



Boca Twisters 2023 Summer Team Training Packet

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 realistic 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, and love are essential to your child's success. I look forward to continuing to work with you and appreciate your commitment to Twisters.

Respectfully,

Randy Sikora, Owner

Important Dates:

- 4/15: Deadline to return Summer Selection Forms
- 5/25: Annual Team Awards Party: Coconut Cove Waterpark
- 5/27: Last day of Twisters School Year Schedule
- 5/29: Closed for Memorial Day
- 5/29-6/3: Closed for Maintenance & Staff Breaks
- 6/5: First Day of Twisters Summer Program (9 Weeks)
- 7/4: Closed for Independence Day
- 8/5: Last Day of Summer Program
- 8/7-8/12: Closed for Maintenance & Staff Breaks
- 8/14: First day of Twisters School Year Schedule

Contact Info

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

Heather Zayac, Head Coach
heatherzayac@gmail.com

Holly Cardin, XB/XS Head Coach
hollyhannan29@gmail.com

Gary Anderson, Team Coordinator
MrMvt@aol.com

For tuition or account questions
please contact our Team Billing
Manager, Elayne @ 301-466-4725 or
elayne3333@aol.com

In this Packet:

- Team Summer Training
- Tuition Fees and Policies
- 2023 Tuition Schedule
- Camp Twisters 2023
- Summer Schedule and
Selection Form

Boca Twisters Summer Training Program

Dear Parents and Team Members:

I want to congratulate all of the girls on a fantastic season! Summer is the time of year that the girls will progress the most in strength and skill development! During the summer we shift our focus away from routines and completely focus our training on strength, flexibility, drills, and learning the new skills needed for the next level.

What level am I this summer? 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, some of the girls are so excited and thrilled with the sport that they would be in the gym 24/7 if you let them! With the girls being out of school there are more hours available to train than during the school year. So why not let those who love the sport have some extra training time? This allows them the opportunity to increase their strength and flexibility and safely accelerate their acquisition of higher-level skills. If they want to spend time in the gym to progress, why not let them and see how far they can go? 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.

We do not choose specific level placement until the end of the summer. In the beginning of August, the girls will be given a post-summer Physical Abilities test as well as a skills test that will then determine their training level for the fall. Summer training is essential to those gymnasts that want to start off the season confidently.

Selecting your Training Intensity: Use the enclosed “2023 Girls Team Summer Schedule & Selection Form” to select one of the training intensities. Your selection is based on the level that your daughter competed last season.

Xcel Bronze or Xcel Silver or New student

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

Xcel Silver or Xcel Gold:

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

Xcel Gold, Levels 6-9

- 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 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 daughter’s summer training. Please return this form to our office no later than April 15th.

Thank you again for your continued support of the Boca Twisters Team Program. As always if you have and questions or concerns please don’t hesitate to email me at Heatherzayac@gmail.com.

I look forward to a great summer!

Heather Zayac, Head Coach

Tuition Fees & Policies

Tuition Notice:

Each year, we 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) and 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 debbiemadiou@gmail.com

In June and August of this year there will be a brief period when our team members are following the School Year Schedule for a portion of the month, and the Summer Schedule for another portion of the month. Our goal is to simplify the summer tuition billing to avoid charging each family a different rate for June, July, August. Below is a summary of the tuition rates that will be charged for each month.

June:

- Tuition is billed this month based on the 2023 Summer Schedule
- The team will be on break the week of 5/29-6/3
- We are following the 2022-2023 school year training schedule until Saturday 5/27
- The Summer Training Schedule will begin on Monday 6/5.

July:

- Tuition is billed this month based on the 2023 Summer Schedule

August:

- Tuition is billed this month based on the 2023-2024 School Year Training Schedule
- We are following the 2023 Summer Schedule until 8/5
- The gym is closed for deep cleaning, maintenance, and staff break from 8/7-8/12
- The 2023-2024 School Year Schedule begins 8/14

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, staff continuing education, 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.

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).

2023-2024 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 chart below you’ll notice that hourly rates go down as the gymnasts increase their training time. 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	229	57.25
3	12	451	37.58
4	16	574	35.88
6	24	583	24.29
9	36	639	17.75
12	48	699	14.56
13.5	54	779	14.43
15	60	783	13.05
18	72	829	11.51
20	80	879	10.99
23	92	959	10.42
25	100	999	9.99

Choreography & Private Lessons:

Level 6/7 Choreography: \$475

Levels 8-10 Choreography: \$675

XG/XP/XD Choreography: \$400

Floor Routine Clean ups: \$250

Private Lessons: 1 hour (\$95), Bundle of 5 (\$450), Bundle of 10 (\$850)

Camp Twisters 2023

This special rate 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 Kory Schick at schick.kory@gmail.com
Thank you and we look forward to a spectacular summer!

Team Twisters Staff

Summer Camp Rates

Regular Daily Rate: \$137

Team Rate Daily: \$59

Regular Weekly Rate: \$597

Team Weekly Rate: \$269

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

