



Twisters 2025 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 and 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

Clayton Kent, Managing Partner

Annual Team Awards & Water Park Party!

Date: May 23, 2025

Location: Coconut Cove Park

Estimated Time: 4:30-8:00

Who: Team gymnasts & families

Why: Show recognition and present gifts to each team member.

Please let the front desk know if you are interested in helping to coordinate this event!

Contact Info

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

Gary Anderson, Team Coordinator
MrMvt@aol.com

Christy Ramirez, Optional Head Coach
TwistersCoachChristy@gmail.com

Erin Hall, Global Xcel Head Coach
Gymcoach84@gmail.com

For tuition or account questions please contact Elayne at (301) 466-4725 or elayne3333@aol.com

In this Packet:

- Team Summer Training
- Tuition Fees and Policies
- 2025 Tuition Schedule
- Summer Camp Letter from Gary
- Camp Twisters Options for Team Members
- Summer Schedule and Selection Form

Thank you for choosing Twisters!

Twisters Team Summer Training

The summer is used for increasing strength and flexibility and learning new skills. It is critical and essential that our gymnasts acquire the strength and flexibility to accomplish the skills they are trying to learn. If an athlete cannot do a pullover on bars, it's not because she is uncoordinated but rather that she is simply not strong enough! If a gymnast performs a poor leap, she does so because she is not flexible enough to split her legs and not strong enough to lift the rear leg up to a horizontal position.

Our young gymnasts are growing. Add the fact that many gymnasts vacation over the summer and spend less hours training, it becomes a real struggle to maintain their level of skills and fitness. Traditionally, many gymnasts train for some of the summer and even then, just some of the days offered. It is not unusual for them to take off a third or even half of the summer for vacationing with their families. This is fine as long as both the athlete and parents realize that they cannot then expect to step back into a gymnastics setting and simply pick up where they left off, let alone advance to another competitive level.

On the other hand, 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 then do clubs and coaches restrict or “box in” kids to train a specific number of hours throughout the summer? During the school year, it makes sense to restrict practice days and times because of school commitments. However, in the summer, why restrict those who “live for gymnastics” and have such a passion for the sport?

Gymnasts and parents are traditionally told, “...your daughter is so good that she should be at level 9...so she MUST come into the gym 5 days a week for 5 hours each day...” This is fine, but what if the gymnast doesn't want to go to gym 5 days a week? A girl who chooses the minimum training throughout the summer and at the same time experiences some physical growth more than likely will struggle to maintain her current level. On the other hand, girls who choose the maximum training program could move up one or in some rare cases two levels!

For these reasons, we run most of the Competitive Team Programs with lots of choices for the athletes and parents. The summer is a time for you to “choose your intensity”! At what intensity do *you* want to train during the summer months?

Xcel Team:

Xcel is an alternative USA Gymnastics competitive program offering lots of individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts with varying abilities and commitment levels the opportunity for a rewarding competitive gymnastics experience.

Current Developmental:

If your daughter is currently in Developmental, she will work out in the Xcel “Bronze” training group.

Current Xcel Bronze:

If your daughter is currently in Xcel Bronze, she will work out in the Xcel “Bronze” training group (see schedule in this packet).

Current Xcel Silver:

If your daughter is currently in Xcel Silver, she will workout in the Xcel “Silver” training group.

Xcel Gold:

If your daughter is currently in Xcel Gold, she will work out in the “Gold” training group.

Current Xcel Platinum:

If your daughter is currently in Xcel Platinum, she will work out in the “Platinum” training group.

Training groups within each workout:

There could be as many as 6 or 7 “working groups” for each level. These groups are “fluid” from week to week and sometimes from practice to practice. Initial summer grouping is usually based on physical abilities test scores and are then “fine-tuned” during the summer based on skills learned, attendance, focus, and attention to details at practices and increases or decreases in PA Testing.

Summer Make up days:

Xcel Level Gymnasts – We are pleased to offer make ups for missed workouts; they can be scheduled at the opposite location your daughter normally trains at. Contact the front desk at either location to schedule make ups. If she misses more days than can be made up in 1 month, reach out to Coach Erin directly for a solution.

Selection Forms:

Be sure to fill out the selection form for the location you want your daughter to train at over the summer. Select your summer training location here to access the appropriate selection form:

Optional Team:

Optional level gymnastics requires a bit more time, commitment and focus than recreational gymnastics. Gymnasts selected for our competitive teams can choose a training program with a more social atmosphere with participation being the main goal, while learning lots of new gymnastics skills and lessons of life along the way. Others strive to push themselves to be the best they can possibly be each workout, with a goal of attaining a college scholarship. Regardless of the chosen path, we provide a program and the help to guide each girl along the way toward her goals.

Once a girl has passed the Optional Level Skills Evaluation and Physical Abilities Test, she is eligible for and can be invited to train at the USAG optional levels. At that point the “race is on” to develop and successfully compete the “Menu of Skills” that will make her eligible for each specific USAG Optional Level.

After working her way through several optional levels, and if the coaching staff feels a gymnast is both mentally and physically prepared, she can be invited to train in the “Advanced Optional Training Program (AOTP)”. This is the group that attracts college coaches to visit our gym and potentially make college scholarship offers. Gymnastics scholarship offers cannot be made earlier than the summer prior to 11th grade. Full scholarship candidates have all met the criteria of “having successfully competed” the “College Menu of Skills” on each event and have achieved success at the State, Regional and National Level 10 Championships.

Specific USAG Optional levels are not determined until after our “Skill Verifications” done each month from September through December. We have found that tremendous skill progress and development can take place not only throughout the summer but also during the four months in the fall prior to the start of the new competitive season each January. Twisters Optional Program does a very elaborate “skills verification” system along with continued Physical Abilities testing at the end of each month during the fall. The girls’ competitive levels are then determined just prior to registering them for the start of the competition season in January. Final adjustments can be made, either up or down, in a girl’s competitive level after the first two official competitions in January. Final level determinations must be declared by the first week in February.

ALL girls in optional levels 6-10 must pass the Physical Abilities Test in order to train in any of the 2025 Optional Summer Programs. *We will be offering special clinics once a week in April and May to help anyone with their deficiencies on the PA Test.* Please remember that to “SAFELY” learn and attempt the difficult upper-level skills, you must be strong and flexible enough to learn each skill. Therefore, minimum PA test scores almost always ensure success for learning new difficult skills at the upper optional levels, not to mention giving them tremendous confidence to do gymnastics safely.

Current Optional Levels 6-8:

If your daughter is currently in levels 6-8 in the Optional Program, her summer workouts will be in the “Optional Training Program (OTP)”. Girls must pass the Physical Abilities test to participate in this program. Days and times are listed on the schedule and selection form in this packet.

Current Level 9's and 10's:

If your daughter is currently a level 9 or Level 10 in the Optional Program, she will work out in the “Advanced Optional Training Program (AOTP)”. Invitations may also be extended to other optional level girls that the coaches feel are ready both mentally and physically to be successful in this program. Days and times are listed on the selection form in this packet.

College Program:

These workouts have reduced hours and are designed for 2026 High School Seniors with a college scholarship and any current college athletes returning for the summer. These same athletes may also choose the AOTP workout if they're looking for a higher intensity.

Training groups within each workout:

There could be as many as 6 or 7 “working groups” for each level. These groups are “fluid” from week to week and sometimes from practice to practice. Initial summer grouping is usually based on physical abilities test scores and are then “fine-tuned” during the summer based on skills learned, attendance, focus, and attention to details at practices and increases or decreases in PA Testing.

Summer Make up days:

Optional Level Gymnasts – contact Christy to schedule make ups

Important 2025 Summer Dates (Both Locations)

- Friday, May 23rd: Team Awards and Swim Party (Coconut Cove Park)
- Saturday, May 24th: No Team Workouts
- Monday, May 26th: Memorial Day (Gym Closed)
- Tues, May 27-31st: Both locations will be closed for maintenance.
- Monday, June 2nd: First day of the *Summer Training Schedule*
- Friday, June 27th - Sunday June 29th: Beam Queen Boot Camp
- Friday, July 4th: Happy 4th of July! – Twisters is closed
- Friday, August 8th: Last Day of Summer Training Schedule
- Saturday, August 9th–Sunday, August 17th: Post-Summer Maintenance Week - No team workouts
- Monday, August 18th: Team begins School Year Schedule
- Friday, August 22nd-Saturday, August 23rd: Team Show & Tell (All levels; exact times TBA)

Important Notes

- If you cannot coordinate daytime transportation during the summer, Twisters is offering special day camp rates for all team members. Additionally, Twisters offers a “CIT” (Counselor in Training) program for gymnasts ages 16+. Please see the Camp Twisters (Team Only) flyer included in this packet for detailed information (including who to contact to apply for a CIT position).
- If you plan to be away from the gym this summer for 4 consecutive weeks or more, please contact your daughter's Head Coach via email to discuss arrangements and your team status. Realize that girls who miss more than 3 full weeks of summer training must take and PASS a Skills and Physical Abilities Test to be placed back onto the competitive team program.

Thank you for your continued support of the Twisters Program. I believe we have a competitive program in which everyone can be very proud of and happy to be a part of the Team Twisters Family.

Sincerely,

Gary Anderson
Competitive Team Coordinator
MrMvt@aol.com

Christina Ramirez
Optional Head Coach
TwistersCoachChristy@gmail.com

Erin Hall
Global Xcel Head Coach
Gymcoach84@gmail.com

PS – If you should have any questions or concerns, please email Gary, Christy, or Erin. It is difficult to get us on the phone since we don't take calls while coaching on the floor, but we are GREAT with getting back to you via email within 24 hours. **Please don't rely on parent “gossip”** – email us and get the correct answer directly from the source!

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 debbiemadiou@gmail.com

Team is a Bargain! There is no doubt that joining the 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 the 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 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).

Summer Billing Schedule:

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 2025 Summer Schedule
- The Summer Training Schedule will begin on Monday, 6/2 for all team levels (*please note that Thursday 5/22 workouts will be the last day of the School Year Training Schedule as some gymnasts are still in school this day*).

July:

- Tuition is billed this month based on the 2025 Summer Schedule

August:

- Tuition is billed this month based on the 2025 Summer Training Schedule
- We are following the 2025 Summer Schedule until Friday 8/8
- The team will be on break the week of 8/11
- The 2025-2026 School Year Schedule begins Monday 8/18

2025-2026 School Year 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 (rather than 52), 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 Xcel 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 and 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.

New! Rostered Previous Season (RPS) Tuition Rates:

In 2025-2026, Gymnasts who were on Twisters Team during the 2024-2025 Season, and who choose to train 16+ hours per week are eligible for a retention discount aka the RPS (Rostered Previous Season) Tuition Rate. RPS tuition rates are in the chart below.

Hours per week	Approx. hours per month	Monthly Tuition	Approx. cost per hour	RPS Rates if applicable*	RPS cost per hour
1	4	257	64.25	n/a	n/a
2	8	447	55.88	n/a	n/a
3	12	507	42.25	n/a	n/a
4	16	593	37.06	n/a	n/a
6	24	639	26.63	n/a	n/a
9	36	707	19.64	n/a	n/a
10.5	42	749	17.83	n/a	n/a
14	56	893	15.95	n/a	n/a
16	64	1088	17.00	927	14.48
17.5	70	1190	17.00	979	13.99
19	76	1216	16.00	1039	13.67
23.5	94	1410	15.00	1147	12.20

*RPS Tuition Rates: Includes a retention discount for gymnasts who were on Twisters team during the 2024-2025 season and choose to workout 16+ hours/week.

Choreography & Private Lessons:

Level 6/7 Choreography: \$500

Levels 8-10 Choreography: \$700

XG/XP/XD Choreography: \$400 / 2.5 hour session

Floor Routine Clean ups: \$300

Private Lessons: Please speak to our front desk for current pricing and package discounts.

Summer Camps

With summer just around the corner, you will begin to see the advertisements online and in gymnastics magazines for summer sleepover gymnastics camps. The larger and most popular of these have varied programs with water activities (both pools and lakes), courage courses, photography, horseback riding, and crafts along with a full day of gymnastics classes both in the morning and afternoon. I have worked at many of these camps at times throughout my coaching career and IF you are going to send your child to a camp, I would recommend the International Gymnastics Camp in the Pocono Mountains, just outside of New York City. I know the owners of this camp and they do a good job of providing a varied gymnastics program along with other social activities.

With that said, let me expound on my feelings of summer gymnastics camps in general. Your first intent of sending your daughter to camp should not be to further her gymnastics talent or skills, but rather for the social, away from home experience in a fun setting. All camps hire college kids or visiting coaches who have NO CLUE as to your daughters' talent, experience, learning curve or readiness for any skill acquisition. These visiting coaches have NO IDEA what drills the girls have done, what conditioning exercises they have done, or what preparation they have had in learning or doing skills. The "camp experience" (from a coach who has been there and done that) is to allow the kids to have fun and literally "throw" them through skills into a foam pit.

The camp atmosphere is built around having fun and experiencing things "you aren't allowed to do or are not ready to do" with your coaches back home! Level 3 gymnasts would come home from camp and tell me how they "did" double back flips, yet in their normal training they could barely do ONE back flip. But, this is a "camp" experience. It is not the best thing for really learning or working on the skills and drills that you should be working on, BUT it is FUN, not to mention the college coaches, camp skit night and getting to meet and live with other gymnasts from around the country. Groups in a camping situation are usually 10 to 15 per group, which is far more than the normal Twister 5 to 8 per group ratio.

The bottom line is that if you are going to send your daughter to "camp", sending her to a gymnastics camp is better than sending her to a generic type camp or a horseback riding camp. BUT realize that the main goal or result from this camp experience should not be that she makes significant progress toward her gymnastics development. I think it is fine for girls in xcel and even Level 6 to attend camp, but once an athlete gets to Level 7 and above, a gymnastics camp will not be conducive to her progress and may even be detrimental. The Level 7's and above need to remain in the logical and progressive program designed at specific skills development that they need to be successful at the higher optional levels.

Gary Anderson
Twisters Competitive Team Coordinator

PS – Twisters will be offering a very comprehensive team program all summer long, and one that is being run by the coaches you have been and will be working with throughout the competitive season. Because of this, there is no monthly tuition deduction should you choose to attend a summer camp or go on vacation.

Camp Twisters 2025

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.

Camp Twisters operates all day 8:30am-6pm and will “dovetail” with your daughter's 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 and camp staff. If you are interested in applying for a CIT position at our Coconut Creek location, please contact Brittany Barnao at Brittany@americantwisters.com. If you are interested in applying for a CIT position at our Boca Raton location, 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: \$154

Team Rate Daily: \$79

Regular Weekly Rate: \$657

Team Weekly Rate: \$309

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
Only weekly camps can be done online, call the office for daily options.*

2025 Boca Raton Xcel Team Summer Schedule & Selection Form

Rates effective June 1, 2025

Schedule begins June 2, 2025

Gymnast's Name: _____

Parent's Email: _____

Please check your intensity and submit this form electronically by April 15, 2025.

Level	Hrs/ wk	Choose	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition	RPS Rate**
Xcel Bronze - 2 days New & current XB gymnasts age 8 yrs & younger	6	<input type="checkbox"/>	3:30-6:30		3:30-6:30			639	n/a
Xcel Bronze - 2 days New & current XB gymnasts age 9 yrs & older		<input type="checkbox"/>	5:30-8:30		5:30-8:30				
Xcel Bronze - 3 days New & current XB gymnasts age 8 yrs & younger	9	<input type="checkbox"/>	3:30-6:30		3:30-6:30		3:30-6:30	707	n/a
Xcel Bronze - 3 days New & current XB gymnasts age 9 yrs & older		<input type="checkbox"/>	5:30-8:30		5:30-8:30		5:30-8:30		
Xcel Silver - 3 days Gymnasts who competed XS.	10.5	<input type="checkbox"/>		5:00-8:30		5:00-8:30	5:00-8:30	749	n/a
Xcel Silver - 4 days Gymnasts who competed XS.	14	<input type="checkbox"/>		5:00-8:30	5:00-8:30 @ CC	5:00-8:30	5:00-8:30	893	n/a
Xcel Gold/Platinum - 3 days Gymnasts who competed XG.	10.5	<input type="checkbox"/>		5:00-8:30		5:00-8:30	5:00-8:30	749	n/a
Xcel Gold/Platinum - 4 days Gymnasts who competed XG.	14	<input type="checkbox"/>	5:00-8:30 @ CC	5:00-8:30		5:00-8:30	5:00-8:30	893	n/a
Xcel Gold/Platinum - 5 days Gymnasts who competed XG or XP.	17.5	<input type="checkbox"/>	5:00-8:30 @ CC	5:00-8:30	5:00-8:30 @ CC	5:00-8:30	5:00-8:30	1190	979

Xcel Silvers/Golds wanting a 4th training day will train at the Coconut Creek (CC) location on Mondays or Wednesdays. All levels can make up missed days at our Coconut Creek location on opposite training days; contact either office to schedule make ups. **RPS (Rostered for the Previous Season): A retention discount for team members during the 2024-2025 season who choose to work out 16+ hours per week over the summer

2025 Coconut Creek Xcel Team Summer Schedule & Selection Form

Rates effective June 1, 2025

Schedule begins June 2, 2025

Gymnast's Name: _____

Parent's Email: _____

Please check your intensity and submit this form electronically by April 15, 2025.

Level	Hrs/ wk	Choose	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition	RPS Rate**
Xcel Bronze - 2 days New & current XB gymnasts age 8 yrs & younger	6	<input type="checkbox"/>		2:30-5:30		2:30-5:30		639	n/a
		<input type="checkbox"/>		3:30-6:30		3:30-6:30			
		<input type="checkbox"/>		5:30-8:30		5:30-8:30			
Xcel Bronze - 3 days New & current XB gymnasts age 8 yrs & younger	9	<input type="checkbox"/>		2:30-5:30		2:30-5:30	2:30-5:30	707	n/a
		<input type="checkbox"/>		3:30-6:30		3:30-6:30	3:30-6:30		
		<input type="checkbox"/>		5:30-8:30		5:30-8:30	5:30-8:30		
Xcel Bronze - 3 days New & current XB gymnasts age 9 yrs & older	9	<input type="checkbox"/>		2:30-5:30		2:30-5:30	2:30-5:30	707	n/a
		<input type="checkbox"/>		3:30-6:30		3:30-6:30	3:30-6:30		
Xcel Silver - 3 days Gymnasts who competed XS & are 9 yrs & younger	10.5	<input type="checkbox"/>	2:30-6:00		2:30-6:00		2:30-6:00	749	n/a
		<input type="checkbox"/>	3:30-7:00		3:30-7:00		3:30-7:00		
Xcel Silver - 3 days Gymnasts who competed XS & are 10 yrs+	10.5	<input type="checkbox"/>	5:00-8:30		5:00-8:30		5:00-8:30	749	n/a
		<input type="checkbox"/>							
Xcel Silver - 4 days Gymnasts who competed XS & are 9 yrs & younger	14	<input type="checkbox"/>	2:30-6:00		2:30-6:00	3:30-7:00 @ Boca	2:30-6:00	893	n/a
		<input type="checkbox"/>	3:30-7:00		3:30-7:00	3:30-7:00 @ Boca	3:30-7:00		
Xcel Silver - 4 days Gymnasts who competed XS & are 10 yrs+	14	<input type="checkbox"/>	5:00-8:30		5:00-8:30	5:00-8:30 @ Boca	5:00-8:30	893	n/a
		<input type="checkbox"/>							
Xcel Gold/ Platinum - 3 days Gymnasts who competed XG	10.5	<input type="checkbox"/>	5:00-8:30		5:00-8:30		5:00-8:30	749	n/a
		<input type="checkbox"/>							
Xcel Gold/ Platinum - 4 days Gymnasts who competed XG	14	<input type="checkbox"/>	5:00-8:30	5:00-8:30 @ Boca	5:00-8:30		5:00-8:30	893	n/a
		<input type="checkbox"/>							
Xcel Gold/ Platinum - 5 days Gymnasts who competed XG OR XP	17.5	<input type="checkbox"/>	5:00-8:30	5:00-8:30 @ Boca	5:00-8:30	5:00-8:30 @ Boca	5:00-8:30	1190	979
		<input type="checkbox"/>							

*Xcel Silvers & Golds, wanting a 4th training day, will train at the Boca Raton location on Tuesdays or Thursdays. All levels can make up missed days at our Boca Raton location on opposite training days; contact either office to schedule make ups. **RPS (Rostered for the Previous Season): A retention discount for team members during the 2024-2025 season who choose to work out 16+ hours per week over the summer

2025 Twisters Optional Team Summer Schedule & Selection Form

Rates effective June 1, 2025

Schedule begins June 2, 2025

Gymnast's Name: _____

Parent's Email: _____

Please check your intensity and submit this form electronically by April 15, 2025.

Intensity Categories	Choose	Hrs/wk	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition	RPS Rate**
Introduction to Optional Training Program <small>Current Twisters Xcel- invitation only</small>	<input type="checkbox"/>	16	1:00-5:00	1:00-5:00	1:00-5:00	1:00-5:00	Off	1088	927
Optional Training Program (OTP): <small>Current Optional Levels 6-7 AND new Level 6</small>	<input type="checkbox"/>	19	1:00-5:00	1:00-5:00	1:00-4:00 + 1 hr Extra PA (no charge)	1:00-5:00	1:00-5:00	1216	1039
Adv. Optional Training Program (AOTP): <small>Current Optional Level 8-10's</small>	<input type="checkbox"/>	23.5	8:00-1:00	8:00-1:00	9:00-12:30	8:00-1:00	8:00-1:00	1410	1147
College Program <small>These workouts have reduced hours and are designed for current college athletes returning for the summer. These athletes may also choose the AOTP workout if they are looking for a higher intensity.</small>	<input type="checkbox"/>	14	8:00-11:30	8:00-11:30	Off	8:00-11:30	8:00-11:30	893	n/a

**RPS (Rostered for the Previous Season): A retention discount for team members who choose a workout that's 16+ hours per week, and who were rostered during the 2024-2025 season.