



American Twisters 2019–2020 Competition Season Packet (For all Xcel Levels and Levels 6-10)

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 www.americantwisters.com where you can download important forms, along with finding other interesting team information. As you read through this document, 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 **2019-2020 Competition Season Packet** contains the following

- 1. Selection of Meets**
- 2. Explanation of Fees, Tuition vs. Competition Fees**
- 3. Fundraising, Travel Meets, Misc. Team Items**
- 4. Level Designation Deadlines**
- 5. 10-Day Rule**
- 6. Competition Schedule: Levels Xcel Bronze, Silver, Gold, Platinum and Diamond**
- 7. Competition Schedule: Level 6**
- 8. Competition Schedule: Level 7**
- 9. Competition Schedule: Level 8**
- 10. Competition Schedule: Level 9**
- 11. Competition Schedule: Level 10**

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 the 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 3 things we do when designing a competitive meet 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. This “deadline” meet for all of our optional levels this season is Saturday, December 21, 2019.
2. There should be multiple competitions where the girls “get out the bugs” and in some cases try 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 for State.
3. The girls should have the opportunity to participate in a “special competition.” A meet above and beyond a normal “in the gym” competition. For example, the Presidential Classic at Disney’s Wide World of Sports is one of the largest and most prestigious gymnastics meets in the country. Here your child will not only have the opportunity to compete at Disney World, but they will also have the opportunity to watch some of the best gymnasts in the country and compete against girls from over 25 different states and several foreign countries in an amazing venue and an exciting atmosphere.

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.

On the enclosed meets schedules, many of the dates are listed as Friday-Sunday. Please realize that most of these meets actually run on Friday, Saturday and Sundays, with various levels actually competing on different days. You will only compete in one session on one day, but many times we do not know the specific weekend day until 2 or 3 weeks prior to the meet.

Entries in competitions are usually due 8 to 12 weeks prior to the actual competition. Entry deadlines vary, based on the meet host and the popularity of some meets that “fill up” 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 specific 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 weekend day. Large invitational meet competitions along with State and Regional Championships will begin competitions on a Friday.

NOTE: Twister Meet Entry Policy

ALL Twister athletes will be entered into 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 our entry check is sent, we must wait to be notified of our assigned days and times that we will compete. This notification usually occurs 7-10 days prior to the competition and will be immediately passed along via email to all the Twister participants.

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 the team and upgrading equipment to meet competitive standards.

The Team Twister Registration fee is due annually on 9/16/19 for Optionals & 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/XD athlete,
- \$145 from each level 8-10

This fund benefits everyone by spreading out administrative costs across the whole team for:

- Entering athletes into the meets and filling out approximately 175 competitive 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 her regional and national championships.

The following meets are eligible to receive the subsidy from “The Fund”:

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

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

Tuition vs. 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 competition and level, and are based upon the projected coaching costs associated with each competition. These fees covers coaching expenses such as travel, food, lodging, coaching compensation, in addition to covering the coaches' classes & team assignments when they are away attending other meets.

Entry Fees:

Entry fees for competitions vary from \$55-\$175 per meet. 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, once collected by the meet host, 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.

In early November, there will be a fundraising meeting for all families interested in raising money to subsidize their competition fees. We will notify all team parents of this meeting date along with further information to be posted on our team website.

Below are various ways you can subsidize your personal competition fees 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 over 1,500 families that come to 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.

Traveling to Competitions:

The parents book all travel arrangements for the athlete, such as airfares, rental cars, and hotels. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times. Parents are encouraged to “Parent Pool” to reduce the costs of these types of trips. An itinerary of the coaches travel arrangements, hotel accommodations along with the team’s competition day/time/session will be provided to the athlete and parents. The attending coaches may also offer some “team” sightseeing events or other activities for the gymnasts while there.

Like all other Twister competitions, parents will have the option to “opt out” of any or all of these “travel” competitions. At the annual parents meeting the coaching staff will explain which of the meets this season are “team travel” events. There will also be an estimated cost for each of these trips so the parents can see the expectant costs prior to making a commitment to participate.

All of the “team travel” flying meets will have an entry fee deadline that could be due as much as 4 or 5 months prior to the competition in order to be guaranteed a spot in that meet. The coaches’ expenses (airfare, meals, hotel, rental car, parking, etc.) will be calculated upon return and divided by the number of participants, to be billed within 10 days after the competition.

Stand Alone Meets:

For all of the “team travel” meets along with Regional and National Championship meets, you will see that they do not have costs associated with them at this time and are labeled “Stand Alone”. The costs of these competitions cannot be calculated until AFTER the competition. We could have 15 National qualifiers (having the necessity of having 3 coaches attend) or we could have 3 (which can be handled by 1 coach)! A “team travel” meet in Boston could have 12 girls sign up for it or possibly just 5.

Since all meets have figured into them the cost of coaches’ meals, travel, hotel, etc. Having this cost divided by 5 girls or 17 girls will obviously make a big difference to each individual cost. This is why the meet schedule indicates the cost of all local (in state) meets when almost the entire full squad competes, and but no projected cost for the “Stand Alone” meets, which involve out of state travel and an unknown number of participants at this time.

Annual Parent Meetings:

Optional Levels will meet on Saturday, August 24, 2019 at the following times:

- Level 10's: workout from 8-11:30 w/ parent meeting from 8:30-10
- Levels 7-9: workout from 10:00-1:00 w/ parent meetings from 10:00-11:30
- Level 6 and Xcels: workout from 11:30-2:30 with parent meeting from 11:30-1:00

Competitive Level Designation Deadlines:

Optionals & Xcels -- To allow the girls the maximum amount of time to develop the skills necessary at her next highest competitive level, we do not designate competitive levels until AFTER the December In House Meet. In the fall training, the coaches will be conducting monthly Physical Ability testing along with extensive skill testing (verifications) to assess athlete competitive level for the 2020 season.

10 Day Rule!

Parents please be aware of the American Twisters 10-day competitive meet rule. 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 expecting to compete;
- Showing consistency performing ALL 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.

“Meet readiness” is determined by each 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 during this “10 day meet preparation” window of time 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! .

2019-2020 Twisters Competitive Schedule

Xcel Bronze, Silver, Gold, Platinum, & Diamond

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 “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).

<u>Mandated, Qualifier, or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>
M	12/21	Meet the Team In-House Competition	American Twisters	57 + 29	86	Post Event
M	1/11	In-House Mock Meet	American Twisters	57 + 29	86	Post Event
M	1/31-2/2	Sun & Surf Spectacular	Coral Springs City Gymnasium	149 + 54	203	11/14
C	2/14-2/17	Presidential Classic	Disney Wide World of Sports	159 + 75	234	9/20
M	3/6-3/8	Tim Rand Invitational	West Palm Beach	159 + 54	213	10/24
Q	3/27-3/29	XP & XD FL State Championships	Ft. Myers or Winter Haven: TBD	75 + 84	159	2/21
Q	4/17-4/19	XB, XS, XG FL State Championships	Daytona Beach	75 + 84	159	3/13
C	4/25-4/26	FL Crown Championships	Lynn University Boca Raton, FL	129 + 54	183	2/5
Q	5/8-5/10	Xcel Region 8 Championships (XS, XG, XP, XD)	Tuscaloosa, AL	Stand Alone	TBD	Post Event
M		General Fund Support **Mandatory**		XB/XS: 85 XG/XP/XD: 105		11/11/19

** Stand alone meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all travel arrangements, meals, hotels, etc. for the athlete for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times.

2019-2020 Twisters Competitive Schedule Level 6

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 “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).

<u>Mandated, Qualifier, Or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fee</u>	<u>Charge Date</u>
M	12/21	Meet the Team In-House Competition	American Twisters	57 + 29	86	Post Event
M	1/11	In-House Mock Meet	American Twisters	57 + 29	86	Post Event
M	1/31-2/2	Sun & Surf Spectacular	Coral Springs City Gymnasium	149 + 54	203	11/14
C	2/14-2/17	Presidential Classic	Disney Wide World of Sports	159 + 75	234	9/20
M	3/6-3/8	Tim Rand Invitational	West Palm Beach	159 + 54	213	10/24
Q	4/3-4/5	FL State Championships	Bradenton	TBD + 84	TBD	3/2
Q	4/24-4/26	Region 8 Championships	Myrtle Beach, SC	Stand Alone	TBD	Post Event
M		General Fund Support **Mandatory**		105		11/11/19

** Stand alone meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all travel arrangements, meals, hotels, etc. for the athlete for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times.

2019-2020 Twisters Competitive Schedule

Level 7

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 “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).

<u>Mandated, Qualifier, Or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>
M	12/21	Meet the Team In-House Competition	American Twisters	57 + 29	86	Post Event
M	1/11	In-House Mock Meet	American Twisters	57 + 29	86	Post Event
M	1/31-2/2	Sun & Surf Spectacular	Coral Springs City Gymnasium	149 + 54	203	11/14
C	2/14-2/17	Presidential Classic	Disney Wide World of Sports	159 + 75	234	9/20
M	3/6-3/8	Tim Rand Invitational	West Palm Beach	159 + 54	213	10/24
Q	3/27-3/29	FL State Championships	Ft. Myers or Winter Haven: TBD	TBD + 84	TBD	2/21
Q	4/24-4/26	Region 8 Championships	Myrtle Beach, SC	Stand Alone	TBD	Post Event
M		General Fund Support **Mandatory**		105		11/11/19

** Stand alone meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all travel arrangements, meals, hotels, etc. for the athlete for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times.

2019-2020 Twisters Competitive Schedule Level 8

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 “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).

<u>Mandated, Qualifier, Or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>
M	12/21	Meet the Team In-House Competition	American Twisters	57 + 29	86	Post Event
M	1/11	In-House Mock Meet	American Twisters	57 + 29	86	Post Event
C	1/16-1/19	Crimson Classic	Tuscaloosa, AL	\$100 + TBD Stand Alone	TBD	Entry: 11/1 Balance: Post Event
M	1/31-2/2	Sun & Surf Spectacular	Coral Springs City Gymnasium	149 + 54	203	11/14
C	2/14-2/17	Presidential Classic	Disney Wide World of Sports	159 + 75	234	9/20
M	3/6-3/8	Tim Rand Invitational	West Palm Beach	159 + 54	213	10/24
Q	3/27-3/29	FL State Championships	Ft. Myers or Winter Haven: TBD	TBD + 84	TBD	2/21
Q	4/24-4/26	Region 8 Championships	Myrtle Beach, SC	Stand Alone	TBD	Post Event
M		General Fund Support **Mandatory**		145		11/11/19

** Stand alone meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals Championships) are eligible for travel fund subsidy.

Please note: all travel arrangements, meals, hotels, etc. for the athlete for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times.

2019-2020 Twisters Competitive Schedule Level 9

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 “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).

** Stand alone meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events”

<u>Mandated, Qualifier, Or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>
M	12/21	Meet the Team In-House Competition	American Twisters	57 + 29	86	Post Event
M	1/11	In-House Mock Meet	American Twisters	57 + 29	86	Post Event
C	1/16-1/19	Crimson Classic	Tuscaloosa, AL	100 + TBD Stand Alone	TBD	Entry: 11/1 Balance: Post Event
M	1/31-2/2	Sun & Surf Spectacular	Coral Springs City Gymnasium	149 + 54	203	11/14
C	2/14-2/17	Presidential Classic	Disney Wide World of Sports	159 + 75	234	9/20
M	3/6-3/8	Tim Rand Invitational	West Palm Beach	159 + 54	213	10/24
Q	3/27-3/29	FL State Championships	Ft. Myers or Winter Haven: TBD	TBD + 84	TBD	2/21
Q	4/17-4/19	Region 8 Championships	Greenville, NC	Stand Alone	TBD	Post Event
Q	5/8-5/10	L9 Eastern National Championships	Battle Creek, MI	Stand Alone	TBD	Post Event
M		General Fund Support **Mandatory**		145		11/11/19

(Regionals, National Championships) are eligible for travel fund subsidy

Please note: all travel arrangements, meals, hotels, etc. for the athlete for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times.

2019-2020 Twisters Competitive Schedule Level 10

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 “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).

<u>Mandated, Qualifier, Or Choice</u>	<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Entry Fee + Coaches Fee</u>	<u>Total Fees</u>	<u>Charge Date</u>
M	12/21	Meet the Team In-House Competition	American Twisters	57 + 29	86	Post Event
M	1/11	Twisters “College Meet”	American Twisters	57 + 29	86	Post Event
C	1/16-1/19	Brestyan’s Invitational (Nastia Qualifier)	Boston, MA	\$125 + TBD Stand Alone	TBD	Entry: 9/20 Balance: Post Event
M	1/31-2/2	Sun & Surf Spectacular	Coral Springs City Gymnasium	149 + 54	203	11/14
M	2/14-2/17	Presidential Classic	Disney Wide World of Sports	159 + 75	234	9/20
Coaches selection (8)	2/15-2/16	Magical Classic* (Nastia Qualifier)	Orlando	135 + 75	210	9/19
C	2/20-2/23	Elevate the Stage (Nastia Qualifier)	Toledo, OH	130 + TBD Stand Alone	TBD	Entry: 12/1 Balance: Post Event
M	3/6-3/8	Tim Rand Invitational	West Palm Beach	159 + 54	213	10/24
Q	3/27-3/29	FL State Championships	Ft. Myers or Winter Haven: TBD	TBD + 84	TBD	2/21
Q	4/17-4/19	Region 8 Championships	Greenville, NC	Stand Alone	TBD	Post Event
Q	5/15-5/17	L10 National Championships	Indianapolis, IN	Stand Alone	TBD	Post Event
M		General Fund Support **Mandatory**		145		11/11/19

*The Magical Classic is a Nastia Cup Qualifier and we only have 8 slots, therefore, we will enter the top 8 in the Magical Classic and all other L10’s will compete in the Presidential Classic.

** Stand alone meet expenses will be divided between the Twister gymnasts that attend. “Qualifying Events” (Regionals, National Championships) are eligible for travel fund subsidy

Please note: all travel arrangements, meals, hotels, etc. for the athlete for these competitions are booked by the parents. Gymnasts who participate in travel meets must be accompanied by their parent/guardian or w/ friend, who will meet up with the coaching staff at the meet site the day of competition. Coaches are responsible for supervision at the meet site only, and only during practice and competition times.