



Dear Team Parents and Athletes,

The staff and coaches at Twister Gymnastics are very excited about the upcoming school year and a new competitive season. We will all be working together to ensure each athlete is successful, while always respecting their individual talents and abilities.

The Twister Team Handbooks, along with the attached School Year Training Packet are designed to educate families about the Twister team program and to help prepare everyone for the upcoming season. *The Competition Season Packet* (including all schedules and fees), will be posted online by September 1st. Please read all of the information carefully and let Heather Zayac, Head Coach, know if you have any questions or concerns. In order to communicate efficiently and effectively, it is best to e-mail (heatherzayac@gmail.com), since reaching parents and coaches by phone can be difficult at times, and e-mail is more time-flexible.

The attached School Year Training Packet contains the following:

- 1. School Year Workout Schedule Selection Form**
- 2. Level Structure this Season**
- 3. TOPS Training on Fitness Fridays at Twisters**
- 3. Tuition Fees and Policies**
- 4. Tuition Schedule**
- 5. Parent/Athlete Contract**
- 6. Team Credit Card Authorization Form**
- 7. Team Registration Form**
- 8. Team Medical Release Form**
- 9. How to Exit the Team Program**

PLEASE RETURN ALL FORMS BY JULY 26TH!

THIS IS A CRITICAL DEADLINE SO WE CAN CREATE A SUCCESSFUL STAFF SCHEDULE

To leave an emergency message for a coach, please call the gym: (otherwise please email)
Twister Gymnastics of Boca Raton: 561-750-6001

If you have any questions, please contact Heather Zayac via email at heatherzayac@gmail.com.

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

Sincerely,

Team Twisters

2019-2020 Boca Twisters Team School Year Schedule & Selection Form:

Effective 8/19/19

Gymnast's Name: _____

Parent's Email: _____

Choose your start time: Please place a check mark in the ✓ column next to your daughter's workout selection and kindly return this form to our office by **July 26, 2019**.

Intensity Category	✓	Total Hrs/Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Monthly Tuition
Xcel Bronze		5.5	Off	3:45-6:30	Off	3:45-6:30	Off	Off	428
Xcel Bronze w/ TOPs		8.75	Off	3:45-6:30	Off	3:45-6:30	3:45-7:00	Off	489
Xcel Bronze Advanced		8.5	Off	3:45-6:30	Off	3:45-6:30	Off	8:00-11:00	488
Xcel Bronze Advanced w/ Fitness Friday		11.75	Off	3:45-6:30	Off	3:45-6:30	3:45-7:00	8:00-11:00	529
Xcel Silver		6	3:45-6:45	Off	3:45-6:45	Off	Off	Off	429
Xcel Silver w/TOPS		9.25	3:45-6:45	Off	3:45-6:45	Off	3:45-7:00	Off	495
Xcel Silver Advanced		9	3:45-6:45	Off	3:45-6:45	Off	Off	8:00-11:00	490
Xcel Silver Advanced w/Fitness Friday		12.25	3:45-6:45	Off	3:45-6:45	Off	3:45-7:00	8:00-11:00	550
Optional Low: Choose 4 days (Minimum req. for XG)		15.75	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	8:00-12:25 <input type="checkbox"/>	627
Optional Medium: Choose 5 days (Minimum req. for L6/7)		19.5	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	4:45-8:30 <input type="checkbox"/>	8:00-12:25 <input type="checkbox"/>	673
Optional High: All 6 days		23.25	4:45-8:30	4:45-8:30	4:45-8:30	4:45-8:30	4:45-8:30	8:00-12:25	742

LEVEL STRUCTURE THIS SEASON

Boca Twisters will be competing this season by implementing the compulsory By- Pass. In the past our lower levels competed USAG Levels 1 through 3, however, we found that this was holding our girls back from progressing *during* the season and leaving them sometimes feeling stagnant or bored.

In an effort to better cater to our team members and keep the girls motivated and enthusiastic about the sport, we will be competing in the USAG Xcel Levels (Xcel Bronze, Xcel Silver, and Xcel Gold), rather than the traditional compulsory Levels 1-3.

So what exactly are the Xcel Levels and what makes them different and more fun?

The Xcel competitive levels are another competitive option from USA Gymnastics. The Xcel levels are more fun for the girls because they utilize “optional” routines. This enables Xcel gymnasts to select from a wide variety of skills when composing their routines, as opposed to competing in the USAG Compulsory Program, which has *all competitors performing the exact same routines*.

In the Level 1-3 program many gymnasts get “stuck” at certain competitive levels because they are unable to master specific skills on certain events and this system can prevent them from moving up. The Xcel program differs in that it offers participants the flexibility in skill choice, which enhances progress through the Xcel levels. The Xcel program also offers gymnasts some flexibility to perform skills that a gymnast wouldn’t normally be allowed to compete until they achieved a higher level. This provides gymnasts with the ability to keep learning new and more advanced skills while they are in their current competition season.

Progressing Through the Xcel Levels to USAG Level 6-10

Twister team members will compete in the Xcel Levels (Xcel Bronze, Xcel Silver, Xcel Gold) until they have attained the skills necessary to compete USAG Levels 4 & 5 (thereby bypassing Levels 1-3). Per USAG rules, the girls will need to compete in at least one meet as a Level 4 with the goal of qualifying to Level 5, and then one meet as a Level 5 with the goal of qualifying to Level 6. The goal is to safely accelerate the path to Level 6 while competing in the Xcel Program (and avoid having to spend one year each at Level 1,2,3,4 and 5).

Xcel Bronze/ Level 1 Bypass:

- Gymnasts will be training and competing skills similar to those found in USAG Level 1. Routines will be made specifically for our team girls that highlight each gymnast’s strengths for maximum performance in competition.
- Once they have mastered their level 1 skills they will start to add level 2 skills to their routines allowing for growth during the season.

Xcel Silver/ Level 2 & 3 Bypass:

- Gymnasts will be training and competing level 2 skills in a routine that is specifically made up for our team girls highlighting their strengths for maximum performance at competitions.
- Once they have mastered their level 2 skills they will start to add level 3 skills to this routine allowing for growth during the season. Once those skills are mastered they can start working level 4 skills.

Xcel Gold/ Level 4 & 5 Bypass

- Gymnasts will be competing from the menu of level 4 & 5 skills on each event, including their own unique routine floor routine that is choreographed just for them, and performed to music of the coach and gymnast’s choosing.
- Once they have their skills for level 4 and 5 they will have the opportunity to “test out” of USAG level 4 by scoring a minimum of a 34.00 AA at one meet and test out of level 5 by scoring a 32.00 AA. Once these scores are attained the gymnasts will move on to USAG Level 6.

Fitness Friday

This year we are pleased to once again offer Fitness Fridays at Boca Twisters! During this specialized workout the girls will have increased focus on improving their strength, flexibility, and aerial awareness. This specialized training day will only take place on Fridays at Boca Twisters. This workout is open to Bronze and Silver team members who are interested in getting an extra day of training that is TOTALLY devoted to the development of strength, flexibility and “air sense”.

PLEASE realize that this is a strength, flexibility, and air sense development program it is structured independently of our “regular workouts”. The girls will not be working routines during this work out. It is a day to focus solely on strength, flexibility and aerial awareness.

The stronger and more flexible a gymnast is, the easier it will be for her to learn and progress through the levels. Fitness Friday is a great opportunity to get to work on the strength and flexibility needed for upper level skills. For the strength portion of this workout the girls will work on their rope climb, leg lifts, press handstands, handstand holds, core strength, and other physical abilities. The flexibility portion will focus on leg and shoulder flexibility. Improvements in both of these areas can improve scores on the competitive floor. The more flexible a gymnast is, the easier it is to have proper body shapes needed for higher scores.

Aerial awareness or air sense, is being in the air and knowing where the ground is and where you are in relation to the ground. This is a very important skill for a gymnast to have. It takes time for a gymnast to develop aerial awareness and confidence being in the air. On Fridays we start working on some of these skills to better prepare the girls for upper level skills they will need in the future.

Hope to see you there!!

Tuition Fees & Policies

Tuition Notice:

Each year, we have a tuition adjustment on 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 the tuition 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).

2019-2020 Tuition Schedule

(June 2019-May 2020)

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	164	41
4	16	378	23.63
5.5	22	428	19.45
6	24	429	17.88
8.5	34	488	14.35
8.75	35	489	13.97
9	36	490	13.61
9.25	37	495	13.38
11.75	47	529	11.26
12.25	49	550	11.22
15.75	63	627	9.95
19.5	78	673	8.63
23.25	93	742	7.98

*Tuition Rates Effective June 2019 – May 2020.

TEAM TWISTERS PARENT AND ATHLETE CONTRACT

Contract Date _____

I/we have read and accept the Twisters team information and policies included in the attached manual. I/we agree to support team activities as outlined, and fulfill all obligations thereof.

_____ has my/our consent and permission to participate in the Twisters team program for the 2019-2020 competitive season. As stated on the registration form, I/we release Twisters, its staff and directors from any and all responsibility and/or liability in case of accident or injury to the above named child. As with any activity involving height and motion, I/we are aware of the risk of serious injury, paralysis, or even death resulting from participation in gymnastic activities.

As the coaching and administrative staff has made a professional commitment to the gymnast, the gymnast and her family also commit themselves to the completion of the entire season through May 31, 2020. Upon signing, the gymnast and family are also financially responsible for monthly tuition, team leotards and warm-ups, as well as all competitive meet fees and other monetary obligations a competitive team athlete accrues. It is further understood that Twisters will receive 30 days written notice prior to withdrawing from the Twister Competitive Program.

Gymnast _____ Parent _____

Please return the signed contract to the front office, where it will be added to the gymnast's file. A copy will be furnished to the Parent upon request.

Team Twisters

Credit Card Authorization

It is **mandatory** that each team member fill out the form below and return to the office. If you have any questions, please feel free to call the Team Billing Manager. This form will be updated annually. Thank you.

Athlete Name(s) _____

Total Monthly Tuition Charge(s) \$ _____

Check One:

- XB/XS Annual Team Registration Fee: \$150 (pay by 9/16/19)
- L6-10 and XG/XP/XD Annual Team Registration Fee: \$185 (pay by 09/16/19)

Payment Method: Check One:

- Please charge this fee to my card on file
- I will provide alternate payment for this fee to the front office by the due date

Team Credit Card Authorization:

I, _____, hereby authorize Twister Gymnastics to charge my credit card below for my child/children's monthly tuition for Twisters competitive team. I understand that all fees are due on or before the due date(s) and Twisters will charge my card for the total balance. It is further understood and mutually agreed that I will provide 30 days written notice prior to withdrawing from the Twisters Competitive Program. Any dispute arising from these charges will be directed towards the Team Billing Manager.

Credit Card Type: _____ #: _____ Exp: _____ Billing Zip: _____

Name on card: _____ Signature: _____

Date: _____ Phone _____

Athlete Name(s) _____

Total Monthly Tuition Charge(s) \$ _____

Team Twisters Registration Form

Gymnast's Name: _____ LEVEL _____

Birth date: _____ Phone: _____ *Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Father's Name: _____ Place of Employment: _____ Phone: _____

Mother's Name: _____ Place of Employment: _____ Phone: _____

School: _____ Dismissal Time: _____

Doctor's Name: _____ Phone: _____

Please answer the following questions:

Do you have accidental medical insurance? _____

Has your son/daughter had any operations during the past two years? _____

If yes, indicate the anatomical site of operation and date: _____

Is your son/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 son/daughter allergic to any general medications? _____

If so, what medications: _____

If so needed, your son/daughter can take _____ Aspirin _____ Tylenol _____ Advil _____ Aleve

Date of the most recent tetanus immunization: _____

Has your son/daughter had any fractures during the past two years? _____

If yes, indicate the sight of fracture and date: _____

Has your son/daughter ever had an injury to his/her back? _____

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

Waiver: To the best of my knowledge, my child(ren) is/are now in good health and physically capable of participating in the program(s) offered by Twister Gymnastics Boca Raton, Inc. and/or American Twisters, Inc. (TGBR/AT). I will not bring my child(ren) for his/her lesson if suffering from any respiratory, infectious or contagious illness or disease. I understand that if such an illness is apparent, my child(ren) will be removed from class for that day. I recognize that potentially severe injuries, including but not limited to permanent paralysis or death can occur in sports or activities involving height or motion, including but not limited to gymnastics, tumbling, trampoline, cheerleading, dance, ball sports, party games and activities, and martial arts. Being fully aware of these dangers, I voluntarily consent for my child(ren) to participate in all TGBR/AT programs and accept all risks associated with that participation. In consideration for allowing my child(ren) to use these facilities, I, on my own behalf and the behalf of my child(ren) and our respective heirs, administrators, executors and successors, hereby forever release and covenant not to sue TGBR/AT, its officers, directors, share holders, employees, volunteers, and all others associated with the corporation(s) from all liability for any and all damages and injuries suffered by my child(ren) or myself while under all instruction, supervision, or control of TGBR/AT. I hereby agree to individually provide for all present and possible future medical expenses, which may be incurred by my child(ren) or myself as a result of any injury sustained while participating at or for TGBR/AT. I understand and agree that in the interest of safety and enjoyment for all, TGBR/AT reserves the right to remove any participant(s) or non-participant(s) from any and all programs should his/her behavior become disruptive, inappropriate or cause a threat to the safety of others or one's self. If a participant is suspended or expelled from TGBR/AT, fees are not refunded. I also understand that TGBR/AT retains the rights to use and photographs, videotapes, motion picture recordings, or any other record of events for publicity, advertising, or any legitimate purposes. I have read and understand this acknowledgement of risk and waiver of liability and I voluntarily affix my name in agreement.

Parent/Guardian's Signature _____ Date _____

*Please make sure to fill this form out completely. Include any and all email addresses—this is critical for important Team communication.

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: _____

Gymnast's 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: _____

Parent's Signature: _____ Date: _____

Parent's Home Phone #: _____ Work 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 VP Deb Madiou is a Notary and will notarize this form for you at no cost. Please see her when turning in this form if needed.

Exiting the Team Program

My child came home from practice and said “I want to quit!”...Now what?

Children have a variety of reasons for wanting to quit an activity in which they are involved. Sometimes quitting may be the right choice. Other times “sticking it out” may be the right option. Unfortunately, it’s not always immediately obvious which choice is best for your child. The first step is to determine your child’s reason for wanting to quit.

A lot of times wanting to quit is merely a symptom of a problem that your child is having at the gym. Ask your child to name three reasons why she wants to quit. Below are some answers you may hear and some suggestions on how to respond.

1. I am afraid of a trick
 - Ask questions to identify the source of the fear. (It could be seeing another gymnast fall, fear of injury..etc)
 - Ask your child if they would still want to do gymnastics if they no longer had to practice the skill. His/her answer will give you insight into their true feelings towards quitting.
2. My friends moved up to the next level (or are in a different group than me); I’m not as good as them.
 - Explain to your child that it takes time and practice to become a good gymnast and that everyone progresses at a different rate.
 - Ask your child what he or she loves about gymnastics. If he/she is able to identify several positive feelings towards the sport, they should be able to work past being separated from their friends
3. I am not having fun anymore
 - Often kids want to try gymnastics because they enjoy watching it on TV and enjoy flipping around with friends at the park. Once they begin competitive gymnastics, they may find that it is harder than they thought it would be.
 - They may find that the stretching and the conditioning that it takes to become a great gymnast is not worth it.
 - Ask your child if there is a particular part of gymnastics that is still fun for them.
4. Gymnastics takes up too much time/I want to try other sports
 - Gymnastics isn’t for everyone. Some kids prefer team sports such as baseball, soccer, or softball. Others prefer individual sports such as golf, swimming or tennis.
 - Analyze your child’s strengths and weaknesses, the things your child enjoys or avoids. You may have done gymnastics all through your childhood, but if your child is drawn to another sport, open your heart and mind to support the sport that your child chooses.
 - Many children are under the misconception that if they quit gymnastics they will have extra time to hang out at the mall, play on the computer, or talk on the phone. Address some of these issues so he/she is not surprised that during the time that used to be spent at gymnastics is now spent doing other productive activities such as cleaning the house or helping to prepare dinner!

Email your daughter’s Head Coach and/or our Team Coordinator and let them know about your child’s fears and/or feelings. Many times these feelings can be resolved easily with no further complications. Once you make the coaches aware of the situation they may be able to control the training and environment more to the athletes liking and renewed enjoyment of the sport.

After a brief adjustment period, if the child still wants to quit, it is time to make an agreement that he/she must continue to do his/her best for a set amount of time (i.e. finish the season). At the end of that time period, your child will then be able to make a better decision about quitting (or retiring.) If the decision is made to retire, make sure that you and your child have an action plan of what activity they will take up next. It is also a good requirement for them to bring closure to the situation and not to “burn bridges.” There have been hundreds of cases in the American Twister organization where the child has “quit” and then two months later desires to come back. If the final decision is to quit Twisters, it is important to have a meeting with parent, child and coach to go over this decision and leave the organization on good terms.