

Boca Twisters

2018 Girls Team Summer Information Packet

Thank you for Choosing Twisters!

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Dear Team Twister Parents,

I want to congratulate the athletes, coaches & parents on a spectacular competitive season. Everyone is proud of your daughters' ever-increasing work ethic and the amazing results they have achieved. The girls continue pushing themselves toward achieving worthy goals that they are learning to set and accomplish with their coaches' guidance & support.

I invite you to join me in thanking our staff for their dedication, commitment and support of your daughters' gymnastics.

Finally, I want to personally thank you for your role in helping Twisters be our very best. Your time, dedication, financial support & love are essential to your child's success. I look forward to working with you and appreciate your commitment to Twisters.

Respectfully,

Randy Sikora, Owner

Contact Info

Do you have questions? Please direct to the email addresses below.

Heather Zayac, Head Coach
heatherzayac@gmail.com

For tuition or account questions please contact **Tracy @ 561-750-6001**.

Important Dates

April 10: Deadline for Summer Selection Forms

TBD: Girls Team Banquet @ Spanish River Park

Mon 5/28: Memorial Day (closed)

Sun 5/27-Fri 6/1: Team Break; No practice

Mon 6/4: Summer Training Schedule Begins

Wed 7/4: Independence Day (closed)

Sun 8/12 - Fri 8/17: Team Break; No practice

Mon 8/20: School Year Training Schedule Begins

Boca Twisters Summer Training Program

Dear Parents and Team Members:

I want to congratulate all of the girls on a fantastic season!! They all worked very hard and have improved considerably since last year. I'm looking forward to an exciting summer training program!

At Boca Twisters we run our Summer Training Program with more options for the athletes and parents. Traditionally gymnasts are told... "You are a Level 3 so you must come to the gym 4 days a week at these specific days and times..." This is fine, however, many of the girls are so excited and thrilled with the sport that they would be in the gym 24/7 if you let them! Why then do clubs and coaches restrict or "box-in" kids to train at specific days and times throughout the summer? The summer training schedule at Boca Twisters gives our gymnasts the option to train more hours than they normally would during the school year. This allows them the opportunity to increase their strength and flexibility and safely accelerate their acquisition of higher-level skills.

Strength and flexibility are critical and essential to gymnastics. Most of the time when a gymnast struggles with a skill it is because of a lack of strength and flexibility. Over the summer the girls have an opportunity to train extra hours in the gym and see significant improvements in these areas.

A Physical Abilities test will be administered before the summer training program begins. The results will be used to group the girls with other gymnasts of similar strength and flexibility. The test helps determine each gymnast's physical readiness to learn more advanced skills. All rotations will be geared toward the strength and flexibility levels of the groups. If attendance is low or group sizes are uneven then gymnasts with a higher score may be placed with gymnasts with a lower score (or vice versa) – if this happens the coaches will adjust the event assignments according to each gymnast's ability. Additionally, a gymnast who scores somewhere in the middle will sometimes be placed in a higher/lower group to help keep group numbers/ratios even.

In the beginning of August (about 2 weeks prior to returning to school), the girls will be given a post-summer Strength, Flexibility and Skill Test that will then determine their training level for the fall. It would seem logical that those who have put in the most hours in the summer will be doing the best on the post-summer test and therefore getting to move on to the next competitive level or possibly even skipping a level. Why restrict those who have such a passion for the sport and want to be in the gym all the time?

What level is my daughter?

We do not choose specific level placement until the end of the summer. At the beginning of August the girls will be given a strength, flexibility, and skill test to help us determine what level they will be the most successful at competing in the fall. It would seem logical that those who have put in the most training hours would also be those doing the best on the post-summer test and would be ready to move to the next level.

Selecting your training intensity:

Compulsory Bypass Workouts:

- Open to New Team Members and Current Compulsory Level 1's and Level 2's who are under the age of 10.
- Use the enclosed "2018 Girls Team Summer Schedule & Selection Form" to select one of the three Compulsory Bypass training intensities.

Optional Workouts:

- Open to Current Level 2/3/Xcel/6
- Use the enclosed "2018 Girls Team Summer Schedule & Selection Form" to select one of the three Optional training intensities.

Gymnasts with high aspirations of moving up one or two levels over the summer should choose our highest intensity. There is a direct correlation between the number of training hours with high effort and the progress made over the summer.

I have included a Summer Schedule Selection Form in this packet. Please mark the form with the days and times you have selected for your daughters summer training. Please return this form to our office no later than April 10th.

Thank you again for your continued support of the Boca Twisters Team Program. As always if you have any questions or concerns please don't hesitate to email me. I look forward to a great summer!

Heather Zayac
Heatherzayac@gmail.com

Tuition Fees & Policies

Tuition Notice:

Each year, we will have a tuition adjustment beginning June 1st. The word “adjustment” is used carefully since it is just that – an adjustment for inflation (and rising costs of operation) & the additional hours committed to the Team Program. *Please review the following pages for more information on tuition.* If for any reason this tuition increase presents a financial hardship on your family, please contact our business manager, Debbie Madiou to discuss. Debbie’s email address is debmadiou@aol.com

Team is a Bargain!

There is no doubt that joining team is a significant commitment of time, effort and money. Is it worth it? Most parents will say that other than family life, team involvement becomes the most significant event in their child’s life. Besides the obvious physical benefits, those children who become involved in team rarely accept negative influences into their lives. They learn self-discipline, how to work closely as a member of a team, how to handle themselves in a variety of situations and how to prioritize and manage their time. Parents of our team members often comment that they wished they possessed their athlete’s discipline and time management skills! Team kids are almost always excellent students. For those reasons and more, team membership is a bargain.

Team is year-round

The decision to join our team is a big one and reflects a significant year-round family commitment.

Tuition is due regardless of attendance

Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount, which is due the **first day of each month, regardless of attendance**. (*Athletes are not permitted to practice if tuition is past due*). It is important to make this next point clear - team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts, or the like; *you are either on the team or off the team*.

Pro-rating would cause tuition to be higher

Your monthly tuition would be higher if we had to take into account pro-rating tuition for team members. Just as your rent or mortgage payments are still due when you are away from home, your payment of team tuition is also due when your athlete is absent.

Practice Additions/Cancellations

Inevitably, over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, or other team functions. We do our best to keep these at a minimum. Likewise, there will be occasions when additional practices may be conducted in an effort to prepare for a state championship or qualifying meet. Tuition will remain constant regardless of additions or cancellations of practice. (*We always offer more practice days & longer workouts over extended school holidays*).

Injured gymnasts are expected to participate

Injured athletes are expected to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength, and specific skills not related to her injury. There is no reduction in tuition unless the injury takes you completely out of the gym for more than one month with an injury that prohibits her participation in any way. In that instance, tuition may be adjusted depending on the circumstances (on an individual case-by-case basis).

2018-2019 Tuition Schedule

Budgeting Goal of Competitive Program – To Break Even

Our budgeting goal is to break even on our competitive program as a whole (not necessarily in each level). Few people argue with that goal. However, we have found that most people tend to drastically underestimate expenses.

Setting Tuition

The team budget is based on a year-round commitment of both attendance and tuition. Tuition is calculated per training hour on a 48-week year, or 4 weeks per month. This “4-week buffer” is to account for school schedule conflicts, holidays, gym closings, missed days due to illness or vacation, etc. However, when you look at the tuition schedule below, you will see that our optional gymnasts pay significantly less per training hour than our compulsory levels. It is our expectation that a healthy balance of entry-level athletes and higher-level athletes will, when taken together, break even.

Hourly-Based Tuition Calculation “Challenge”

With a growing team program, Twisters is fortunate to provide superb training facilities, expert leadership & coaching and first class customer service. In the past year, we have experienced a challenge in budgeting approximately 3000+ “gymnast hours” (200 gymnasts X avg of 15.75 hrs per week) per week. In short, as hourly rates go down for the increase in training time for the athletes, Twisters staffing costs (our largest line item) remains constant for every hour.

Hours per week	Approx. hours per month	Monthly Tuition	Approx. cost per hour
1	4	157	39.25
3	12	289	24.08
4	16	367	22.94
6	24	421	17.54
10.5	42	510	12.14
12	48	527	10.98
14.25	57	594	10.42
16.5	66	620	9.40
19	76	655	8.62
23.75	95	728	7.66
25	100	737	7.37
31	124	795	6.41

Camp Twisters 2018

This special is reserved for Team Athletes Only

Dear Team Parents,

Summer is an excellent opportunity for our athletes to increase their intensity, focus and training time in preparation for the upcoming competitive year. I use the word “opportunity”, but that is an understatement - in past years, gymnasts have made HUGE LEAPS (in some cases skipping levels) in their gymnastics by committing the extra time and energy available to them during the summer.

Twisters offers multiple training options during the summer. This may present a challenge for some. Our solution is to provide a low-cost day camp option at Twisters so our athletes can take advantage of increasing their training intensity during the summer. Camp Twisters operates all day 8:30am-6pm and will “dovetail” with your daughters training schedule, providing her with fun activities and safe supervision before and/or after her workout(s).

In addition, we offer a Twisters “CIT” (coach in training) program for our gymnasts ages 16+. Since “hanging out” in the gym between workouts is not permitted, this program allows these team members the opportunity to stay at the gym all day and be productive. This non-paid program is designed to train interested gymnasts to work with young children by assisting our coaches & camp staff. If you are interested in applying for a CIT position, please contact Sara Shugars at sarashuggs@gmail.com

Thank you and we look forward to a spectacular summer!

Team Twisters Staff

Team Twisters Camp Rate

\$42 per day (Flat Rate)

or

\$150 per week

Drop off at 8:30am pick up at 6pm (from camp or after scheduled workout)

Reserved for Team Members only (see the office for sibling rates).

To sign up or for more information, contact the front office

2018 Girls Team Summer Schedule & Selection Form

Boca Twisters

Effective June 4, 2018

(Gymnast's Name)

DOB (MM/DD/YYYY)

(Parent/Guardian Email)

Level	Check Your Selection	Total Hrs/wk	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition
Compulsory bypass: Intensity 1		6		3:30-6:30		3:30-6:30		\$421
Compulsory bypass: Intensity 2		10.5	3:30-7:00		3:30-7:00		3:30-7:00	\$510
Compulsory bypass: Intensity 3		16.5	3:30-7:00	3:30-6:30	3:30-7:00	3:30-6:30	3:30-7:00	\$620
Optional Low (Choose 3 days)		14.25	12:15-5:00	12:15-5:00	12:15-5:00	12:15-5:00	12:15-5:00	\$594
Optional Medium (Choose 4 days)		19	12:15-5:00	12:15-5:00	12:15-5:00	12:15-5:00	12:15-5:00	\$655
Optional High (Attend all days)		23.75	12:15-5:00	12:15-5:00	12:15-5:00	12:15-5:00	12:15-5:00	\$728

(Please return this selection form by 04/10/18)

How to fill out your Selection Form:

1. Place a check mark next to your daughter's Training Intensity.
2. If your daughter has a choice of multiple training days, please circle the days you would like her to attend.
3. Kindly return your selection form to the office by 04/10/18.

Compulsory Workout Options: Available to New Students and Current Level 1's or 2's who are under the age of 10.

Optional Workout Options: Available to all girls over the age of 10 who are a current Level 2 and above.