



Twisters 2023-2024 Competition Season Packet **(For all Xcel Levels and Levels 6-10)**

Dear Parents and Athletes,

The staff and coaches of Twisters are very proud of how hard all 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 have compiled a team email list, so please look for important team notices in your email inbox and on the team bulletin boards. We will frequently be directing you to our “Team” sections of our Boca and American Twister website www.twistergymnastics.com where you can download important forms, along with finding other interesting team information.

Due to the continued growth of the entire Twisters 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 all our team members. The fees and information in this packet pertain specifically to our competitions for this season. 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.

The attached **2023-2024 Competition Season Packet** contains the following:

- 1. Selection of Meets**
- 2. Explanation of Fees, Tuition vs. Competition Fees**
- 3. Fundraising, Travel Meets, Misc. Team Items**
- 4. Level Designation Deadlines**
- 5. 10-Day Rule**
- 6. Competition Schedule: All AT & BT Xcel Levels**
- 7. Competition Schedule: Level 6 and 7**
- 8. Competition Schedule: Level 8 and 9**
- 9. Competition Schedule: Level 10**

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

Sincerely,



The Twisters Gymnastics Organization

Selection of Meets

As you review the attached meet schedules, you may ask yourself the questions, “Which meets should my child attend?” or “How many meets should my child attend?” We have answered these questions for you. The competition schedule has been set up to space out the competitions and to provide our athletes with meet experiences to prepare them for their state championships. At the optional competitive levels, it is important that an athlete participate in a minimum of five competitive meets prior to “peaking” at the State, Regional, or National competitions. There are three things we do when designing a competitive meet schedule:

1. There must be a deadline competition. This serves as a deadline for athletes to be in shape and able to perform their competitive skills. Without this, it is too easy for both the coach and the athlete to continue to say, “We aren't ready yet!” and continue to delay their first competition all the way up to the State Meet. This “deadline meet” for all our optional levels this season is the weekend of December 16, 2023.
2. There should be multiple competitions where the girls “get out the bugs” and in some cases, try new skills. At these meets, our athletes will have the opportunity to “learn to compete.” Two to three weeks prior to the State Championships there should be a final “tune up” competition to prepare for the State Championships.
3. The girls should have the opportunity to participate in a “special competition.” A meet above and beyond a normal “in the gym” competition. For example, the Presidential Classic at Disney’s Wide World of Sports is one of the largest and most prestigious gymnastics meets in the country. Here your child will not only have the opportunity to compete at Disney World, but they will also have the opportunity to watch some of the best gymnasts in the country and compete against girls from over 25 different states and several foreign countries in an amazing venue and exciting atmosphere.

On the enclosed meet schedules, many of the dates are listed as Friday-Sunday. Please realize that most of these meets actually run on Friday, Saturday and Sundays, with various levels competing on different days. Your daughter will only compete in **one** session on **one** day, but many times we do not know that specific day until 1 or 2 weeks prior to the meet.

Entries into most meets are usually **due 10 to 15 weeks prior** to the actual competition. Entry deadlines vary based on the meet host and the popularity of some meets that “fill up” 6 or 7 months in advance. Once the meet director receives our check and entries (we must send one club check since meet hosts **do not** accept individual personal checks), gymnasts are then assigned their specific competition day and time. We are completely at the mercy of the meet host, AND they can assign any level to any day or time slot. Typically, Optional level gymnasts compete on Saturdays and Xcel level gymnasts compete on Sundays. However, any level can be assigned any weekend day. Large invitational meets along with State, Regional and National Championships will usually begin competitions on a Friday.

NOTE: Twister Meet Entry Policy

ALL Twister athletes will be entered into ALL the listed meets for her level. Ten (10) days prior to each individual meet “charge date”, the team manager (Elayne Anderson) will send out an email about the upcoming competition. You will then have one (1) week to withdraw (“opt out”) from the competition with no penalty or billing to your account. Prior to the meet deadline, Twisters will send in the official club entry & club check – from that point on it is “out of our hands” and we cannot get a refund. Once our entry check is sent, we must wait to be notified of our assigned days and times that we will compete. This notification usually occurs 7-10 days prior to the competition and will be immediately passed along via email to all the Twister participants.

Explanation of Fees

Twister Annual Registration Fee

Twister Gymnastics assesses an annual registration fee of:

- \$234 for L1-5 and Xcel Bronze & Silver gymnasts,
- \$283 for L6-10 and XG/XP/XD & Xcel Sapphire (XSA) gymnasts.

This fee covers:

- Team insurance fees,
- Coaches' registration, education, and certification,
- Team equipment replacement/refurbishment fund that is used specifically for the team and upgrading equipment to meet competitive standards.

The Team Twister Registration fee is due annually on 9/08/23 for all Optional & Xcel Levels.

General Competition Fund:

The General Competition Fund fee is:

- \$139 from each compulsory gymnast,
- \$169 from each xcel and level 6/7,
- \$229 from each level 8-10

This fund benefits everyone by spreading out the administrative costs across the whole team for:

- Entering athletes into the meets by filling out approximately 250 competitive entry forms for each of the competitions we enter,
- Collection and accounting of competitive expenses and fees,
- Making coaches travel arrangements.

Additionally, this fund helps defray the costs for the highest-level gymnasts that have qualified for regional and national level competitions. Instead of “burying” these fees somewhere, we prefer to disclose how these fees may be used. Usually, due to the very stiff competition and the limited number of spots, fewer girls qualify for the Regional and National Championships. This means the cost of attending these events are spread out among fewer families. These meets are then eligible for subsidy and funding from the General Competition Fund. This means that when your child reaches these levels, and qualifies to her regional and national championships, there will be funds to help support her travel to these prestigious events.

The following meets are eligible to receive subsidy from “The Fund”:

- Regional Championships for Level 6/7/8/9/10 & Xcel
- National Championships for Levels 9/10

The General Fund Contribution will be charged to all Team Families on 11/10/23.

Tuition vs. Competition Fees

Please be aware of the important difference between tuition and competition fees/expenses. Monthly *tuition* is paid to American Twisters 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**.

Coaches Fees:

Our annual competition budget is over \$200,000 and our goal is to break even. The coaches' fees are different for each competition and level and are based upon the projected coaching costs associated with each competition. These fees cover coaching expenses such as travel, food, lodging, coaching time at the competition, along with covering the coaches' classes & team assignments when they are away at competitions.

Entry Fees:

Entry fees for competitions vary from \$55-\$200+ per meet. The level of competition, the location, and the nature of the competition (invitational, state championship, regional & national competition) 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 in a "lump sum" and remitted to the competition host a minimum of 8 weeks in advance to ensure that our team secures a space in the meet. Entry fees, once collected by the meet host, are not pro-rated or refunded for missed competitions.

Fundraising:

Twister's offers a variety of options to help you pay for your competition fees for the upcoming season.

By early November, we will normally have a fundraising meeting for all families interested in raising money to subsidize their competition fees. We will notify all team parents when this meeting date has been set and a packet with more detailed information has been posted online.

Below are 4 ways you can subsidize your personal competition fees for the year by signing up businesses to support Twisters and USA Competitions (USAC).

- 1. Sign-up a business to advertise in the USAC competition program:** Our meets offer businesses valuable exposure to consumers in South Florida.
- 2. Sign-up a business to purchase a banner in the Twisters Gym:** Twister's banner fundraising program gives business exposure to the hundreds of families that attend Twisters each week.
- 3. Sign-up a business to become a corporate sponsor of a USA Competitions event:** USA Competitions offers lucrative, cost-effective marketing opportunities for its corporate sponsors.
- 4. Purchase a good luck ad for your daughter in the USA Competitions program:** Grandparents and relatives usually like to show their support in this way and often buy an ad that includes a picture of the athlete.

Traveling to Competitions:

In traveling to all competitions, the parents are responsible for booking all travel arrangements for their athlete and family, such as airfares, rental cars, and hotels. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/friend, (as per USAG "Safe Sport regulations") who will meet up with the coaching staff at the meet site on the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times. Parents are encouraged to "Parent Pool" to reduce the costs of these types of trips. An itinerary of the

coaches' travel arrangements, hotel accommodations along with the team's competition day/time/session will be provided to the athlete and parents.

In all Twister competitions, parents will have the option to "opt out" of any "travel" competitions. There will be an estimated cost for each of these trips so the parents can see the projected meet costs prior to making a commitment to participate. Most "travel meets" are large invitationals in major cities that are most times designated Nastia Cup Qualifiers.

NOTE: Most of the large invitational meets will have an entry fee deadline that could be due as much as 5 or 6 months prior to the competition in order to be guaranteed a spot in that meet. The coaches' expenses (airfare, meals, hotel, rental car, parking, etc.) will be calculated upon return and divided by the number of participants which is then billed within 14 days after returning from the competition.

TBD (To Be Determined) Meets:

For all the out of state meets including Regional and National Championships, you will see that there are no costs listed for the "coaches fee" at this time. The costs of these competitions, like most of the large invitational meets mentioned above, cannot be calculated until AFTER the competition. We could have 15 National qualifiers (having the necessity of sending 3 coaches to this competition) or we could have just 3 qualifiers, (which can be handled by sending 1 coach to this competition)! An invitational meet in Boston could have 15 girls sign up to compete, or possibly just 4, causing a significant difference to each family when dividing up the coaches cost incurred on this trip.

Since all meets have factored into them the cost of coaches' meals, travel, hotel, etc., having a trip cost divided by 5 girls or 17 girls will obviously make a big difference in the coaches' costs billed to each parent. Our meet schedules indicate the cost of all local (in state) meets, since almost all the girls compete in these meets and the coaches' costs can accurately be projected. However, you will see that there are no projected costs for the large out of state invitational meets, which involve travel, meals, hotel rooms, rental cars and an unknown number of participants or qualifiers that may be in the competition. For those competitions you may see the entry fees listed but TBD (To Be Determined) for the coaches' fees. This coaches fee is TBD after an audit of all the expenses after the competition.

Annual Parent Meetings:

Each year there is an annual competitive team parents meeting for each level. The respective Head Coaches, Team Coordinator and the Xcel Administrator will conduct the meetings to go over the competitive team packet and will answer any questions parents may have about the upcoming competitive season. This year's meetings can be attended in person or via ZOOM.

Competitive Level Designation Deadlines:

Optionals & Xcels -- To allow the girls the maximum amount of time to develop the skills necessary to be successful at her next competitive level, we do not designate competitive levels until **AFTER** the annual December "In House Meet" (the week before Christmas). Why pick or designate an official competitive level in the summer or fall, when there are several more months to improve before the first official competition for the new season in January? During the fall training, the coaches will be conducting monthly Physical Ability testing along with extensive Skill Verification Testing to assess each girl's competitive level for the 2023-2024 season. Parents will receive written "reports" on each of the PA and Skill Verification Tests.

10 Day Rule!

Parents please be aware of the Twisters 10-day competitive meet rule. This rule is in place for the safety of YOUR child!

All gymnasts must show “meet readiness” starting 10 days prior to EACH meet. This includes:

- Their ability to get through competitive routines on the events they are expecting to compete,
- Showing consistency performing ALL the skills in their routines’ that they intend to compete,
- Accomplishing all skills safely without the fear of a potential injury,
- Attending all scheduled practices leading up to the competition from this 10-day preparation point.

“Meet readiness” is determined by each Head Coach based on the above criteria each day of training for the 10 days prior to a competition. The Head Coach, WILL NOT allow participation in a meet if any athlete is not ready to compete “SAFELY”. A gymnast may be scratched if she misses several practices during this “10 day meet preparation” window of time, and/or if they are not physically fit enough to perform routines safely. The decision to withhold any gymnast from one or multiple events will be communicated directly to the gymnast and her parents should this become necessary. SAFETY FIRST!

2023-2024 Twisters Competitive Schedule: Xcel Bronze, Silver, Gold, Platinum, Diamond & Sapphire

<u>Required, Must Qualify, or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>
R	9/8	Team Registration Fee XB/XS	N/A	N/A	\$234	9/8
R	9/8	Team Registration Fee XG/XP/XSA	N/A	N/A	\$283	9/8
R	11/10	General Fund Fee	N/A	N/A	\$169	11/10
R	12/15 – 12/17	“Meet the Team” In-House Competition	American Twisters	95 + 55	\$150	Post Event
C	1/13 – 1/14	Miss Twister In-House Competition	American Twisters	95 + 55	\$150	Post Event
R	1/26 – 1/28	Sun & Surf	Coral Springs Gymnasium	179 + 85	\$264	11/8
C	2/16-2/19	Presidential Classic	Disney Wide World of Sports	209 + 115	\$324	9/28
C	3/1 – 3/3	Tim Rand Invitational	Broward County Convention Center	199 + 85	\$284	12/13
R	3/15 – 3/17	Florida Crown Invitational	Coral Springs Gymnasium	179 + 85	\$264	12/18
MQ 32.00	4/5 – 4/7	XB/XP/XD/XSA State Championships	Lakeland, FL	XB: 100 + 135 XP/D/SA: 125 + 135	XB: \$235 XP/D/SA: \$260	3/4/24
MQ 32.00	4/12 – 4/14	Xcel Silver & Gold State Championships	Gainesville, FL	100 + 135	\$235	3/11/24
MQ Top % @ States	5/3 – 5/5	XG/XP/XD/XSA Regionals	Greenville, SC	130 + TBD	TBD	Post Event

NOTE: Twisters Meet Entry Policy

ALL Twister athletes will be entered in ALL the listed meets for her level. Ten (10) days prior to each individual meet “charge date,” the team manager (Elayne Anderson) will send out an email about the upcoming competition. You will then have one (1) week to “opt out” from the competition with no penalty or billing to your account. Three (3) days prior to the meet deadline, Twisters will send in the official club entry & club check – from that point on it is “out of our hands” and we cannot get a refund. Once the check is sent, we must wait to be notified of our assigned days and times of competition (usually 7-10 days prior to competition).

*TBD meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all competitors travel arrangements, meals, hotels, etc. for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times. Coaches’ costs will be split by the participating families.

2023–2024 Twisters Competitive Schedule: Levels 6 & 7

Required, Must Qualify, or Choice	Date	Competition	Location	Entry Fee (EF) + Coaches Fee (CF)	Total Fees	Charge Date
R	9/8	Team Registration Fee	N/A	N/A	\$283	9/8
R	11/10	General Fund Fee	N/A	N/A	\$169	11/10
R	12/15-12/17	“Meet the Team” In-House Competition	American Twisters	95 + 55	\$150	Post Event
C	1/6	In-House College Challenge Meet	American Twisters	95 + 55	\$150	Post Event
C	1/12 – 1/14	Ozone (Nastia Qualifier)	Knoxville, TN	135 + TBD	TBD	EF: 9/14 CF: Post Event
R	1/26 – 1/28	Sun & Surf	Coral Springs Gymnasium	179 + 85	\$264	11/8
C	2/16-2/19	Presidential Classic	Disney Wide World of Sports	209 + 115	\$324	9/28
R	3/1 – 3/3	Tim Rand Invitational	Broward County Convention Center	199 + 85	\$284	12/13
MQ 32.00	4/5 – 4/7	Levels 6 & 7 State Championships	Lakeland, FL	125 + 135	\$260	3/4/24
MQ Top % @ States	4/26 – 4/28	Levels 6 & 7 Regionals	Foley, AL	130 + TBD	TBD	Post Event

NOTE: Twister Meet Entry Policy

ALL Twister athletes will be entered in ALL the listed meets for her level. Ten (10) days prior to each individual meet “charge date”, the team manager (Elayne Anderson) will send out an email about the upcoming competition. You will then have one (1) week to “opt out” from the competition with no penalty or billing to your account. Three (3) days prior to the meet deadline, Twisters will send in the official club entry & club check – from that point on it is “out of our hands” and we cannot get a refund. Once the check is sent, we must wait to be notified of our assigned days and times of competition (usually 7-10 days prior to competition).

*TBD meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all competitors travel arrangements, meals, hotels, etc. for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times. Coaches’ costs will be split by the participating families.

The 2024 Level designation Verification Calendar:

- Thurs. Sept. 21 – PA Test; Sat. Sept. 23 – Individual skills verifications
- Thurs. Oct. 19 – PA Test; Sat. Oct. 21 – Combinations verifications
- Thurs. Nov. 16 – PA Test; Sat. Nov. 18 – 3/4 routine verifications
- Sat. Dec. 16 – In House Competition

2023–2024 Twisters Competitive Schedule: Levels 8 & 9

Required, Must Qualify, or Choice	Date	Competition	Location	Entry Fee (EF) + Coaches Fee (CF)	Total Fees	Charge Date
R	9/8	Team Registration Fee	N/A	N/A	\$283	9/8
R	11/10	General Fund Fee	N/A	N/A	\$229	11/10
R	12/15-12/17	“Meet the Team” In-House Competition	American Twisters	95 + 55	\$150	Post Event
C	1/6	In-House College Challenge Meet	American Twisters	95 + 55	\$150	Post Event
R	1/26 – 1/28	Sun & Surf Spectacular	Coral Springs Gymnasium	179 + 85	\$264	11/8
C	2/2 – 2/4	Greensboro Nastia Qualifier	Greensboro, NC	125 + TBD	TBD	EF: 9/13 CF: Post Event
C	2/16-2/19	Presidential Classic	Disney Wide World of Sports	209 + 115	\$324	9/28
R	3/1 – 3/3	Tim Rand Invitational	Broward County Convention Center	199 + 85	\$284	12/13
MQ 32.00	3/22-3/24	Levels 8 & 9 State Championships	Coral Springs Gymnasium	125 + 115	\$240	2/20/24
MQ 35.00 at States	4/12-4/14	Level 9 Regionals	Bradenton, FL	130 + TBD	TBD	Post Event
MQ Top % @ States	4/26 – 4/28	Level 8 Regionals	Foley, AL	EF paid by FL USAG for all L8 qualifiers + TBD	TBD	Post Event
MQ Top 8 @ Regionals	5/2 – 5/5	Level 9 Eastern National Championships	Myrtle Beach, SC	TBD + TBD	TBD	Post Event

NOTE: Twister Meet Entry Policy

ALL Twister athletes will be entered in ALL the listed meets for her level. Ten (10) days prior to each individual meet “charge date”, the team manager (Elayne Anderson) will send out an email about the upcoming competition. You will then have one (1) week to “opt out” from the competition with no penalty or billing to your account. Three (3) days prior to the meet deadline, Twisters will send in the official club entry & club check – from that point on it is “out of our hands” and we cannot get a refund. Once the check is sent, we must wait to be notified of our assigned days and times of competition (usually 7-10 days prior to competition).

*TBD meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all competitors travel arrangements, meals, hotels, etc. for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times. Coaches’ costs will be split by the participating families.

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- Thurs. Oct. 19 – PA Test; Sat. Oct. 21 – Combinations verifications
- Thurs. Nov. 16 – PA Test; Sat. Nov. 18 – 3/4 routine verifications
- Sat. Dec. 16 – In House Competition

2023–2024 Twisters Competitive Schedule: Level 10

<u>Required, Must Qualify, or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee (EF) + Coaches Fee (CF)</u>	<u>Total Fees</u>	<u>Charge Date</u>
R	9/8	Team Registration Fee	N/A	N/A	\$283	9/8
R	11/10	General Fund Fee	N/A	N/A	\$229	11/10
R	12/15-12/17	“Meet the Team” In-House Competition	American Twisters	95 + 55	\$150	Post Event
C	1/6	In-House College Challenge Meet	American Twisters	95 + 55	\$150	Post Event
C	1/12 – 1/15	Ozone Nastia Qualifier	Knoxville, TN	135 + TBD	TBD	9/14
C + MQ 37.00 in 2023 or L/10 Nat. Qualifier	1/26 – 1/28	Atlanta Centennial Nastia Qualifier	Atlanta, GA	135 + TBD	TBD	EF: 9/6 CF: Post Event
C	1/26 – 1/28	Sun & Surf Spectacular	Coral Springs Gymnasium	179 + 85	\$264	11/8
C	2/2 – 2/4	Greensboro Nastia Qualifier	Greensboro, NC	125 + TBD	TBD	EF: 9/13 CF: Post Event
C	2/16-2/19	Presidential Classic	Disney ESPN Wide World of Sports	209 + 115	\$324	9/28
C + MQ 37.00 in 2023 or L/10 Nat. Qualifier	2/16 – 2/18	Magical Classic Invitational Nastia Qualifier	Orlando, FL	165 + 115	\$280	9/20
C + MQ 37.00 in 2023 or L/10 Nat. Qualifier	2/22 – 2/25	Kentucky Winter Classic Nastia Cup (last qualifier)	Louisville, KY	138 + TBD	TBD	EF: 9/27 CF: Post Event
C	3/1 – 3/3	Tim Rand Invite	Broward County Convention Center	199 + 85	\$284	12/13
MQ 32.00	3/22 - 3/24	Level 10 State Championships	Coral Springs Gymnasium	125 + 115	\$240	2/20
MQ 35.00 at States	4/12-4/14	Level 10 Regionals	Bradenton, FL	130 + TBD	TBD	Post Event
MQ Top 7 @ Regionals	5/9 – 5/12	Level 10 National Championships	Daytona Beach, FL	TBD + TBD	TBD	Post Event

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Please note: all competitors’ travel arrangements, meals, hotels, etc. for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times. The coaches’ costs will be split by the participating families.

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