

2019 Girls Team Summer Information Packet

Boca Twisters

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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.

Thank you for Choosing Twisters!

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

Important Dates:

April 10: Deadline for Summer Selection Forms

Sun 5/19: Girls Team Banquet @ Spanish River Park

Mon 5/27: Memorial Day (closed)

Sun 5/26-Sat 6/1: Team Break; No practice

Mon 6/3: Summer Training Schedule Begins

Thur 7/4: Independence Day (closed)

Mon 8/12 -Sat 8/17: Team Break; No practice

Mon 8/19: 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 accomplished a lot this season with new skills, medals, team awards, and personal growth. I'm looking forward to continuing this momentum with our exciting summer training program!

This is the time of year where the girls will progress the most! Summer training is all about perfecting the basics, learning more difficult skills and fun combinations, without having to dedicate time to routines and competitions. This also allows time for growth in strength and flexibility – the foundation for learning new skills. The more the girls are in the gym, the more strength they will gain, which will allow them to learn harder skills in preparation for next season.

At Boca Twisters we run our Summer Training Program with more options for the athletes and parents. Traditionally gymnasts are told “You are this level so you must come to the gym 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 not let them? The more they are in the gym the more they will be able to advance over the summer. The summer training schedule at Boca Twisters gives our gymnasts the option to train the hours that work best with their schedule and their level of motivation to be at the gym. With the girls being out of school there are more hours available to train than in the school year. This allows them the opportunity to increase their strength and flexibility and safely accelerate their acquisition of higher-level skills.

What level is my daughter?

We do not choose specific level placement until the end of the summer. 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?

Selecting your Training Intensity:

Use the enclosed “2019 Girls Team Summer Schedule & Selection Form” to select one of the three Optional training intensities.

Introductory Levels

Xcel Bronze:

- Open to new team members
- Open to current Xcel Bronze who are under the age of 10.

Xcel Silver:

- Open to current Xcel Bronze or Silver students
- Open to new team members over the age of 10

Optional Workouts:

- Open to current Xcel Silver, Xcel Gold, and Levels 6-9

Gymnasts with high aspirations of moving up one or two levels over the summer should choose the highest intensity option for their level. There is a direct correlation between the number of training hours, with high effort and 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 daughter’s 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, Head Coach
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@gmail.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 commitment

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 understand- team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts; *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 cancelations 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).

2019-2020 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 introductory 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	164	41.00
4	16	378	23.63
6	24	429	17.89
9	36	490	13.61
12.75	51	569	11.15
15	60	608	10.13
17	68	639	9.40
20	80	677	8.47
21.25	85	707	8.32
25	100	752	7.52

Camp Twisters 2019

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 Shuggs at sarashuggs@gmail.com

Thank you and we look forward to a spectacular summer!

Team Twisters Staff

Team Twisters Camp Rate

\$45 per day (Flat Rate)

or

\$160 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

2019 Boca Twisters Team Summer Schedule & Selection Form

Rates effective June 1, 2019

Schedule begins June 3, 2019

Gymnast's Name: _____

Parent's Email: _____

Intensity Categories	Circle Desired Intensity	Total Hrs/wk	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition
Current & New Xcel Bronze	Super	12.75	10:15-2:30	OFF	10:15-2:30	OFF	10:15-2:30	569
	High	9	3:30-6:30	OFF	3:30-6:30	OFF	3:30-6:30	490
	Medium	6	OFF	3:30-6:30	OFF	3:30-6:30	OFF	429
	Low	4	OFF	3:30-5:30	OFF	3:30-5:30	OFF	378
Xcel Silver	Super (all 5 days)	21.25	10:15-2:30	10:15-2:30	10:15-2:30	10:15-2:30	10:15-2:30	707
	High (pick 4 days)	17	10:15-2:30	10:15-2:30	10:15-2:30	10:15-2:30	10:15-2:30	639
	Med (pick 3 days)	12.75	10:15-2:30	10:15-2:30	10:15-2:30	10:15-2:30	10:15-2:30	569
	Low	9	3:30-6:30	OFF	3:30-6:30	OFF	3:30-6:30	490
Optional Levels	High (all 5 days)	25	8:15-1:15	8:15-1:15	8:15-1:15	8:15-1:15	8:15-1:15	752
	Med (pick 4 days)	20	8:15-1:15	8:15-1:15	8:15-1:15	8:15-1:15	8:15-1:15	677
	Low (pick 3 days)	15	8:15-1:15	8:15-1:15	8:15-1:15	8:15-1:15	8:15-1:15	608

*Please circle the desired workout intensity and kindly return this form to our office by April 10, 2019 or select your workout option on our website.