meet. Treat the hosting facility, its equipment and all other gymnasts with respect and courtesy. Support your Teammates by cheering in a courteous manner, and congratulating them. Be friendly and polite to all Judges, Coaches and other gymnasts regardless of whose team they are on.

Gymnasts should remain in the competitive area until after the awards ceremony unless instructed to do otherwise by the coaches.

Receiving Awards In Public

Most meets have a formal system for presenting awards. As an athlete, a demonstration of courtesy and gratitude is appropriate. You should accept awards in your team leotard and *no gum or candy*.

Congratulate the other athletes receiving awards as well. Stay on the awards podium for a brief time after all gymnasts have received their awards; this will enable parents and relatives to take your photo on the platform. *Under no circumstances should you show disappointment in the awards that you are given.*



Explanation of Fees:

Twister Annual Registration Fee

Twister Gymnastics assesses an annual registration fee of \$57 for Xcel Bronze Gymnasts. This fee covers:

- Team insurance fees
- Coaches registration, education, and certification
- Athlete fees for obtaining USAG Membership (form included in this packet)

Competition Leotard

Gymnasts are required to purchase the competition leotard, which will be worn by the girls only while competing.

Coaches Fees

The coaches' fees are based upon the projected coaching costs associated with each competition. These fees cover coaches' expenses such as travel, food, lodging, coaching compensation, and to cover coach's class & team assignments when they are away at meets.

Entry Fees

Entry fees for competitions vary per event based on the level of competition, the location and the nature of the competition (Invitational, State Championship, Regional & National competitions) are all factors in the hosts setting their entry fee. (Entry fees are set by meet hosts, not by Twisters.) All entry fees are collected by Twisters and remitted as a "lump sum" to the competition host, a minimum of 6+ weeks in advance to ensure that our team secures a space in the meet. Entry fees are not pro-rated or refunded for missed competitions.

The Difference between Tuition and Competition Fees

Please be aware of the important distinction between tuition and competition fees/expenses. Monthly *tuition* is paid to Twister Gymnastics and this revenue is used to pay expenses associated with *your gymnast's daily training*. *Competition fees/expenses* are used to pay expenses associated with *competing* (meet entry fees, coaches' traveling expenses, etc.). Competition fees are divided into two categories, coaches' fees & entry fees.

Competition Schedule and Selection Form

Gymnast's Name

Parent(s)/Guardian(s)

Parent's Email Address

Please select the events and competitions you would like your daughter to participate in during the 2016-2017 season by placing a check mark in the "selection box" next to each event. Please note the "total fee" will be charged to your card on file on the "charge date" indicated. You may add/subtract meets from your selection form up to the day before the charge date. On the charge date your card will be charged and the entry fees are sent to the meet host. At that point no refunds or credits can be given. Please return this form to the office by October 15, 2016.



<u>Date</u>	<u>Competition/Event</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fee</u>	<u>Charge Date</u>	<u>Select & Initial</u>
December 14-15, 2016	Twister's Annual Holiday Show*	Twister Gymnastics Boca Raton	\$25 or \$0	TBD	N/A	<input type="checkbox"/>
January 14-15, 2017	Twister's In-House Meet**	American Twisters Coconut Creek	\$50 + \$15	\$65	1/16/17 Post Event	<input type="checkbox"/>
January 27-29, 2017	Sun & Surf Spectacular***	Coral Springs City Gymnasium Coral Springs, FL	\$127 + \$30	\$157	10/21/16	<input type="checkbox"/>
March 3-5, 2017	Tim Rand Invitational***	Broward County Convention Center FT. Lauderdale, FL	\$127 + \$30	\$157	11/25/16	<input type="checkbox"/>
March 25-26, 2017	Twister's In-House Teddy Bear Meet**	American Twisters Coconut Creek	\$50 + \$15	\$65	Post Event 3/27/17	<input type="checkbox"/>
April 8-9, 2017	Twister's In-House Judges Evaluation Meet**	American Twisters Coconut Creek	\$50 + \$15	\$65	Post Event 4/10/17	<input type="checkbox"/>
April 29-30, 2017	Florida Crown Championships***	Lynn University Boca Raton, FL	\$127 + \$30	\$157	2/10/17	<input type="checkbox"/>
May 24-25, 2017	Twister's Annual Gym-Fest*	Twister Gymnastics Boca Raton	\$25 or \$0	TBD	N/A	<input type="checkbox"/>

*Indicates a show at Twisters for the parents (this is not a competition). If the show takes place on a regularly scheduled class day then the Entry Fee will be waived (in lieu of doing a makeup class).

**Indicates an "In-House" competition. Fees are lower because the event takes place at Twisters. These are "practice" competitions for athletes from American Twister and Boca Twisters.

***Indicates a large competition with many teams from all over USA competing throughout the weekend.

Credit Card Authorization:

I authorize Twister Gymnastics to charge my credit card on file on the charge date indicated above for the events and competitions I have selected. I realize I have the option to add or subtract events from my selection form up to the day before the charge date by contacting Twister's office. I understand that on the charge date indicated for each event, my card will be charged and no credit or refund can be given if I change my mind.

Authorized Signature

Print Name

Date



Medical History Form

Gymnast's Name: _____

Birth date: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact Name: _____

Relationship: _____ Phone: _____

Emergency Contact Name: _____

Relationship: _____ Phone: _____

Do you have accidental medical insurance?

Has your daughter had any operations during the past two years? _____ If yes, indicate the anatomical site of operation and date:

Is your daughter currently on prescribed medications or drugs on a permanent or semi-permanent basis? _____ If so, indicate name of drug and how it is prescribed: _____

Is your daughter allergic to any medications? _____ If so, what medications: _____

If so needed, your daughter can take:
____ Aspirin ____ Tylenol ____ Advil ____ Aleve

Date of most recent tetanus immunization: _____

Has your daughter had any fractures during the past two years? _____ If yes, indicate the sight of fracture and date: _____

Has your daughter ever had an injury to her back?

Has your daughter ever experienced a strain to either knee during the past two years with severe swelling accompanying the injury? _____

Parent/Guardian's Signature

Date

MEDICAL TREATMENT RELEASE FORM

Every year each team member must have an updated "Medical Treatment Release Form" filled out and notarized. These forms allow coaches, instructors, and staff members to authorize ANY medical emergency treatment. Please return your form to the office before the first meet of the season.

I, _____, do hereby grant permission for my child, _____, to travel and participate in competitions, exhibitions, practices, tours, and/or activities with Twister Gymnastics & American Twisters, coaches, their staff, and assistants. I not only grant permission for, but also encourage ANY necessary emergency medical treatment that may be required due to injury during these activities.

I, _____, am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses, associated with participation in a gymnastics event. I further agree that Twister Gymnastics & American Twisters, along with the employees, agents, officer, and directors of these organizations shall not be liable for any losses or damages occurring as a result of my participation in the event.

Gymnast's Name: _____

Signature: _____ Date: _____

If the athlete is under the age of 18:
As the legal parent and/or guardian for _____, I do hereby verify that I fully understand and accept each of the above conditions for permitting my child to participate in gymnastics.

Parent's Name: _____

Signature: _____ Date: _____

Phone #: _____

STATE OF FLORIDA

COUNTY OF _____

Before me personally appeared _____ to me well known and known to me to be the person described in and who executed the foregoing instrument and acknowledged to and before me that _____ executed said instrument for the purpose therein expressed.

WITNESS my hand and official seal, this _____ day of _____ A.D., 20____

Notary Public
State of Florida

My commission expires _____

*Please note: Twister's has a Notary on staff and will notarize this form for you at no cost.