



# Developmental Program Handbook

# Welcome to Twisters

## Key Personnel in the Twisters Developmental Program Organization

**Taylor Aucoin** – Developmental Program Head Coach – [tayloraucoin8@gmail.com](mailto:tayloraucoin8@gmail.com)

**Front Desk at Coconut Creek location**– Billing & scheduling make up classes – 954-725-9199, [office@americantwisters.com](mailto:office@americantwisters.com)

**Front Desk at Boca Raton location**– Billing & scheduling make up classes – 561-750-6001, [office@twistersgymnastics.com](mailto:office@twistersgymnastics.com)

## Goals of the Twisters Developmental Program

1. To foster the growth and development of each gymnast by setting realistic goals that can be achieved through hard work and challenging training.
2. To provide opportunities for gymnasts to achieve advanced levels of gymnastics proficiency and possibly move on to the competitive team.
3. To encourage athletes to do their best and to have both individual and developmental program success in exhibitions.
4. To produce “champion” people who are also outstanding gymnasts.

## Developmental Program Levels and Advancement

Tiny Twisters (ages 3-4)

Mini Twisters (ages 5-6)

Twist-Stars (ages 7-9)

Super Stars (ages 10+)

Advancement within the developmental program is based on the age of the gymnast. Advancement onto the competitive team from developmental is based on attendance, behavior in class, focus, work ethic and improvements in skills and physical abilities (PA). There is opportunity for advancement at any point in the year.

## Schedules

### Practice Schedule

Tiny Twisters practice 2 days/week for 55 minutes per session.

Mini Twisters practice 2 days/week for 85 minutes per session.

Twist-Stars practice 2 days/ week for 115 minutes per session.

Super Stars practice 2 days/ week for 115 minutes per session.

### Exhibition Schedule

The developmental program will participate in 3-4 exhibitions per year. The Exhibition schedule will be sent out several weeks prior to upcoming events.

If several practices are missed prior to an exhibition, the coach may determine that a gymnast is not adequately prepared to safely and confidently participate in an upcoming exhibition.

### **Practice Attendance**

Attendance is expected at each practice. If your daughter happens to miss, you can schedule a makeup class at the front desk. Depending on the number of classes available each billing cycle, some holidays can be made up. We will notify you of any holiday schedule changes in advance via email.

### **Makeup Classes**

If your gymnast is absent from class, she may sign up for a makeup class. Make ups will be scheduled through the front desk in any same class that has availability. Makeups in the developmental program do not expire but they are nontransferable into another program. For example: if your gymnast is advanced onto the competitive team, her makeup classes will not transfer and will be void. It is in your best interest to schedule the makeup classes as soon as you can.

In addition, make ups can be scheduled at either the Boca Raton location or the Coconut Creek location no matter which is your primary gym.

### **Gymnasts Rules & Responsibilities**

In order to run such a successful, organized and disciplined gymnastics program there must be rules, guidelines and responsibilities for the participants to follow.

1. Improper types of behavior during practice and exhibitions will result in disciplinary action. Examples of such behavior are:
  1. Talking over or arguing with a coach,
  2. Cheating,
  3. Lying,
  4. Unwillingness to complete assignments,
  5. Disrespectful towards teammates (physically and/or emotionally),
  6. Poor sportsmanship,
  7. Bullying
  
2. Any of the above behaviors, depending on their severity and the gymnast's history, will be dealt with in the following ways:
  1. Verbal warning,
  2. Time out,
  3. Removal from practice,
  4. Parental conference,
  5. Dismissal from the developmental program,

### 3. Gymnast's Responsibilities:

1. To wear a clean and appropriate one-piece leotard to all practices (no shorts, skirts or two-piece leos),
2. To have your hair securely tied back in a bun or "waterfall". This may mean using several hair ties and scrunchies,
3. To have NO JEWELRY on during practice (exception is stud earrings),
4. To leave all valuables at home; Twisters cannot be responsible for any lost or stolen items,
5. To be attentive to coaches and to be cooperative with coaching staff,
6. To be safety conscious for oneself and for fellow teammates,
7. To stay with the coach throughout the entire practice,

### **General and Miscellaneous**

- Gymnasts must be escorted in/out of the building by a parent/guardian who supervises them while waiting for practice to start.
- Developmental program girls without an adult waiting for them at the end of practice will be taken into the front office until a parent/adult comes to pick them up.
- Under no circumstances do any developmental program girls wait outside the building for their ride home.
- Parents, please do not attempt to get your child's attention from the bleacher area. Not only is this a distraction for her, but also for her teammates. If there is an emergency or pressing situation, please contact or go to the front office and a staff member will come on the floor to get your daughter.
- Water is the only beverage allowed on the gym floor. Gymnasts are encouraged to bring a water bottle with them to each event during training.

### **Means of Communication between Coaches/Parents**

The main means of communication between coaches and developmental program parents is face to face before or after class for a quick question or by email if it requires more attention. For safety reasons, coaches may not leave the gym floor and their assigned coaching rotation on the gym floor to talk with parents as this would leave gymnasts unsupervised at their event.

- Coaches send home "reminders" of upcoming events and any schedule changes monthly.
- Physical Ability Test results are sent home within one week of each test. PA tests are scheduled approximately every 3 months.
- Developmental program information can be found on line at: [americantwisters.com/developmental-program](http://americantwisters.com/developmental-program) and [twistergymnastics.com/developmental-program](http://twistergymnastics.com/developmental-program)
- Developmental program parents should check their emails regularly for updates within in the program.

## Expenses

For current tuition prices please contact the front desk:

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There are additional expenses for the exhibitions. All developmental program gymnasts must purchase an exhibition leotard and pay a registration fee for each event. You will find some of these estimated costs below.

### Estimates of Additional Costs Related to exhibitions

ITEMS	Tiny Twisters	Mini Twisters	Twist-Stars/Super Stars
Exhibition leo	TBD	TBD	TBD
Exhibition Registration	\$0-\$70 Per exhibition	\$0-\$70 Per exhibition	\$0-\$70 Per exhibition

#### **Entry Fees:**

Entry fees for competitions vary based on the level of competition, the location and the nature of the competition. All factors are up to the hosts setting their entry fee. All entry fees are collected by Twisters in a “lump sum” and remitted to the competition host.

#### **Opting out:**

An email will be sent out a few weeks prior to each event asking parents to opt out their gymnast if they do not plan on participating.