



2019 Fall Season Competition Packet for Levels 1-5

Dear Parents and Athletes,

The staff and coaches of American Twisters are very proud of how hard all of 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, teamtwesters.com, where you can download important forms. Please print out and return the forms that pertain to your child’s particular level.

Due to the continued growth of the entire Twister 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 **2019 Fall Season Competition Season 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**

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 competition 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 number of competitive meets prior to “peaking” at the State competitions. For the compulsory levels, we require participation in at least 4 meets. There are 2 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 September 8th In-House Meet.
2. There should be multiple competitions where the girls “get out the bugs” and in some cases try out new skills. At these meets our athletes will have the opportunity to “learn to compete.” Two to three weeks prior to the State Championships there should be a final “tune up” competition to prepare the for State Championships.

In the next few pages you will find the Twisters competitive schedule for each level. You will want to find a place for this on your desk or refrigerator for future reference.

You will note that all meets listed usually have both 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 5 or 6 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 are then assigned their competition days and times. 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 Friday competition (this may happen once or twice a year).

NOTE: Twister Meet Entry Policy

ALL Twister 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 & 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

Twister Annual Registration Fee

Twister Gymnastics assesses an annual registration fee of:

- \$150 for L1-5 and Xcel Bronze & Silver gymnasts,
- \$185 for L6-10 and Xcel Gold, Platinum and Diamond 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 Annual Registration fee is due by 8/9/19 for Compulsories L1-5, and on 9/16/19 for Optional Levels 6-10 and all Xcel Levels.

General Competition Fund

The General Competition Fund is made up of an additional:

- \$85 from each compulsory and XB & XS athlete,
- \$105 from each level 6/7 and XG & XP athlete,
- \$145 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 175 competitors entry forms for each meet,
- Collection and accounting of competitive expenses and fees,
- Making coaches travel arrangements.

Additionally, this fund is used to support the costs of the highest-level gymnasts that are traveling regionally and 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 the fund:

- Level 6/7/8/9/10 & Xcel Regional Championships
- Level 9/10 National Championships

The General Fund Contribution will be charged to all Team Families on November 11, 2019

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 \$90,000 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 \$55-\$175 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 optional.

Fundraising

Help defray your competition fees!!

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

By early November, we will be have a fundraising meeting for all families interested in raising money to subsidize their competition fees. We will notify all team parents when this meeting date has been set and a packet with more detailed information has been posted online.

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 USAC competition program:** Our meets offer businesses valuable exposure to consumers in South Florida.
- 2. Sign-up a business to purchase a banner in the Twister Gym:** Twister's banner fundraising program gives business 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:

There will be an annual Parent Meeting to answer any questions you may have about this competition packet and to discuss the competitive season and what to expect at meets. **The meeting will be held on August 9th.** Exact times for each level are TBD.

Competitive leotards and Warm Ups

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
- Twister gym bag for meets (This is our last year with this bag- choose cinch bag or bookbag)
- A Hair Scrunchie (or 2 scrunchies if your daughter will be wearing her hair in 2 buns at meets). These will be available for purchase at the front desk. One scrunchie comes with the leotard.
- All levels will wear a special hair bow over their scrunchie that can be purchased at the front desk.
- All team members will need two Twisters shirts (one is red and one is blue). Shirts are ordered with the leotards and warm ups at sizing.

**NOTE: the current leotard and warm ups will be used through May of 2021.

* All the Twister “spirit apparel” & book bags mentioned above can be purchased by contacting Linda Thomas at lth4209527@aol.com

Competitive Level Designation Deadlines:

- Compulsories --- The deadline for designation of each girl’s compulsory level for Levels 1-5 is the September 8th In-House Meet.

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 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 day prior to a competition. The Head Coach, WILL NOT allow participation in a meet (or on any specific individual events) 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 2019 Level 1-5 Fall Season

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 to those girls/families who participated in the meet.

NOTE: Twister Meet Entry Policy

ALL Twister 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 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 & 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).

<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>	<u>Notes:</u>
	L1-5 Annual Registration Fee			150	8/9	
9/8	Meet the Team In-House Meet	American Twisters Coconut Creek, FL	57 + 29	86	Post Event	C
9/20-9/22	Penguin Invitational	Cooper City, FL	91 + 54	145	8/12	C
10/12-10/13	Swinging Safari	Tampa, FL	80 + 75	155	9/2	C
10/25-10/27	Fright Invite	Deerfield Beach, FL	L1-2: 99 + 54 L3-5: 129 + 54	L1-2: 153 L3-5: 183	9/4	C
11/10	Teddy Bear In-House Meet	American Twisters Coconut Creek, FL	57 + 29	86	Post Event	C & PA
11/22-11/24	Level 1 & 2 FL State Championships	Bradenton, FL	75 + 84	159	10/14	C
TBD	Judges Evaluation During Regular Workout	American Twisters Coconut Creek, FL	No charge	0	N/A	C
12/6-12/8	Level 4 & 5 FL State Championships	Winterhaven, FL	75 + 84	159	10/21	C
12/13-12/15	Level 3 State Championships	Daytona, FL	TBD + 84	TBD	TBD	C
	General Fund Support **Mandatory**		85	85	11/11	