



Pre-Team Handbook

Welcome to Twisters

Key Personnel in the Twisters Pre-Team Organization

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Goals of the Twisters Pre-team 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 pre-team success in exhibitions.
4. To produce “champion” people who are also outstanding gymnasts.

Pre-Team Levels and Advancement

Advancement within the pre-team program is based on attendance, behavior in class, focus, work ethic and improvements in skills and physical abilities (PA). Many Pre-team gymnasts will make the following advancements; however, there may be times when Pre-team gymnasts make a lateral transition to a recreational class.

Tiny Twisters generally advance to Mini Twisters.

Mini Twisters generally advance to Twist-Stars.

Twist-Stars generally advance to the Competitive team (Xcel or Compulsory)

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

Exhibition Schedule

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.

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 pre-team,

3. Gymnast's Responsibilities:
 1. To wear a clean and appropriate 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 one set of 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.
- Pre-team 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 pre-team 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 pre-team parents is face to face before or after class. 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 8 weeks.
- Pre-team information, including all team manuals and packets can be found on line at: <http://americantwisters.com/programs-pre-team/>
- Pre-team parents should check this website monthly for new information.

Expenses

There are additional expenses for the exhibitions. All pre-team 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
Exhibition leo	\$45.00	\$45.00	\$45.00
Exhibition Registration	\$0-\$55 Per exhibition	\$0-\$55 Per exhibition	\$0-\$55 Per exhibition

Entry Fees:

Entry fees for competitions vary based on 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. All entry fees are collected by Twisters in a “lump sum” and remitted to the competition host a minimum in advance in order to ensure that our team secures a space in the event. Entry fees are not pro-rated or refunded for missed competitions.