

American Twisters

2018 Summer Information Packet

Thank you for choosing Twisters!

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 worthy 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 & love are essential to your child's success. I look forward to working with you and appreciate your commitment to Twisters.

Respectfully,

Randy Sikora, Owner

Annual Team Awards & Water Park Party

Date: Friday June 1, 2018

Location: Coconut Cove Park

Time: 5:30-8:00

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, Compulsory Head Coach
Gymcoach84@gmail.com

For tuition or account questions please
contact **Elayne @ 954-725-9199 or
elayne3333@aol.com**

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Team Summer Training

American Twisters Team Summer Training

It is critical and essential that our gymnasts acquire the strength and flexibility to accomplish 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! A gymnast who performs a poor leap 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 this fact to the normal compulsory level gymnasts' limited hours of training each week (usually less than 10 hours per week) and it becomes a real struggle to even 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 even two levels!

For this reason, we run the Compulsory Level Summer Program with tremendous flexibility and with lots of choices for the athletes and parents. For them, it is a time to "choose your intensity"! At what intensity do you want to train during the summer months?

What level is my daughter?

Compulsories:

We do not determine any compulsory level placements until the end of the summer. On July 9th and 10th the girls will be given a strength, flexibility, and skill test to help us identify what level they are potentially ready to train during the fall. They will be given an additional strength and flexibility test during the Parent Show and Tell on Saturday August 11, 2018. It would seem logical that those who have put in the most training hours would also be those doing the best on the post-summer test and would be ready to move onto the next competitive level. Since we do not know their new level, summer training options can be selected based on their current level.

Optionals:

Once a girl has passed the optional level skills and PA testing, she is eligible for and can be invited to train at the optional levels. At that point the “race is on” to develop and successfully compete the college menu of skills to be eligible for and offered a college scholarship. Girls begin in the optional summer level program training at 25 hours per week.

Once the coaching staff feels a gymnast is both mentally and physically prepared she can be invited to train in the “Advanced” Summer Optional Training Program. College scholarship offers are made as early as the summer after 8th grade, with a large percentage coming to girls in the summer of their 9th & 10th grade years, with the criteria of “having successfully competed” the college menu of skills on each event at Level 10.

Optional competitive levels are determined in December. We have found that tremendous skill development can take place not only throughout the summer but also during the four months in the fall prior to the start the new season in 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 competitions in January.

Current Compulsory Level 1:

If your daughter is currently in the Level 1 compulsory program, you will continue to workout in the compulsory group(s) this summer (Compulsory Training Program 1 - CTP1). Compulsory girls will be able to choose to train 3, 4 or 5 days a week throughout the summer. In order to properly staff and plan for the workouts, you are locked in to certain days. If your daughter is a current level 1 and chooses 3 days, she must come on Tuesday, Thursday, and Friday. If she chooses 4 days, she must come Monday through Thursday. If your daughter should miss a summer workout, and would like to make it up, she may come on one of her "off days". There is no need to get approval for a make up.

Current Compulsory Level 2:

Gymnasts, who are currently in the Level 2 compulsory program, will continue to workout in the compulsory program this summer (Compulsory Training Program 1 – CTP1). If they have scored a minimum of 30 points on the Physical Abilities Test (PA Test) then they may also elect to train in the CTP2 (Compulsory Training Program 2) workout. Compulsory girls will be able to choose to train 3, 4 or 5 days a week throughout the summer. In order to properly staff and plan for the workouts, you are locked in to specific days. These days are specified on the Summer Selection Form.

Current Compulsory Level 3:

Gymnasts, who are currently in the Level 3 compulsory program, will continue to workout in the compulsory program this summer (Compulsory Training Program 2 - CTP2). If they have met the following criteria, they may elect to train in the ACTP (Advanced Compulsory Training

Program). This criteria is: 1) pass the Physical Abilities test and 2) have scored at least three 36.00's in the AA or one 37.00 in a Level 3 meet.

Current Compulsory Level 4:

Current Level 4's will train in the summer ACTP (Advanced Compulsory Training Program). Those girls who have scored three 36.00's AA or one 37.00 at Level 4 and have passed the Physical Abilities test, may train with the Level 5 group.

Current Compulsory Level 5:

Current Level 5's will train in the summer ACTP (Advanced Compulsory Training Program). In order to move onto Level 6, your daughter must earn three 36.00 AA or two 37.00 AA in competition, and score at least a 65 on the PA Test. Once this happens, she will be invited to choose the OTP (Optional training program) over the summer, under Head Coach, Christina Ramirez. If your daughter passes out of level 5, but does not score a 65 or above on the PA Test then she must choose the ACTP training schedule until she can pass the PA test.

Our physical abilities test will be used to group the compulsory girls. All rotations will be then geared to the strength and flexibility levels of the groups and teaching them the skills they are capable of handling. Once we get our athletes to a high fitness level, teaching them the skills needed at ANY level will become easy and less frustrating (for both the gymnast and the coach)!

*Note: Physical Abilities Testing is done before, in the middle, and at the end of the summer program.

Current Optional Levels (Levels 6 - 10)

Optional Level girls will are not given various intensities to choose from over the summer.

The OTP (Optional Training Program) is for the new Level 6's and our current Level 6, 7, and 8's. All these girls MUST pass the Physical Abilities test to participate in this program. This program runs Monday thru Friday from 9:00 until 2:00.

The AOTP (Advanced Optional Training Program) is for our Level 9's and 10's. This program offers a split workout 3 days a week and the other 2 days will have just one workout per day. 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.

The College Scholarship Program is offered to but not required for all girls in 10th grade or higher who have been offered and verbally accepted a full college scholarship. These girls train 5 days a week. Three days from 8:00 – 12:00 and from 8:00 until 1:00 on the other days.

ALL girls in the optional training program MUST pass the Physical Abilities Test in order to train in ANY of the 2018 Optional Summer Programs. Those who cannot pass the optional Level

Physical Abilities test will be put in the “conditioning group” which spends 75% of their training time on conditioning exercises until they strong enough to be able to “SAFELY” learn and attempt the difficult upper level skills.

Xcel Bronze/Silver/Gold/Platinum Summer Programs

In addition to our intense and highly competitive compulsory and optional programs, Twisters has the option to compete as part of our Xcel team.

The Xcel competitive team is a great option for beginner and advanced gymnasts that would like a competitive gymnastics experience without the extensive time commitment that is required of the other compulsory and optional levels. We require our Xcel gymnasts to compete in four meets during the competitive season (December thru May). The meets are local and do not require long distance travel. Please note that due to its lower training intensity, the xcel program is not an avenue for gymnasts who eventually want to reach Level 10 and try to earn a college scholarship.

To learn more about our Xcel Team please refer to our Xcel Summer Training packet which is available on the Twister website.

Important 2018 Summer Dates – (mark your calendars)

- Monday, May 28 – Memorial Day – Gym Closed
- Friday, June 1st – Team Awards and Swim Party (Coconut Cove Park)
- Saturday, June 2 through Sunday, June 10 – Gym closed
- Monday, June 11, the first day of the 9 week summer program; reminder that the 8:00 AM groups must use the entrance by the competitive beams.
- Wednesday, July 4 – Independence Day - Gym Closed
- Friday, July 20 – No Practice – 3 day weekend for coaches and gymnasts
- Friday, August 10 – Last Day of Summer Training
- Saturday, August 11:
 - Optional Levels: Show and Tell; time TBD
 - Compulsory Levels 1-3: Show and Tell & PA Testing; time TBD
 - Compulsory Levels 4-5: In-House Meet & PA Testing; time TBD
 - Xcel Levels: Show and Tell & PA Testing; time TBD
- Monday, August 13 through Sunday, August 19 – End of Summer Break
- Monday, August 20 – 1st day of school year training schedule

Important Notes

- With this packet you will receive a copy of the ***“Team Twisters Summer Schedule & Selection Form.”*** ***Please be sure to return this form to the gym by April 10th*** so we can plan for our coaching staff coverage accordingly.

- If you cannot coordinate daytime transportation during the summer, Twisters is offering special day camp rates for all team members. Additionally, Twisters offer a “CIT” (Counselor in Training) program for gymnasts ages 16+. Please see the Camp Twisters (Team Only) flyer on the last page of 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 Skill and Physical Abilities Test to be placed back onto the competitive team.

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

Sincerely,

Gary Anderson
Competitive Team Coordinator
MrMvt@aol.com

Christina Ramirez
Optional Head Coach
TwistersCoachChristy@gmail.com

Erin Hall
Compulsory and Pre-Team Head Coach
Gymcoach84@gmail.com

Sara Kelly
Excel Team Head Coach
sarabkelly@gmail.com

PS – As always, 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!

**Please help us by getting your summer intensity selection chart back to our office by April 10th (even if you have to change it later). We need this in order to see how many coaches are needed each day, so we can get our coaches under contract for the summer.

Tuition Fees & Policies

Tuition Notice:

Each year, we will 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) & 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 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 cancelations 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).

2018-2019 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 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	141	35.25
3	12	289	24.08
4	16	367	22.94
6	24	421	17.54
9	36	478	13.28
10.5	42	510	12.14
12	48	527	10.98
14	56	592	10.57
15	60	596	9.93
17.5	70	629	8.98
20	80	664	8.30
22	88	706	8.02
25	100	737	7.37
31	124	795	6.41

Summer Camps

With summer just around the corner, you will begin to see the advertisements in the 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 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 cute boys, 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 the compulsory levels through xcel and even Level 7 to attend camp; but once a girl gets to Level 8 and above, a gymnastics camp will not be conducive to her progress and may even be detrimental. The Level 8'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 2018

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.

Twisters’ offers multiple training options during the summer, including split work-outs three days per week for those selected. 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 Brittany Barnao at brittany.barnao@gmail.com.

Thank you and we look forward to a spectacular summer!

Team Twisters Staff

Team Twisters Camp Rate

\$42 per day (Flat Rate)

or

\$150 per week

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

2018 American Twisters Team Summer Schedule & Selection Form

Rates effective June 1, 2018

Schedule begins June 11, 2018

Gymnast's Name: _____

Parent's Email: _____

Intensity Category	✓	Total Hrs/wk	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition
AOTP - Advanced Optional Training Program (Current Level 9 & 10's) **Invitations may be extended to other optional level girls that the coaches' feel can be successful in this program.	<input type="checkbox"/>	31	8:00-11:30 12:30-4:00	8:00-1:00	8:00-11:30 12:30-4:00	8:00-1:00	8:00-11:30 12:30-4:00	\$795
OTP - Optional Training Program **Current 6, 7, 8 + Level 5's who meet the AA and PA requirements	<input type="checkbox"/>	25	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	\$737
College Program **Girls who have committed to a College Scholarship Offer & pass the PA Test	<input type="checkbox"/>	22	8:00-12:00	8:00-1:00	8:00-12:00	8:00-1:00	8:00-12:00	\$706
ACTP - Advanced Compulsory Training Program **Current Level 3's, 4's & 5's who meet the AA and PA requirements	<input type="checkbox"/>	20	4:00-8:00	4:00-8:00	4:00-8:00	4:00-8:00	4:00-8:00	\$664
CTP2 - Compulsory Training Program 2 (Current Level 2's who have at least 30 points on the PA Test) *Choose your Intensity	<input type="checkbox"/>	17.5	12:00-3:30	12:00-3:30	12:00-3:30	12:00-3:30	12:00-3:30	\$629
	<input type="checkbox"/>	14	12:00-3:30	12:00-3:30	12:00-3:30	12:00-3:30	X	\$592
	<input type="checkbox"/>	10.5	12:00-3:30	X	12:00-3:30	X	12:00-3:30	\$510
CTP1 - Compulsory Training Program 1 (Current level 1's & new team girls born 2011 or earlier, and Current Level 2's who have 29 or less points on the PA Test) *Choose your Intensity	<input type="checkbox"/>	15	12:30-3:30	12:30-3:30	12:30-3:30	12:30-3:30	12:30-3:30	\$596
	<input type="checkbox"/>	12	12:30-3:30	12:30-3:30	12:30-3:30	12:30-3:30	X	\$527
	<input type="checkbox"/>	9	X	12:30-3:30	X	12:30-3:30	12:30-3:30	\$478
New Compulsory Training Program (new team girls born 2012 or later) *Choose your Intensity	<input type="checkbox"/>	6	X	3:30-5:30	X	3:30-5:30	3:30-5:30	\$421
	<input type="checkbox"/>	4	X	3:30-5:30	X	3:30-5:30	X	\$367

Please place a check mark in the ✓ column next to your daughter's workout selection and kindly return this form to our office by April 10, 2018.