

American Twisters

2021 Summer Information Packet

Thank you for choosing Twisters!

Dear Team Twister Parents,

I want to congratulate the athletes, coaches & parents on a spectacular competitive season. Everyone is proud of your daughters' ever-increasing work ethic and the amazing results they have achieved. The girls continue pushing themselves toward achieving worthy goals that they are learning to set and accomplish with their coaches' guidance & support.

I invite you to join me in thanking our staff for their dedication, commitment and support of your daughters' gymnastics.

Finally, I want to personally thank you for your role in helping Twisters be our very best. Your time, dedication, financial support, and love are essential to your child's success. I look forward to working with you and appreciate your commitment to Twisters.

Respectfully,

Randy Sikora, Owner

Annual Team Awards & Water Park Party!

Date: TBA

Location: Coconut Cove Park

Estimated Time: 5:30-8:00

Who: Team gymnasts & families

Why: Show recognition and present gifts to each team member.

Please let the front desk know if you are interested in helping to coordinate this event!

Contact Info

Do you have questions?
Please direct to the email addresses below:

Gary Anderson, Team Coordinator
MrMvt@aol.com

Christy Ramirez, Optional Head Coach
TwistersCoachChristy@gmail.com

Erin Hall, Compulsory Head Coach
Gymcoach84@gmail.com

Cindy Keck, Xcel Head Coach
Cbkeck1@aol.com

For tuition or account questions please contact Elayne @ 301-466-4725 or elayne3333@aol.com

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Team Summer Training

American Twisters Team Summer Training

It is critical and essential that our gymnasts acquire the strength and flexibility to accomplish skills they are trying to learn. If an athlete cannot do a pullover on bars, it's not because she is uncoordinated but rather that she is simply not strong enough! If a gymnast performs a poor leap, she does so because she is not flexible enough to split her legs and not strong enough to lift the rear leg up to a horizontal position.

Our young gymnasts are growing. Add the fact that many gymnasts over the summer spend limited hours of training each week, it becomes a real struggle to maintain their level of skills and fitness. Traditionally, many gymnasts train for some of the summer and even then, just some of the days offered. It is not unusual for them to take off a third or even half of the summer for vacationing with their families. This is fine as long as both the athlete and parents realize that they cannot then expect to step back into a gymnastics setting and simply pick up where they left off, let alone advance to another competitive level.

On the other hand, many of the girls are so excited and thrilled with the sport that they would be in the gym 24/7 if you let them. Why then do clubs and coaches restrict or “box in” kids to train a specific number of hours throughout the summer? During the school year, it makes sense to restrict practice days and times because of school commitments. However, in the summer, why restrict those who “live for gymnastics” and have such a passion for the sport?

Gymnasts and parents are traditionally told, “...your daughter is so good that she should be at level 9...so she MUST come into the gym 5 days a week for 5 hours each day...” This is fine, but what if the gymnast doesn't want to go to gym 5 days a week? A girl who chooses the minimum training throughout the summer and at the same time experiences some physical growth more than likely will struggle to maintain her current level. On the other hand, girls who choose the maximum training program could move up one or even two levels!

The summer is used for general training and teaching skills. Those learning the specific skills for the various USAG Compulsory levels will then compete in the Florida State Compulsory program (levels 1 thru 5) with formal sanctioned competitions beginning as early as mid-August and culminating at their State Championships in December. Others will move to the Optional or Xcel competitive team program at the end of the summer and begin to prepare for competitions at the various Xcel or optional levels that compete from January through May.

For these reasons, we run the Competitive Team Summer Program with tremendous flexibility and with lots of choices for the athletes and parents. For you, it is a time to “choose your intensity”! At what intensity do *you* want to train during the summer months?

Compulsories

All Compulsory level gymnasts (Levels 1-5) compete in the fall season (Aug-Dec). There will be a Skill Verification and PA Test in June to determine what level they are ready to compete. We must determine the girls' level in June so they can begin learning and training routines in July.

This summer all gymnasts will be able to choose the intensity (number of days) they wish to train per week. The training days are specified on the selection sheet in this packet. If your daughter should miss a summer workout, and would like to make it up, she may come on one of her "off days". Make ups must be scheduled at the front desk.

It would seem logical that those who have put in the most training hours would also be those doing the best on the post-summer test and would be ready to move onto the next competitive level. Since we will not know their new level until the June PA Test and Skill Verification, summer training options can be selected based on their current level and latest PA score. Realize that her level can change all the way up until the June PA Test & Skill Verification. Please fill out the selection form based on current scores and we will make any necessary adjustments in June.

New Team Members:

New team members from the class program or Pre-Team Program will work out in the Compulsory "Developmental Team" training group (see schedule inside this packet). New team members from other clubs or programs will be evaluated by taking the Competitive Team Physical Abilities Test and their basic skill performances.

Current Developmental Team Members:

Gymnasts who are currently on the Developmental Team will work out in the Compulsory "Developmental Team" training group (see schedule inside this packet). If they will be 7 years old or younger on August 1st, and they score a minimum of 15 points on the June Physical Abilities Test and pass the June Skill Verification, they may elect to train in the Compulsory "Level 1" training group. If they will be 8 years old or younger on August 1st, and they score a minimum of 25 points on the June Physical Abilities Test and pass the June Skill Verification they may elect to train in the Compulsory "Level 2" training group.

Current Compulsory Level 1:

Gymnasts who are currently in the Level 1 compulsory program will work out in the Compulsory "Level 1" training group (see schedule inside this packet). If they score a minimum of 25 points on the June Physical Abilities Test and pass the June Skill Verification they may elect to train in the Compulsory "Level 2" training group.

Current Compulsory Level 2:

Gymnasts who are currently in the Level 2 compulsory program will work out in the Compulsory "Level 2" training group. If they score a minimum of 35 points on the June Physical Abilities Test and pass the June Skill Verification they may elect to train in the Compulsory "Level 3" training group.

Current Compulsory Level 3:

Gymnasts who are currently in the Level 3 compulsory program, will work out in the Compulsory "Level 3" training group. If they score a minimum of 45 points on the June Physical Abilities Test and pass the June Skill Verification, they may elect to train in the Compulsory "Level 4" training group.

Current Compulsory Level 4:

Gymnasts who are currently in the Level 4 compulsory program, will work out in the Compulsory "Level 4 & 5" training program.

Current Compulsory Level 5:

Current Level 5's who score a minimum of 65 points on the June Physical Abilities Test and pass the June Skill Verification will train in the "Optional Training Program #1 (OTP1)" under Optional Head Coach, Christina Ramirez (see the Optional Summer Training Schedule inside this packet). Those who do not achieve BOTH the 65-point PA requirement and pass the Optional Level Skills Verification will train in the Xcel "Training Group D".

Optionals

Optional level gymnastics requires a bit more time, commitment and focus than the compulsory levels. Participants can choose a training program with a more social atmosphere with participation being the main goal, while learning lots of new gymnastics skills and lessons of life along the way. Others strive to push themselves to be the best they can possibly be each workout, with a goal of attaining a college scholarship. Regardless of the chosen path, we provide a program and the help to guide each girl along the way toward her goals.

Once a girl has passed the Optional level skills and PA testing, she is eligible for and can be invited to train at the optional levels. At that point the "race is on" to develop and successfully compete the "Menu of Skills" that will make her eligible for each specific level of competition.

After working her way through several optional levels, and if the coaching staff feels a gymnast is both mentally and physically prepared, she can be invited to train in the "Advanced Optional Training Program (AOTP)". This is the group that attracts college coaches to visit our gym and to make our athletes scholarship offers. Gymnastics scholarship offers cannot be made earlier than the summer prior to 11th grade. Full scholarship candidates have all met the criteria of "having successfully competed" the "College Menu of Skills" on each event and have achieved success at the State, Regional and National Level 10 championships.

Optional competitive levels are not determined until after our final "Skill Verifications" each November. We have found that tremendous skill progress and development can take place not only throughout the summer but also during the four months in the fall prior to the start the new competitive season each January. Twisters Optional program does a very elaborate "skills verification" system along with continued Physical Abilities testing at the end of each month during the fall. The girls' competitive levels are then determined just prior to registering them for the competition season in January.

ALL girls in optional levels 6-10 must pass the Physical Abilities Test in order to train in any of the 2021 Optional Summer Programs. *We will be offering special clinics once a week to help anyone with their deficiencies on the PA Test.* Please remember that to "SAFELY" learn and attempt the difficult upper level skills, you must be strong and flexible enough to learn each skill. Therefore, minimum PA test scores, almost always ensure success for learning new difficult skills at the upper optional levels, not to mention giving them tremendous confidence to do gymnastics safely.

All optional level girls are given various intensities to choose from over the summer.

Current Optional Levels 6-8:

If your daughter is currently in levels 6-8 in the Optional Program, she will work out in the "Optional Training Program (OTP)". Girls must pass the Physical Abilities test to participate in this program. Days and times are listed on the schedule and selection form in this packet.

Current Level 9 and Current Level 10:

If your daughter is currently in level 9 or is a current level 10 in the Optional Program, she will work out in the "Advanced Optional Training Program (AOTP)". Invitations may also be extended to other optional level girls that the coaches feel are ready both mentally and physically to be successful in this program. Days and times are listed on the selection form in this packet.

Xcel Optional Levels:

In addition to our intense and highly competitive compulsory and optional programs, Twisters also provides the option to compete as part of our Xcel Competitive team. Our Xcel team is organized and run under the direction of Xcel Head Coach Cindy Keck.

The Xcel competitive team is a great option for beginner and advanced gymnasts who would like a competitive gymnastics experience without the extensive time commitment that is required of the other compulsory and optional levels. We require our Xcel gymnasts to compete during the competitive season (December through May).

Please note: that due to its lower training intensity, the Xcel program is not an avenue for gymnasts who eventually want to reach Level 10 or are trying to earn a college scholarship.

This program does, however, provide a great competitive program with several major competitions each year including both a State and Regional Championships.

Current Xcel Bronze:

If your daughter is currently in Xcel Bronze, she will work out in the Xcel “Bronze” training group (see schedule in this packet).

Current Xcel Silver:

If your daughter is currently in Xcel Silver and 10 years old or younger, she will work out in the Xcel “Silver” training group (see schedule in this packet). If your daughter is currently in Xcel Silver and is 11 years old or older, she will work out in the Xcel “Gold” training group (see schedule in this packet).

Current Xcel Gold:

If your daughter is currently in Xcel Gold she will work out in the “Xcel Gold” training group. (see schedule in this packet).

Current Xcel Platinum:

If your daughter is currently in Xcel Platinum she will work out in the “Platinum” training group.

There are no Physical Abilities scores requirements to join our Xcel team levels. Xcel Level placement is determined at the end of the summer and throughout the Fall, based on skill verifications.

Important 2021 Summer Dates – (mark your calendars)

- TBA: Team Awards and Swim Party (Coconut Cove Park)
- Monday, May 31st: Memorial Day (Gym Closed)
- Saturday, June 19th: Last Day of Team School Year Schedule
- Monday, June 21st: First day of the summer program
- Friday, August 6th: Last Day of Summer Training
- Friday, August 6th – Saturday, August 7th: Team Show & Tell (All Levels; exact times TBA)
- August 9-13: End of Summer Break Week
- Monday, August 16th: 1st day of school year training schedule

***NOTE: We have removed one of the summer “break weeks” to increase the summer training. We will also not be having our annual 3-day weekend off in July this year.

Important Notes

- With this packet you will receive a copy of the ***“Team Twisters Summer Schedule & Selection Form.”*** ***Please be sure to return this form to the gym by April 10th*** so we can plan for our coaching staff coverage accordingly.
- If you cannot coordinate daytime transportation during the summer, Twisters is offering special day camp rates for all team members. Additionally, Twisters offer a “CIT” (Counselor in Training) program for gymnasts ages 16+. Please see the Camp Twisters (Team Only) flyer included in this packet for detailed information (including who to contact to apply for a CIT position).
- If you plan to be away from the gym this summer for 4 consecutive weeks or more, please contact your daughter's Head Coach via email to discuss arrangements and your team status. Realize that girls who miss more than 3 full weeks of summer training must take and PASS a Skill and Physical Abilities Test to be placed back onto the competitive team program.

Thanks for your continued support of the Twister Program. I believe we have a competitive program in which everyone can be very proud and happy to be a part of the Twister Team Family.

Sincerely,

Gary Anderson
Competitive Team Coordinator
MrMvt@aol.com

Christina Ramirez
Optional Head Coach
TwistersCoachChristy@gmail.com

Erin Hall
Compulsory Head Coach
Gymcoach84@gmail.com

Cindy Keck
Xcel Head Coach
Cbkeck1@aol.com

PS – As always, if you should have any questions or concerns, please email Gary, Christy, Erin, or Cindy. It is difficult to get us on the phone since we don't take calls while coaching on the floor, but we are GREAT with getting back to you via email within 24 hours. **Please don't rely on parent “gossip”** – email us, and get the correct answer directly from the source!

****Please help us by getting your summer intensity selection chart back to our office by April 10th** (even if you have to change it later). We need this in order to see how many coaches are needed each day, so we can get our coaches under contract for the summer.

Tuition Fees & Policies

Tuition Notice:

Each year, we have a tuition adjustment beginning June 1st. The summer of 2021 is unique in that our summer schedule starts later due to the extended 2020-2021 school year. *For this reason, we are delaying this year's tuition adjustment to July 1st.* Please note that the summer training schedule begins in June but the tuition does not change until July. An outline explaining the overlap of the tuition and summer/school year training schedules is below. Our goal is to simplify the summer tuition billing to avoid charging each family a different rate for June, July, August and September.

June:

- The annual tuition adjustment has been delayed. Tuition is billed this month based on the 2020-2021 school year schedule rather than the summer schedule
- We are following the 2020-2021 school year training schedule until 6/19
- We removed the annual June “break week” to provide an extra week of training! The summer training schedule begins on 6/21.

July:

- The tuition adjustment takes effect for the summer schedule that began on 6/21

August:

- There is no change in tuition from July
- End of Summer Break: there is no practice the week of 8/9
- The 2021-2022 school year training schedule begins 8/16

September:

- Tuition will be billed based on the 2021-2022 school year schedule (that begins 8/16). The 2021-2022 school year schedule is not included in this packet but will be released around mid-June. There is not a tuition increase in September.

You may have noticed that in addition to delaying the tuition adjustment, we are also removing one of the two “break weeks” that usually occurs over the summer. By removing the break at the beginning of the summer, we are able to provide the girls with an extra week of training at a time when most families are still not traveling.

The word “adjustment” is used carefully since it is just that – an adjustment for inflation (and rising costs of operation) and the additional hours committed to the Team Program. *Please review the following pages for more information on tuition.* If for any reason this tuition increase presents a financial hardship on your family, please contact our business manager, Debbie Madiou to discuss. Debbie’s email address is debbiemadiou@gmail.com

2021-2022 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. In the past year, we have experienced 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 | 165 | 41.25 |
| 3 | 12 | 331 | 27.58 |
| 6 | 24 | 465 | 19.38 |
| 7 | 28 | 495 | 17.68 |
| 9 | 36 | 530 | 14.73 |
| 10.5 | 42 | 563 | 13.40 |
| 12 | 48 | 583 | 12.16 |
| 14 | 56 | 653 | 11.66 |
| 15 | 60 | 658 | 10.97 |
| 16 | 64 | 674 | 10.53 |
| 17.5 | 70 | 695 | 9.92 |
| 18 | 72 | 699 | 9.71 |
| 20 | 80 | 738 | 9.23 |
| 21.5 | 86 | 783 | 9.10 |

Summer Camps

With summer just around the corner, you will begin to see the advertisements online and in gymnastics magazines for summer sleepover gymnastics camps. The larger and most popular of these have varied programs with water activities (both pools and lakes), courage courses, photography, horseback riding, and crafts along with a full day of gymnastics classes both in the morning and afternoon. I have worked at many of these camps at times throughout my coaching career and IF you are going to send your child to a camp, I would recommend International Gymnastics Camp in the Pocono Mountains just outside of New York City. I know the owners of this camp and they do a good job of providing a varied gymnastics program along with other social activities.

With that said, let me expound on my feelings of summer gymnastics camps in general. Your first intent of sending your daughter to camp should not be to further her gymnastics talent or skills, but rather for the social, away from home experience in a fun setting. All camps hire college kids or visiting coaches who have NO CLUE as to your daughters' talent, experience, learning curve or readiness for any skill acquisition. These visiting coaches have NO IDEA what drills the girls have done, what conditioning exercises they have done, or what preparation they have had in learning or doing skills. The "camp experience" (from a coach who has been there and done that) is to allow the kids to have fun and literally "throw" them through skills into a foam pit.

The camp atmosphere is built around having fun and experiencing things "you aren't allowed to do or are not ready to do" with your coaches back home! Level 3 gymnasts would come home from camp and tell me how they "did" double back flips, yet in their normal training they could barely do ONE back flip. But, this is a "camp" experience. It is not the best thing for really learning or working on the skills and drills that you should be working on, BUT it is FUN, not to mention the cute boys, college coaches, camp skit night and getting to meet and live with other gymnasts from around the country. Groups in a camping situation are usually 10 to 15 per group, which is far more than the normal Twister 5 to 8 per group ratio.

The bottom line is that if you are going to send your daughter to "camp", sending her to a gymnastics camp is better than sending her to a generic type camp or a horseback riding camp. BUT realize that the main goal or result from this camp experience should not be that she makes significant progress toward her gymnastics development. I think it is fine for girls in the compulsory levels through xcel and even Level 7 to attend camp, but once a girl gets to Level 8 and above, a gymnastics camp will not be conducive to her progress and may even be detrimental. The Level 8's and above need to remain in the logical and progressive program designed at specific skills development that they need to be successful at the higher optional levels.

Gary Anderson
Twisters Competitive Team Coordinator

PS – Twisters will be offering a very comprehensive team program all summer long, and one that is being run by the coaches you have been and will be working with throughout the competitive season. Because of this, there is no monthly tuition deduction should you choose to attend a summer camp or go on vacation.

Camp Twisters 2021

This special is reserved for Team Athletes Only

Dear Team Parents,

Summer is an excellent opportunity for our athletes to increase their intensity, focus and training time in preparation for the upcoming competitive year. I use the word "opportunity", but that is an understatement - in past years, gymnasts have made HUGE LEAPS (in some cases skipping levels) in their gymnastics by committing the extra time and energy available to them during the summer.

Camp Twisters operates all day 8:30am-6pm and will "dovetail" with your daughters training schedule, providing her with fun activities and safe supervision before and/or after her workout(s).

In addition, we offer a Twisters "CIT" (coach in training) program for our gymnasts ages 16+. Since "hanging out" in the gym between workouts is not permitted, this program allows these team members the opportunity to stay at the gym all day and be productive. This non-paid program is designed to train interested gymnasts to work with young children by assisting our coaches & camp staff. If you are interested in applying for a CIT position, please contact Brittany Barnao at Brittany@americantwisters.com

Thank you and we look forward to a spectacular summer!

-Team Twisters Staff

Team Twisters Camp Rate

\$49 per day (Flat Rate)

or

\$175 per week

Drop off at 8:30am pick up at 6pm (from camp or after scheduled workout)

Reserved for Team Members only (see the office for sibling rates).

To sign up or for more information, contact the front office

2021 American Twisters Compulsory Team Summer Schedule & Selection Form

Rates effective July 1, 2021

Schedule begins June 21, 2021

Gymnast's Name: _____

Parent's Email: _____

| Intensity Categories | Circle your Intensity | Hrs/wk | Mon | Tues | Wed | Thurs | Fri | Monthly Tuition |
|--|-----------------------|--------|--------------|--------------|--------------|--------------|--------------|-----------------|
| Developmental Team <small>New team girls.</small> | Super | 15 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | \$658 |
| | High | 12 | OFF | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | \$583 |
| | Medium | 9 | 12:30 – 3:30 | OFF | 12:30 – 3:30 | OFF | 12:30 – 3:30 | \$530 |
| | Low | 6 | OFF | OFF | 12:30 – 3:30 | OFF | 12:30 – 3:30 | \$465 |
| Level 1 <small>Girls currently on the Developmental Team who earn at least 15 points on the PA Test and are 7 years old or younger on August 1st.</small> | Super | 15 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | \$658 |
| | High | 12 | 12:30 – 3:30 | 12:30 – 3:30 | OFF | 12:30 – 3:30 | 12:30 – 3:30 | \$583 |
| | Medium | 9 | OFF | 12:30 – 3:30 | OFF | 12:30 – 3:30 | 12:30 – 3:30 | \$530 |
| Level 2 <small>Girls currently on the Level 1 team or developmental team who earn at least 25 points on the PA Test and are 8 years old or younger on August 1st.</small> | Super | 15 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | \$658 |
| | High | 12 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | OFF | \$583 |
| | Medium | 9 | OFF | 12:30 – 3:30 | OFF | 12:30 – 3:30 | 12:30 – 3:30 | \$530 |
| Level 3 <small>Girls currently on the Level 2 team who earn at least 35 points on the PA Test.</small> | Super | 17.5 | 4:00 – 7:30 | 4:00 – 7:30 | 4:00 – 7:30 | 4:00 – 7:30 | 4:00 – 7:30 | \$695 |
| | High | 14 | OFF | 4:00 – 7:30 | 4:00 – 7:30 | 4:00 – 7:30 | 4:00 – 7:30 | \$653 |
| | Medium | 10.5 | 4:00 – 7:30 | OFF | 4:00 – 7:30 | OFF | 4:00 – 7:30 | \$563 |
| Level 4 & 5 <small>Girls currently on the Level 3 & 4 team who earn at least 45 points (for level 4) and 55 points (for level 5) on the PA Test.</small> | Super | 20 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | \$738 |
| | High | 16 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | OFF | \$674 |

***Please circle the desired workout intensity and email this form to Team Manager, Elayne Anderson: elayne3333@aol.com and Compulsory Head Coach, Erin Hall: gymcoach84@gmail.com by April 10, 2021.**

2021 American Twisters Xcel Team Summer Schedule & Selection Form

Rates effective July 1, 2021

Schedule begins June 21, 2021

Gymnast's Name: _____

Parent's Email: _____

| Intensity Categories | Circle your Intensity | Hrs/wk | Mon | Tues | Wed | Thurs | Fri | Monthly Tuition |
|--|-----------------------|--------|--------------|--------------|--------------|--------------|--------------|-----------------|
| Xcel Bronze Current Xcel Bronze | Super | 15 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | \$658 |
| | High | 12 | OFF | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | 12:30 – 3:30 | \$583 |
| | Medium | 9 | 12:30 – 3:30 | OFF | 12:30 – 3:30 | OFF | 12:30 – 3:30 | \$530 |
| | Low | 6 | OFF | OFF | 12:30 – 3:30 | OFF | 12:30 – 3:30 | \$465 |
| Xcel Silver Current Xcel Silver | Super | 17.5 | 12:30-4:00 | 12:30-4:00 | 12:30-4:00 | 12:30-4:00 | 12:30-4:00 | \$695 |
| | High | 14 | 12:30-4:00 | 12:30-4:00 | 12:30-4:00 | 12:30-4:00 | OFF | \$653 |
| | Medium | 10.5 | OFF | 12:30-4:00 | OFF | 12:30-4:00 | 12:30-4:00 | \$563 |
| | Low | 7 | OFF | 12:30-4:00 | OFF | 12:30-4:00 | OFF | \$495 |
| Xcel Gold Current Xcel Gold and Xcel Silvers aged 11 and older | Super | 20 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | \$738 |
| | High | 16 | 4:00 – 8:00 | OFF | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | \$674 |
| | Medium | 12 | OFF | 4:00 – 8:00 | OFF | 4:00 – 8:00 | 4:00 – 8:00 | \$583 |
| Xcel Platinum & Diamond Current Xcel Platinum & Diamond | High | 20 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | \$738 |
| | Low | 16 | 4:00 – 8:00 | 4:00 – 8:00 | 4:00 – 8:00 | OFF | 4:00 – 8:00 | \$674 |

Please circle your intensity and email this form to Team Manager, Elayne Anderson: elayne3333@aol.com and Xcel Head Coach, Cindy Keck: cbkeck1@aol.com by April 10, 2021.

2021 American Twisters Optional Team Summer Schedule & Selection Form

Rates effective July 1, 2021

Schedule begins June 21, 2021

Gymnast's Name: _____

Parent's Email: _____

| Intensity Categories | Circle your Intensity | Hrs/wk | Mon | Tues | Wed | Thurs | Fri | Monthly Tuition |
|---|-----------------------|--------|------------|------------|------------|------------|------------|-----------------|
| Optional Training Program (OTP): Current Levels 5-8 | High | 21.5 | 1:00-5:30 | 1:00-5:30 | 1:00-4:30 | 1:00-5:30 | 1:00-5:30 | \$783 |
| | Low | 18 | 1:00-5:30 | 1:00-5:30 | Off | 1:00-5:30 | 1:00-5:30 | \$699 |
| Adv. Optional Training Program (AOTP): Current Level 9-10's | High | 21.5 | 8:00-12:30 | 8:00-12:30 | 9:00-12:30 | 8:00-12:30 | 8:00-12:30 | \$783 |
| College Program 2021 Seniors & Current College Athletes | High | 14 | 8:00-11:30 | 8:00-11:30 | Off | 8:00-11:30 | 8:00-11:30 | \$653 |

***Please circle the desired workout intensity and email this form to Team Manager, Elayne Anderson: elayne3333@aol.com and Optional Head Coach, Christy Ramirez: twisterscoachchristy@gmail.com by April 10, 2021.**