



2023 Fall Competition Packet for Levels 1-5

Dear Parents and Athletes,

The staff and coaches of American 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 website, www.americantwisters.com where you can download important forms. Please print out and return the forms that pertain to your child’s particular level or complete your child’s forms using the DocuSign link sent to your email address on file.

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 more team members. The fees and information in this packet pertain specifically to competitions. These 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 Fall Competition Packet for Levels 1-5** contains the following:

- 1. Selection of Meets**
- 2. Explanation of Fees**
- 3. Tuition vs. Competition Fees/Fundraising Page**
- 4. Misc. Competitive Team Items: Parents Meetings, Leotards and 10-Day Rule!**
- 5. Competition Schedule: Levels 1-5 (Fall Program)**

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

Sincerely,



The American 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 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 both the compulsory and 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 two things we do to design a compulsory competitive 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. The deadline for designation of each girl's compulsory level for Levels 1-5 is the annual “Parent Show & Tell” on August 5th.
2. There should be multiple competitions where the girls “get out the bugs”. At these meets our athletes will have the opportunity to “learn to compete.”

In the next few pages, you will find the Twisters competitive schedule for levels 1-5. You will want to find a place for this on your desk or refrigerator for future reference.

You will note that most meets listed usually have a Saturday and Sunday date listed (in some cases a Friday date). Team entries (with a club check) are usually due 8 to 10 weeks prior to the competition date. This deadline varies based on the meet host and the popularity of some meets that “fill up” sometimes 3 or 4 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 and teams are then assigned their competition days and times by the meet host. We are completely at the mercy of the meet host AND they can assign any level to any day or time slot. Usually (75% of the time), Optional level gymnasts compete on Saturdays and Compulsory level gymnasts compete on Sundays. However, any level can be assigned any day, **including a Friday competition**, which happens once or twice a year.

NOTE: Twisters Meet Entry Policy

ALL Twisters 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 withdraw (“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 and 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).

Explanation of Fees

Twisters Annual Registration Fee

Twisters assesses an annual registration fee of \$234 for Level 1-5 gymnasts. This fee covers:

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

The Team Twisters Registration fee is due annually each year and will be charged on 9/08/23 for Compulsories.

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 administrative costs across the whole team. This fee helps cover the administrative costs of:

- Entering athletes in the meets and filling out approximately 200 competitors' entry forms for each meet
- 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 are traveling nationally to competitions. Instead of "burying" these fees somewhere, we prefer to disclose what the fees will be used for and present it as a way for those who will eventually be at the higher levels to support those that are currently there. This means that when your child reaches these levels, there will be funds to help support her travel to regional and national competitions throughout the country. With fewer athletes competing at the higher levels, coaching expenses are spread among fewer families.

The following meets are eligible to receive the subsidy from this "Travel Fund":

- Level 6/7/8/9/10 & Xcel Regionals
- Level 9/10 Nationals

The General Fund Contribution will be charged to all Team Families on November 10, 2023.

Tuition vs. Competition Fees

The Difference between Tuition and 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 \$100,000 and our goal is to break even. The coaches' fees are different for each level and are based upon the projected coaching costs associated with each competition. These fees cover coaches' expenses such as travel, food, lodging, coaching compensation, and to cover coaches' classes & team assignments when they are away at meets.

Entry Fees

Entry fees for competitions vary from \$75-\$200+ per event. 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 6+ weeks in advance in order to ensure that our team secures a space in the meet. Entry fees are not pro-rated or refunded for missed competitions.

The next section will outline fundraising opportunities that are available to all Twister families interested in defraying the costs of competing. Participation in these fundraising opportunities is completely voluntary and is not a team or parent requirement.

Fundraising

Help defray your competition fees!!

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

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 USA Competitions (USAC) hosted meets competition program):** Their meets offer businesses valuable exposure to consumers in South Florida.
- 2. Sign-up a business to purchase a banner in either or both of the Twisters Gyms:** Twisters banner fundraising program gives businesses 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.

Misc. Competitive Team Items

Annual Parent Meetings:

Compulsory Levels will meet in the dance room at American Twisters on Saturday, 7/29/23 at the following times:

- Level 4 & 5 – 9:00-10:00 am
- Level 2 & 3 – 10:15-11:15 am
- Level 1 – 11:30-12:30 pm
- Developmental Team - September (date TBD)

Competitive Leotards and Warmups:

*Note: We are not getting new competitive leotards or warm ups this season.

All compulsory Gymnasts are required to purchase the following:

- Levels 4 & 5 only - “Long sleeve style” competitive team leotard
- Levels 1, 2 & 3 only – “tank style” competitive team leotard
- Warm up suit: jacket and pants
- Twisters gym bag for meets (We are keeping the same bag as last year)
- A Hair Scrunchie (or 2 scrunchies if your daughter will be wearing her hair in 2 buns at meets), available for purchase at the front desk once the leotards come in.
- All levels will wear a special hair bow over their scrunchie -- it can be purchased at the front desk once the leotards come in.
- All team members will need 2 “Twisters” shirts (one is red, and one is blue). Shirts are ordered with the leotards and warmups.

* All the Twisters “spirit apparel” & book bags mentioned above can be purchased by going to Linda Thomas’ website at: <https://thomascustomdesigns.storeny.com>

Competitive Level Designation Deadlines:

- Compulsories --- The deadline for designation of each girl’s compulsory level for Levels 1-5 is the annual “Parent Show & Tell” on August 5th.

10-Day Rule!

Parents, please become aware of and familiar with the American Twisters 10-day competitive meet rule. Please realize that 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 preparing for
- Showing consistency in the skills within their routines that they intend to use
- 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 forward

“Meet readiness” is determined by the 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 practices in the “10 day meet preparation” window of time 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!

American Twisters Competitive Schedule

Date	Competition	Location	Entry Fee + Coaches Fee	Total Fees	Charge Date	Notes
07/29	Annual Parent Meetings	American Twisters	n/a	n/a	n/a	n/a
08/05	Annual Parent Show & Tell	American Twisters	0	0	n/a	n/a
8/19	Meet The Team	In House	95 + 55	150	Post Event	C
09/08	Annual Registration Fee	N/A	234	234	09/08/23	n/a
9/9	Teddy Bear	In House	95 + 55	150	Post Event	C + PA
9/22-9/24	Penguin Invite	Park Avenue Gymnastics (Cooper City, FL)	120 + 85	205	07/20/23	C
10/7-10/8	Swinging Safari	Bradenton Area Convention Center (Palmetto, FL)	95 + 115	210	08/22/23	C
10/27-10/29	Fright Invite	Coral Springs Gymnasium (Coral Springs, FL)	159 + 85	244	09/05/23	C
11/10	General Fund Fee	N/A	139	139	11/10/23	n/a
11/11	Soldier Rush	Parkland, FL	TBD	TBD	TBD	n/a
11/18-11/19	Fall Charity Challenge Invite	Wiregrass Ranch Sports Complex (Wesley Chapel, FL)	105 + 115	220	10/09/23	C
12/1-12/3	Level 1, 2, 5 State Meet	Estero, FL	TBD + 135	TBD	10/30/23	C
12/8-12/10	Level 3 & 4 State Meet	Bradenton, FL	TBD + 135	TBD	11/06/23	C
3/15-3/17	Florida Crown Championship	Coral Springs Gymnasium (Coral Springs, FL)	179 + 85	264	12/11/23	C

C = Competition will be compulsory routines only.

C + PA = Competition will be both compulsory routines AND physical abilities testing.

- You will note that all In House Meets are billed AFTER the competition (post event) to only those girls/families who participated in that meet/competition.

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