



Twisters Team Training Packet: 2023-2024 School Year

Dear Team Parents,

The staff and coaches of American Twisters and Twister Gymnastics are very optimistic about the upcoming school year and a new competitive season! We will all be working together as one team to ensure each athlete is safe and successful while always respecting their individual talents and abilities.

This School Year Training Packet is designed to educate families about the Twister Team Program and to help prepare everyone for the upcoming season. *The Level 1-5 Competition Season Packet* (including the Competition Schedules and fees) was posted online in early July and will be added for all other levels by the middle of September. Please read all the information carefully and let your Head Coach know if you have any questions or concerns. To communicate efficiently and effectively, it is best to email your Head Coach since reaching coaches by phone can be difficult.

This packet contains the following:

1. Tuition Fees and Policies
2. Tuition Schedule
3. Parent/Athlete Contract
4. Team Credit Card Authorization Form
5. Team Registration Form
6. Team Medical Release Form
7. School Year Workout Schedule Selection Form: Compulsory Levels 1-5
8. School Year Workout Schedule Selection Form: All Xcel Levels offered at American Twisters
9. School Year Workout Schedule Selection Form: All Xcel Levels offered at Boca Twisters
10. School Year Workout Schedule Selection Form: Optional Levels 6-8
11. School Year Workout Schedule Selection Form: Optional Levels 9-10

PLEASE RETURN ALL FORMS BY JULY 17th

THIS IS A CRITICAL DEADLINE SO WE CAN CREATE A SUCCESSFUL STAFF SCHEDULE

To leave an emergency message for a coach, please call the gym:

American Twisters Coconut Creek: 954-725-9199

Twister Gymnastics Boca Raton: 561-750-6001

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

Sincerely,

Your Head Coaches and the American & Boca Twisters Family

Erin Hall, Compulsory Head Coach and AT/BT Xcel Administrator: gymcoach84@gmail.com

Cindy Keck, Xcel Head Coach: cbkeck1@aol.com

Christina Ramirez, Optional Head Coach: TwisterscoachChristy@gmail.com

Gary Anderson, Team Coordinator: MrMVT@aol.com

Elayne Anderson, Team Billing Manager: elayne3333@aol.com

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).

2023-2024 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. Each year, we experience 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	229	57.25
3	12	451	37.58
4	16	574	35.88
6	24	583	24.29
9	36	639	17.75
10.5	42	679	16.17
12	48	699	14.56
13.5	54	777	14.39
14	56	783	13.98
16	64	807	12.61
18	72	844	11.72
20	80	889	11.11
20.5	82	902	11.00
21.5	86	917	10.66
22	88	924	10.50
24	96	984	10.25
26	104	1040	10.00

TEAM TWISTERS PARENT AND ATHLETE CONTRACT

Contract Date _____

I/we have read and accept the American Twisters and/or Twister Gymnastics of Boca Raton (“Twisters”) team information and policies included in the attached manual. I/we agree to support team activities as outlined, and fulfill all obligations thereof.

_____ has my/our consent and permission to participate in the Twisters team program for the 2023-2024 competitive season. As stated on the registration form, I/we release Twisters, its staff and directors from any and all responsibility and/or liability in case of accident or injury to the above named child. As with any activity involving height and motion, I/we are aware of the risk of serious injury, paralysis, or even death resulting from participation in gymnastic activities.

As the coaching and administrative staff has made a professional commitment to the gymnast, the gymnast and her family also commit themselves to the completion of the entire season through May 31, 2024. Upon signing, the gymnast and family are also financially responsible for monthly tuition, team leotards and warm-ups, as well as all competitive meet fees and other monetary obligations a competitive team athlete accrues. It is further understood that Twisters will receive 30 days written notice prior to withdrawing from the Twisters Competitive Program.

Parent Signature _____

Parent Signature (on behalf of the gymnast) _____

TEAM TWISTERS CREDIT CARD AUTHORIZATION

It is mandatory that each team member complete the form below. If you have any questions, please feel free to contact the Team Billing Manager, Elayne at elayne3333@aol.com. This form will be updated annually. Thank you.

Athlete Name(s) _____

Total Monthly Tuition Charge(s) \$ _____

Annual Team Registration Fee: Check One:

- Level 1-5 and XB/XS: \$234 (due 09/08/23)
- Level 6-10 and XG/XP/XD: \$283 (due 09/08/23)

Registration Fee Payment Method: Check One:

- Please charge this fee to my card on file
- I will provide an alternate payment for this fee by the due date above

I, _____, hereby authorize American Twisters to charge my credit card below for my child/children's monthly tuition for American Twisters competitive team. I understand that all fees are due on or before the due date(s) and American Twisters will charge my card for the total balance. It is further understood and mutually agreed that I will provide 30 days written notice prior to withdrawing from the Twisters Competitive Program. Any dispute arising from these charges will be directed towards the Team Billing Manager.

Credit Card Type: _____ #: _____

Exp: _____ Billing Zip: _____

Name on card: _____ Signature: _____

Date: _____ Phone _____

Athlete Name(s) _____

Total Monthly Tuition Charge(s) \$ _____

Team Twisters Registration Form

Gymnast's Name: _____ LEVEL _____

Birth date: _____ Phone: _____ *Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Father's Name: _____ Place of Employment: _____ Phone: _____

Mother's Name: _____ Place of Employment: _____ Phone: _____

School: _____ Dismissal Time: _____

Doctor's Name: _____ Phone: _____

Please answer the following questions:

Do you have accidental medical insurance? _____

Has your son/daughter had any operations during the past two years? _____

If yes, indicate the anatomical site of operation and date: _____

Is your son/daughter currently on prescribed medications or drugs on a permanent or semi-permanent basis?

_____ If so, indicate name of drug and how it is prescribed: _____

Is your son/daughter allergic to any general medications? _____

If so, what medications: _____

If so needed, your son/daughter can take _____ Aspirin _____ Tylenol _____ Advil _____ Aleve

Date of the most recent tetanus immunization: _____

Has your son/daughter had any fractures during the past two years? _____

If yes, indicate the sight of fracture and date: _____

Has your son/daughter ever had an injury to his/her back? _____

Has your son/daughter ever experienced a strain to either knee during the past two years with severe swelling accompanying the injury? _____

Waiver: To the best of my knowledge, my child(ren) is/are now in good health and physically capable of participating in the program(s) offered by Twister Gymnastics Boca Raton, Inc. and/or American Twisters, Inc. (TGBR/AT). I will not bring my child(ren) for his/her lesson if suffering from any respiratory, infectious or contagious illness or disease. I understand that if such an illness is apparent, my child(ren) will be removed from class for that day. I recognize that potentially severe injuries, including but not limited to permanent paralysis or death can occur in sports or activities involving height or motion, including but not limited to gymnastics, tumbling, trampoline, cheerleading, dance, ball sports, party games and activities, and martial arts. Being fully aware of these dangers, I voluntarily consent for my child(ren) to participate in all TGBR/AT programs and accept all risks associated with that participation. In consideration for allowing my child(ren) to use these facilities, I, on my own behalf and the behalf of my child(ren) and our respective heirs, administrators, executors and successors, hereby forever release and covenant not to sue TGBR/AT, its officers, directors, share holders, employees, volunteers, and all others associated with the corporation(s) from all liability for any and all damages and injuries suffered by my child(ren) or myself while under all instruction, supervision, or control of TGBR/AT. I hereby agree to individually provide for all present and possible future medical expenses, which may be incurred by my child(ren) or myself as a result of any injury sustained while participating at or for TGBR/AT. I understand and agree that in the interest of safety and enjoyment for all, TGBR/AT reserves the right to remove any participant(s) or non-participant(s) from any and all programs should his/her behavior become disruptive, inappropriate or cause a threat to the safety of others or one's self. If a participant is suspended or expelled from TGBR/AT, fees are not refunded. I also understand that TGBR/AT retains the rights to use and photographs, videotapes, motion picture recordings, or any other record of events for publicity, advertising, or any legitimate purposes. I have read and understand this acknowledgement of risk and waiver of liability and I voluntarily affix my name in agreement.

Parent/Guardian's Signature _____ Date _____

MEDICAL TREATMENT RELEASE FORM

Every year each team member must have an updated "Medical Treatment Release Form" filled out. These forms allow coaches, instructors, and staff members to authorize ANY medical emergency treatment.

I, _____, do hereby grant permission for my child, _____, to travel and participate in competitions, exhibitions, practices, tours, and/or activities with Twisters, coaches, their staff, and assistants. I not only grant permission for, but also encourage ANY necessary emergency medical treatment that may be required due to injury during these activities.

I, _____, am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses, associated with participation in a gymnastics event. I further agree that Twisters, along with the employees, agents, officers, and directors of these organizations shall not be liable for any losses or damages occurring because of my participation in the event.

Gymnast's Name: _____

Gymnast's Signature: _____ Date: _____

If the athlete is under the age of 18:

As the legal parent and/or guardian for _____, I do hereby verify that I fully understand and accept each of the above conditions for permitting my child to participate in gymnastics.

Parent's Name: _____

Parent's Signature: _____ Date: _____

Parent's Home Phone #: _____ Work Phone #: _____

2023-2024 Twisters Compulsory Team Levels 1-5 School Year Schedule & Selection Form for Practices at AMERICAN TWISTERS

Schedule begins August 7, 2023

Gymnast's Name: _____

Parent's Email: _____

Please select your preferred workout intensity and return this form by 7/17/23.

Intensity Categories	Days	Choose your Intensity	Mon	Tues	Wed	Thurs	Fri	Sat	Monthly Tuition
Developmental Team: New Team Members aged 7 and younger who have not yet competed.	2 days	6 hrs <input type="checkbox"/>	3:30-6:30	OFF	3:30-6:30	OFF	Make up: 3:30-6:30	OFF	\$583
	3 days	9 hrs <input type="checkbox"/>	3:30-6:30	OFF	3:30-6:30	OFF	Make up: 3:30-6:30	ATP: 8:30-11:30	\$639
Level 1: Those who have earned at least 10 points on the PA test and have passed the level 1 skill verification.	2 days	6 hrs <input type="checkbox"/>	3:30-6:30	OFF	3:30-6:30	OFF	Make up: 3:30-6:30	OFF	\$583
	3 days	9 hrs <input type="checkbox"/>	3:30-6:30	OFF	3:30-6:30	OFF	Make up: 3:30-6:30	ATP: 8:30-11:30	\$639
Level 2: Those who have earned at least 20 points on the PA test and have passed the level 2 skill verification.	3 days	9 hrs <input type="checkbox"/>	3:30-6:30	Make up: 3:30-6:30	3:30-6:30	Make up: 3:30-6:30	3:30-6:30	OFF	\$639
	4 days	12 hrs <input type="checkbox"/>	3:30-6:30	Make up: 3:30-6:30	3:30-6:30	Make up: 3:30-6:30	3:30-6:30	ATP: 8:30-11:30	\$699
Level 3: Those who have earned at least 30 points on the PA test and have passed the level 3 skill verification.	3 days	10.5 hrs <input type="checkbox"/>	Make up: 5:00-8:30	3:30-7:00	Make up: 5:00-8:30	3:30-7:00	3:30-7:00	OFF	\$679
	4 days	13.5 hrs <input type="checkbox"/>	Make up: 5:00-8:30	3:30-7:00	Make up: 5:00-8:30	3:30-7:00	3:30-7:00	ATP: 8:30-11:30	\$777
Level 4: Those who have earned at least 40 points on the PA test and have passed the level 4 skill verification.	4 days	14 hrs <input type="checkbox"/>	5:00-8:30	5:00-8:30	Make up: 5:00-8:30	5:00-8:30	5:00-8:30	OFF	\$783
Level 5: Those who have earned at least 50 points on the PA test and have passed the level 5 skill verification.	4 days	14 hrs <input type="checkbox"/>	5:00-8:30	5:00-8:30	5:00-8:30	5:00-8:30	Make up: 5:00-8:30	OFF	\$783

What is the ATP Workout? The ATP (Advanced Training Program) is a workout designed to give the girls in levels 1-3 and Xcel Bronze and Silver an extra day to work on their strength, flexibility, air sense, and upper-level skills. ALL girls in these levels can benefit from the ATP. These workouts are completely independent of the "competitive" USAG "levels" structure. This program is a no-nonsense, physically demanding workout and both active participation and good attitudes are required. As long as the athlete tries and gives 100% effort and attention, they will see improvements in their strength and flexibility as a result of this program. The program will run from August until the end of May with a focus on helping participants to become stronger and more flexible, making their competitive gymnastics much better. Level 1-3 and XB/XS girls may join the ATP on a monthly basis. If they find it's too difficult for them, they may simply drop from the ATP the following month. Anyone leaving the program more than once, however, will not be invited back until the next year. This program will be set up to keep the athletes with their peers and increase their chances to experience success at their age-appropriate levels. This program provides them with extra gymnastic opportunities to expand their strength, flexibility, and skill base beyond the compulsory routine restrictions during the challenging and demanding ATP training days.

Make Up Workouts: All make ups need to be scheduled with the front office staff and should be made up within 1 month of missing.

2023-2024 Twisters Xcel Team School Year Schedule & Selection Form for Practices at AMERICAN TWISTERS

Schedule begins August 7, 2023

Gymnast's Name: _____

Parent's Email: _____

Please select your preferred workout intensity and return this form by 7/17/23.

Intensity Categories	Days	Choose your Intensity	Mon	Tues	Wed	Thurs	Fri	Sat	Monthly Tuition
Xcel Bronze (Younger): New Team Members aged 8 and younger and those who competed Xcel Bronze aged 8 and younger.	2 days	6 hrs <input type="checkbox"/>	OFF	3:30-6:30	OFF	3:30-6:30	Make up 3:30-6:30	OFF	\$583
	3 days	9 hrs <input type="checkbox"/>	OFF	3:30-6:30	OFF	3:30-6:30	Make up 3:30-6:30	ATP: 11:30-2:30	\$639
Xcel Bronze (T/TH Older): Those who competed Xcel Bronze who are aged 9 and older & new team members aged 9 and older	2 days	6 hrs <input type="checkbox"/>	OFF	5:30-8:30	OFF	5:30-8:30	Make up 5:30-8:30	OFF	\$583
	3 days	9 hrs <input type="checkbox"/>	OFF	5:30-8:30	OFF	5:30-8:30	Make up 5:30-8:30	ATP: 11:30-2:30	\$639
Xcel Silver: Those who competed Xcel Silver for Twisters in 2023 and are aged 9 and older.	3 days	10.5 hrs <input type="checkbox"/>	5:00-8:30	Make up 5:30-8:30	5:00-8:30	Make up 5:30-8:30	5:00-8:30	OFF	\$679
	4 days	13.5 hrs <input type="checkbox"/>	5:00-8:30	Make up 5:30-8:30	5:00-8:30	Make up 5:30-8:30	5:00-8:30	ATP: 11:30-2:30	\$777
	3 days	10.5 hrs <input type="checkbox"/>	Make up 5:30-8:30	5:00-8:30	Make up 5:30-8:30	5:00-8:30	5:00-8:30	OFF	\$679
	4 days	13.5 hrs <input type="checkbox"/>	Make up 5:30-8:30	5:00-8:30	Make up 5:30-8:30	5:00-8:30	5:00-8:30	ATP: 11:30-2:30	\$777
Xcel Gold: Those who competed XG. Also, those in XS who have competed a round off back handspring.	3 days	10.5 hrs <input type="checkbox"/>	5:00-8:30	OFF	Make up 5:00-8:30	5:00-8:30	5:00-8:30	OFF	\$679
	4 days	14 hrs <input type="checkbox"/>	5:00-8:30	5:00-8:30	Make up 5:00-8:30	5:00-8:30	5:00-8:30	OFF	\$783
Xcel Platinum & Diamond: Those who competed XP, XD, or any optional level 6-10.	4 days	14 hrs <input type="checkbox"/>	5:00-8:30	5:00-8:30	5:00-8:30	5:00-8:30	Make up 5:00-8:30	OFF	\$783

What is the ATP Workout? The ATP (Advanced Training Program) is a workout designed to give the girls in levels 1-3 and Xcel Bronze and Silver an extra day to work on their strength, flexibility, air sense, and upper-level skills. ALL girls in these levels can benefit from the ATP. These workouts are completely independent of the "competitive" USAG "levels" structure. This program is a no-nonsense, physically demanding workout and both active participation and good attitudes are required. As long as the athlete tries and gives 100% effort and attention, they will see improvements in their strength and flexibility as a result of this program. The program will run from August until the end of May with a focus on helping participants to become stronger and more flexible, making their competitive gymnastics much better. Level 1-3 and XB/XS girls may join the ATP on a monthly basis. If they find it's too difficult for them, they may simply drop from the ATP the following month. Anyone leaving the program more than once, however, will not be invited back until the next year. This program will be set up to keep the athletes with their peers and increase their chances to experience success at their age-appropriate levels. This program provides them with extra gymnastic opportunities to expand their strength, flexibility, and skill base beyond the compulsory routine restrictions during the challenging and demanding ATP training days.

Make Up Workouts: All make ups need to be scheduled with the front office staff and should be made up within 1 month of missing.

2023-2024 Twisters Xcel Team School Year Schedule & Selection Form for Practices at BOCA TWISTERS

Schedule begins August 14, 2023

Gymnast's Name: _____ Parent's Email: _____

Please select your preferred workout intensity and return this form by 7/17/23.

Intensity Categories	Days	Choose your Intensity		Mon	Tues	Wed	Thurs	Fri	Sat	Monthly Tuition
		6 hrs	<input type="checkbox"/>							
Developmental Team: New Team Members aged 7 and younger who have not yet competed.	2 days	6 hrs	<input type="checkbox"/>	OFF	3:30-6:30	OFF	3:30-6:30	Make up: 3:30-6:30	OFF	\$583
Xcel Bronze (Younger): New Team Members aged 8 and younger who have never competed and those who competed Xcel Bronze aged 8 and younger.	2 days	6 hrs	<input type="checkbox"/>	3:30-6:30	OFF	3:30-6:30	OFF	OFF	OFF	\$583
	3 days	9 hrs	<input type="checkbox"/>	3:30-6:30	OFF	3:30-6:30	OFF	OFF	ATP: 9:00-12:00	\$639
Xcel Bronze (Older): Those who competed Xcel Bronze who are aged 9 and older & new team members who have never competed aged 9 and older	2 days	6 hrs	<input type="checkbox"/>	OFF	5:30-8:30	OFF	5:30-8:30	OFF	OFF	\$583
	3 days	9 hrs	<input type="checkbox"/>	OFF	5:30-8:30	OFF	5:30-8:30	OFF	ATP: 9:00-12:00	\$639
Xcel Silver (younger): Those who competed XS who are aged 8 & younger.	3 days	10.5 hrs	<input type="checkbox"/>	OFF	3:30-7:00	OFF	3:30-7:00	3:30-7:00	OFF	\$679
	4 days	13.5 hrs	<input type="checkbox"/>	OFF	3:30-7:00	OFF	3:30-7:00	3:30-7:00	ATP: 9:00-12:00	\$777
Xcel Silver (older): Those who competed XS who are aged 9 & older.	3 days	10.5 hrs	<input type="checkbox"/>	5:00-8:30	OFF	5:00-8:30	OFF	5:00-8:30	OFF	\$679
	4 days	13.5 hrs	<input type="checkbox"/>	5:00-8:30	OFF	5:00-8:30	OFF	5:00-8:30	ATP: 9:00-12:00	\$777
Xcel Gold: Those who competed XG. Also, those in XS who have competed a round off back handspring.	3 days	10.5 hrs	<input type="checkbox"/>	5:00-8:30	OFF	5:00-8:30	OFF	5:00-8:30	OFF	\$679
	4 days	14 hrs	<input type="checkbox"/>	5:00-8:30	OFF	5:00-8:30	5:00-8:30	5:00-8:30	OFF	\$783
Xcel Platinum, Diamond & Sapphire: Those who competed XP, XD, XSA or optional levels 6-10.	4 days	14 hrs	<input type="checkbox"/>	5:00-8:30	5:00-8:30	5:00-8:30	5:00-8:30	OFF	OFF	\$783

What is the ATP Workout? The ATP (Advanced Training Program) is a workout designed to give the girls in Xcel Bronze and Silver an extra day to work on their strength, flexibility, air sense, and upper-level skills. ALL girls in these levels can benefit from the ATP. These workouts are completely independent of the "competitive" USAG "levels" structure. This program is a no-nonsense, physically demanding workout and both active participation and good attitudes are required. As long as the athlete tries and gives 100% effort and attention, they will see improvements in their strength and flexibility as a result of this program. The program will run from August until the end of May with a focus on helping participants to become stronger and more flexible, making their competitive gymnastics much better. Level 1-3 and XB/XS girls may join the ATP on a monthly basis. If they find it's too difficult for them, they may simply drop from the ATP the following month. Anyone leaving the program more than once, however, will not be invited back until the next year. This program will be set up to keep the athletes with their peers and increase their chances to experience success at their age-appropriate levels. This program provides them with extra gymnastic opportunities to expand their skill base beyond the xcel routines during the challenging and demanding ATP training days.

Make Up Workouts: All make ups need to be scheduled with the front office staff and should be made up within 1 month of missing.

2023-2024 Twisters Optional Team Levels 6-8 School Year Schedule & Selection Form for Practices at **AMERICAN TWISTERS**

Schedule begins August 7, 2023

Gymnast's Name: _____

Parent's Email: _____

Please complete this form by July 17, 2023

Intensity Categories	Choose your Intensity		Mon	Tues	Wed	Thurs	Fri	Sat	Monthly Tuition
Level 6 Schedule 1: Open to gymnasts who have competed Level 6 on the Twister Team	A 26 hrs	<input type="checkbox"/>	2:30-7:00	2:30-7:00	2:30-7:00	2:30-7:00	2:30-6:00	10:00-2:30	\$1040
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	3:30-8:00	3:30-7:00	10:00-2:30	
	B 21.5 hrs	<input type="checkbox"/>	2:30-7:00	2:30-7:00	OFF	2:30-7:00	2:30-6:00	10:00-2:30	\$917
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	OFF	3:30-8:00	3:30-7:00	10:00-2:30	
Level 6 Schedule 2: A & B are open to any new or current Level 6; C is open to new Level 6's only	A 26 hrs	<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	3:30-8:00	3:30-7:00	10:00-2:30	\$1040
	B 21.5 hrs	<input type="checkbox"/>	3:30-8:00	3:30-8:00	OFF	3:30-8:00	3:30-7:00	10:00-2:30	\$917
	C 18 hrs	<input type="checkbox"/>	3:30-8:00	OFF	3:30-8:00	3:30-8:00	OFF	10:00-2:30	\$844
Level 7 Schedule: Open to gymnasts who have competed Level 7	A 26 hrs	<input type="checkbox"/>	2:30-7:00	2:30-7:00	2:30-7:00	2:30-7:00	2:30-6:00	10:00-2:30	\$1040
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	3:30-8:00	3:30-7:00	10:00-2:30	
	B 21.5 hrs	<input type="checkbox"/>	2:30-7:00	2:30-7:00	2:30-7:00	OFF	2:30-6:00	10:00-2:30	\$917
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	OFF	3:30-7:00	10:00-2:30	
Level 8 Schedule: Open to Gymnasts who have competed Level 8	A 26 hrs	<input type="checkbox"/>	1:30-6:00	1:30-6:00	1:30-6:00	1:30-6:00	1:30-5:00	10:00-2:30	\$1040
		<input type="checkbox"/>	2:30-7:00	2:30-7:00	2:30-7:00	2:30-7:00	2:30-6:00	10:00-2:30	
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	3:30-8:00	3:30-7:00	10:00-2:30	
	B 21.5 hrs	<input type="checkbox"/>	1:30-6:00	1:30-6:00	1:30-6:00	OFF	1:30-5:00	10:00-2:30	\$917
		<input type="checkbox"/>	2:30-7:00	2:30-7:00	2:30-7:00	OFF	2:30-6:00	10:00-2:30	
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	OFF	3:30-7:00	10:00-2:30	

Days off: It's recommended that you choose an option with a day off. Please note that the days off are specially selected for each level. Due to the size of the team program and to keep staffing schedules consistent, we cannot accommodate an alternative day off.

2023-2024 Twisters Optional Team Levels 9-10 School Year Schedule & Selection Form for Practices at **AMERICAN TWISTERS**

Schedule begins August 7, 2023

Gymnast's Name: _____

Parent's Email: _____

Please complete this form by July 17, 2023

Intensity Categories	Choose your Intensity	Mon	Tues	Wed	Thurs	Fri	Sat	Monthly Tuition	
Level 9 Schedule: Open to all gymnasts who have competed Level 9	A 26 hrs	<input type="checkbox"/>	1:00-5:30	1:00-5:30	1:00-5:30	1:00-5:30	1:00-4:30	8:00-12:30	\$1040
		<input type="checkbox"/>	1:30-6:00	1:30-6:00	1:30-6:00	1:30-6:00	1:30-5:00	8:00-12:30	
		<input type="checkbox"/>	2:30-7:00	2:30-7:00	2:30-7:00	2:30-7:00	2:30-6:00	8:00-12:30	
		<input type="checkbox"/>	3:30-8:00	3:30-8:00	3:30-8:00	3:30-8:00	3:30-7:00	8:00-12:30	
	B 21.5 hrs	<input type="checkbox"/>	1:00-5:30	OFF	1:00-5:30	1:00-5:30	1:00-4:30	8:00-12:30	\$917
		<input type="checkbox"/>	1:30-6:00	OFF	1:30-6:00	1:30-6:00	1:30-5:00	8:00-12:30	
		<input type="checkbox"/>	2:30-7:00	OFF	2:30-7:00	2:30-7:00	2:30-6:00	8:00-12:30	
		<input type="checkbox"/>	3:30-8:00	OFF	3:30-8:00	3:30-8:00	3:30-7:00	8:00-12:30	
Level 10 Schedule 1: Open to Juniors and Seniors in HS, with a scholarship (or verbal), and a PA of 100+	A 20.5 hrs	<input type="checkbox"/>	1:00-5:30	1:00-4:30	OFF	1:00-5:30	1:00-4:30	8:00-12:30	\$902
		<input type="checkbox"/>	1:30-6:00	1:30-5:00	OFF	1:30-6:00	1:30-5:00	8:00-12:30	
Level 10 Schedule 2: Open to anyone who competed L10	B 24 hrs	<input type="checkbox"/>	1:00-5:30	1:00-4:30	1:00-4:30	1:00-5:30	1:00-4:30	8:00-12:30	\$984
		<input type="checkbox"/>	1:30-6:00	1:30-5:00	1:30-5:00	1:30-6:00	1:30-5:00	8:00-12:30	

Days off: It's recommended that you choose an option with a day off. Please note that the days off are specially selected for each level. Due to the size of the team program and to keep staffing schedules consistent, we cannot accommodate an alternative day off.