



2017 - 2018

All Star Prep Information Package

519-741-4314

info@twisterscheerathletics.com

www.twisterscheerathletics.com

330 Gage Avenue, Unit 4, Kitchener, Ontario



Welcome to Twisters Cheer Athletics! This packaged includes all of the information for Team Placements, Yearly Investment, Practice Schedules, Summer Training and even our Season 6 All Star Prep Competition Schedule!

We are excited to offer even more teams as we enter our 6th season and are proud to once again be offering K-W families a superior cheerleading program. Our program allows athletes of all ages and abilities to be challenged in a co-operative, positive and safe family environment. Twister athletes have an opportunity to develop social and emotional skills in respect, trust, leadership, sportsmanship, punctuality, responsibility, independence and teamwork.

Twisters Cheer Athletics Inc., is family owned and 100% committed to our athletes. Our focus is to supply our athletes with the best instruction and most up-to-date safe training techniques. We are focused on providing our athletes with individual attention, helping them to set and achieve their goals, to learn the value of hard work, team spirit and commitment.

Please read over our handbook carefully to learn more about our gym and many cheer and tumbling programs. We have a team or class for every age and ability level.

We look forward to meeting you and welcoming you to Twisters; One Fierce Family!

Mark, Tara & The Twisters Staff



Twisters Cheer Athletics is located at 330 Gage Avenue, Unit 4&5 in Kitchener. Established in 2012, we are committed to the development of strong leaders who are consistent, strong, competitors. We have recreational teams for ages 3 and up and competitive teams for athletes 5 and up, with teams of varying experience and ability levels.

Our Mission

The goal of Twisters Cheer Athletics is to provide a positive learning environment for athletes of all ages and abilities. We promote excellence in each and every athlete, challenging them to strive to reach their full potential. Twisters Cheer Athletics fosters physical, emotional and mental growth. We promote a family atmosphere where senior athletes support, encourage and inspire younger members.

Family Environment

We are so proud of our “Twisters family” and strive to create a supportive and caring environment for you and your children. Our motto of “One Fierce Family” is widely known throughout the cheer community and our members.

Our Staff

The coaching staff at Twisters Cheer Athletics is comprised of experienced, credentialed and dynamic leaders who all share a passion for the sport of cheerleading and a love for children. Our staff love coming to the gym and are committed to fostering athlete growth both on and off the competition floor.

| OUR PROGRAMS (at a glance) | | Ages | Duration/Frequency (per week) |
|--------------------------------------|-------------|-------------|--|
| CHEER | | | |
| All Star | Competitive | 5 & up | May - Aug / 1x Sept - Apr/2x |
| All Star Prep | Competitive | 5 - 14 | May - Apr / 1x |
| Recreational | Recreation | 3 - 11 | May - Aug / 1x Sep - Dec / 1x Jan - Apr / 1x |
| Special Needs | Recreation | 6 & up | Sep - Apr / 1x |
| Adult | Recreation | 18 & up | Sep - Dec / 1x |
| DANCE | | | |
| Pom | Competitive | 6 & up | Sep - Apr / 1x |
| Pom | Recreation | 6 & up | Sep - Apr / 1x |
| TUMBLING | | | |
| Classes & Private lessons | | 3 & up | Year Round |
| Daytime Tumbling | | 1 - 5 | Year Round |
| OTHER CLASSES & PROGRAMS | | | |
| Flyer training, Stretch & Fitness | | 6 & up | Year Round |
| Open Gym | | | Year Round |
| Camps (March Break, Summer, P.A.) | | 6 & up | Year Round |



Cheerleading Options

At Twisters Cheer Athletics we have three cheerleading programs to choose from. There is something for every athlete interested! Our knowledgeable staff will assist with finding the best program for you.

| | All Star | All Star Prep | Recreational |
|--|--|--|---|
| Type | Competitive | Competitive | Recreational |
| Season | Year round (May - April) | 12 months * New for 2017 (May - Apr) | 4 months Summer: May - Aug Fall: Sep - Dec Winter: Jan - Apr |
| Ages | 5 and up: Mini, Youth, Junior, Senior, Open, Parent | 5 - 14: Tiny, Mini, Youth and Junior | Three age groups: · 3 - 4 yr olds · 5 - 7 yr olds · 8 - 11 yr olds |
| Skill Levels | · Levels 1 - 6 · Prior experience is generally not required for our level 1 teams | · All teams are Level 1 · No pre-requisite skills are required | · Level 1 skills are taught · No pre-requisite skills are required |
| Practice Frequency | · May - Aug: 1x per week · Sept - Apr: 2x per week · Mandatory summer camp | · Once per week May - April | · Once per week for each session; Summer, Fall and Winter |
| Local Competitions/Performances | · 4 - 5 competitions plus two gym showcases | · 2 - 3 local competitions plus two gym showcases | · 1 performance at end of each session |
| Travel | · All Youth & older (age 9+) teams will travel (i.e., Buffalo, Niagara Falls, NY, Detroit, Ohio, Atlanta, Florida) | · Travel within Southern Ontario (i.e., Mississauga, Brampton, Niagara Falls) | · None |
| Tumbling | · Recommended for all, especially for Level 1 & 2 athletes (May - Apr) | · Optional but highly recommended | · Optional |
| Fees | · Membership Fee, Yearly Investment, US Competition Fees, Uniform | · Membership Fee, Yearly Investment, Uniform | · One single registration/ tuition fee · T-shirt included |
| When & how do I start/register? | · Team Evaluations in May · Registrations will be accepted until mid September | · Team Evaluations in May, registrations will be accepted until early November | · Register online or call the gym |

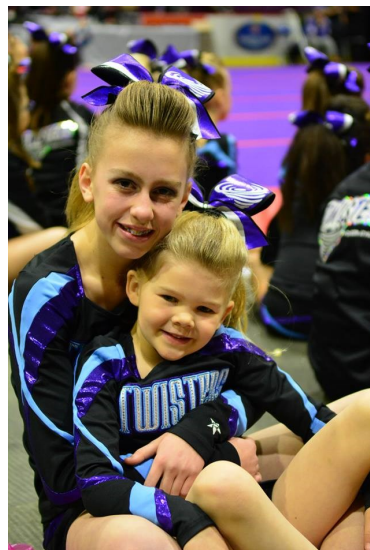
Specialty Cheer Programs

Special Needs Breeze (Non-Competitive)

- 7 months (Mid September - Mid April)
- Age 6 and up
- For athletes who have special physical, social and/or cognitive needs. Participants must be toilet trained and must be able to follow simple instruction for physical activity and participate in a group setting
- Perform at one competition (Mississauga/Brampton area) plus gym showcase
- Saturdays 1:30pm - 2:30pm.
- Fees: Registration fee is \$150 (includes a practice t-shirt)
- Registration will open July 3, 2017

Adult Rec - Team Savage (Non-Competitive)

- 3 months (10 practices; Mid September - Mid December)
- This team is for parents who are looking for a good workout and to learn or polish up on their cheerleading and tumbling skills
- Fees: Registration fee is \$75 and includes a shirt
- Registration will open July 3, 2017



What can I expect at All Star & Prep Evaluations?

Team evaluations will consist of a variety of athletic ability evaluations such as endurance, strength, jump, tumbling and flexibility drills. Most importantly, we will be looking for athletes who demonstrate a positive attitude and a willingness to learn. With very rare exceptions we have a team for everyone, so experience is generally not necessary to cheer or dance at Twisters Cheer Athletics.

Please wear shorts and a t-shirt or tank top, clean indoor running shoes and long hair tied back, current Twister athletes are asked to wear a Twisters t-shirt/tank/top. Jewelry and gum are not allowed in the gym. We also ask that all cell phones be left at home.

Cheer Team Evaluation Date, Times and Fees

| Date | Time | Ages |
|--------------------|---------------------|---------------|
| Tuesday May 9th | 6:00 pm - 7:00 pm | 5-11 years |
| Tuesday May 9th | 7:00 pm - 8:30 pm | 12 years & up |
| Wednesday May 10th | 6:00 pm - 7:00 pm | 5-11 years |
| Wednesday May 10th | 7:00 pm - 8:30 pm | 12 years & up |
| Saturday May 13th | 10:00 am - 11:30 am | All Ages |
| Saturday May 13th | 11:30 am - 12:30 pm | Top Tryout |

- Evaluation fees for ALL athletes is \$10.00
- If you can not attend the times listed above; please attend one of the registration times and a coach will go through the evaluation
- Exact team levels will be determined by coaches and will be based on ability level of athletes
- Age is as August 31, 2017; ages are based on most current USASF rules and are subject to change
- Athletes who are interested in being a crossover athlete (on more than one team) must indicate this interest during their evaluation
- Please note that there are always exceptions and team selection is not based 100% on skill level. Attitude and past attendance will also be taken into consideration where applicable

Flyers Clinic

- Tuesday May 2, 2017 from 6:00 pm to 7:00 pm
- Thursday May 4, 2017 from 6:00 pm to 7:00 pm

Bases Clinic

- Tuesday May 2, 2017 from 7:00 pm to 8:00 pm
- Thursday May 4, 2017 from 7:00 pm to 8:00 pm

*Athletes MUST pre-register for these clinics by emailing Twisters *

** Clinics are \$15/clinic/athlete **

Level Up Tumbling Clinics

Level 1

- Wednesday May 3, 2017 — 6:00 pm to 7:30 pm

Level 2

- Wednesday May 3, 2017 — 5:30 pm to 7:00 pm

Level 3/4

- Wednesday May 3, 2017 — 7:00 pm to 8:30 pm

* Athletes MUST pre-register for these clinics by emailing Twisters *

** Clinics are \$25/clinic/athlete **

General Gym Information

Email Contact Information

General Inquiries - info@twisterscheerathletics.com

Account/Registration Inquiries - tara@twisterscheerathletics.com

Coaching/Program Inquiries - mark@twisterscheerathletics.com

Marketing Inquiries - mark@twisterscheerathletics.com

Parents Association - parents@twisterscheerathletics.com

Office Hours

Monday - Thursday 5:00 - 8:00 pm

Important Dates for 2017 - 2018

| IMPORTANT DATES | GYM CLOSURES |
|---|--|
| May 23, 2017 - 2017-2018 Competitive Season Begins | May 22, 2017 - Victoria Day (Monday Only) |
| May 23, 2017 - Summer Tumbling Schedule Begin | July 1, 2017 - Canada Day |
| July 3, 2017 - Summer Camp Weeks Begin | August 7, 2017 - Civic Holiday (Monday Only) |
| September 5, 2017 - Fall/Winter Schedule Begins | July 29 - August 6, 2017 - Competitive Team Summer Break |
| September 5, 2017 - Fall Tumbling, All Star Prep and Recreational Cheer Begin | September 4, 2017 - Labour Day (Monday Only) |
| September 11, 2017 - Last day to Register for All Star Competitive Teams | October 9, 2017 - Thanksgiving (Monday Only) |
| December 3, 2016 - TCA Supercell Showcase & Party | October 31, 2017 - Halloween |
| December 27-30, 2017 & Jan 2-4, 2018 - Winter Break Day Camps | December 23, 2017 - January 6, 2018 - Winter Break |
| January 8, 2018 - Winter Tumbling and Recreational Cheer Begin | February 19, 2018 - Family Day (Monday Only) |
| March 12-16, 2018 - March Break Day Camp | March 10-17, 2018 - March Break |
| April 22, 2017 - TCA Storm Surge Showcase | March 30 - April 2, 2018 - Easter Weekend |



General Gym Information & Financial Commitments

TWISTERS PAYMENT POLICIES

Tuition is based on a competitive season (not a monthly rate); May 2017 to April 2018. We offer three payment options to make it easier for households to manage fees.

REGISTRATION INFORMATION

You may only register on the days and times indicated below. If you cannot make it to one of the registration days, please call Twisters to make an appointment to register. We will not accept registrations just before a practice begins unless an appointment has been made to do so. Please understand that NO ONE will be allowed to participate in a practice unless the athlete is fully registered. There is a lot of information to understand and we want to make sure that everything is clear. We want to keep all forms of communication open starting from the very beginning of the season.

Twisters Office Hours for Registration

Wednesday May 10th & May 17th — 10:00 am to 1:00 pm

Thursday May 11th & 18th — 4:00 to 6:30 pm

Saturday May 13th & 20th — 10:00 am to 2:00 pm

FORMS & FINANCIAL RESPONSIBILITIES

1. All athletes/parents are to sign the Twisters Waiver Form at the beginning of each season. Once a waiver form has been signed, it is valid for all/any programs within Twisters for the season indicated.
2. Contact information must be completed before any athlete participates in any program.
3. Separate Waiver Forms from competition organizations are also required. All forms need to be completed and returned to Twisters as requested.
4. Payment plans are available for the All-Star and All Star Prep programs within Twisters.
5. All accounts must be in good standing in order for athletes to participate.
6. Monthly payments for the All-Star and All Star Prep program will be taken on the 1st of each month. If payments are declined, they will be tried again three days later. If it is declined again, a \$20 fee will be accrued.
7. NSF cheques will sustain a surcharge of \$35, plus the amount of the original cheque. This fee applies to monthly drafts as well. Should your account receive a \$35 NSF charge you will be notified via email that your account will be charged the NSF.
8. If more than two cheques are returned to Twisters NSF then any following payments must be submitted in the form of a certified cheque.
9. All accounts showing a balance on the 15th of each month will incur a 5% late fee.
10. The Refund Policy for the All-Star Cheer Program is outlined below. Any refunds will be at the discretion of Twisters for all programs.

REFUND POLICY

To ensure there is no misunderstanding with regards to the refund policy, we require the understanding and acknowledgement of the following details. Parents/Guardians MUST sign the Twisters Policies and Procedures Agreement in the Registration Package upon Registration.

1. Membership Fees are Non-refundable
2. Yearly Investment Fees have a 50% refund before the start of the 2nd class and Non-refundable after that class
3. Uniform fee is Non-refundable
4. Canadian Competition fees are Non-refundable

TWISTERS LOYALTY PROGRAM

CHEER CHANGE: Twisters Cheer Athletics is very proud to continue our Loyalty Program; we developed this program with the athlete in mind to assist them in achieving their dreams.

- | | | |
|----|---|-----------------------|
| 1. | Returning Members | Receive the Following |
| | 2 nd - 3 rd Years | 50 Twister Coins |
| | 4 th – 6 th Years | 100 Twister Coins |
| | 7 th – 9 th Years | 200 Twister Coins |
| | 10 th or more Years | 350 Twister Coins |
| 2. | Referrals | |
| | Competitive Referral | 25 Twister Coins |
| | Recreational Referral | 10 Twister Coins |
| 3. | Various Gym Contests | Various Twister Coins |

Twister Coins Rules and Regulations

1. One Twister Coin is equivalent to One Dollar.
2. Twister Coins may be applied to Twisters Cheer Athletics fees including team tuition, competitive/pre-competitive dance tuition, camps and clinics.
3. A member is considered returning when he or she has participated with Twisters Cheer Athletics in some team (all-star, all-star prep and recreational) capacity. For example, a recreational athlete transferring to competitive is a returning member. Open gym or bring a friend athletes do not qualify as returning members.
4. A returning member must be consecutive without interruption in membership in order to qualify for returning member rewards.

SENIOR ACHIEVEMENT AWARD **NEW**

Twisters is very proud to reward graduating Seniors that stay and graduate through the program with a monetary scholarship for College/University reflective of their years in the program. (\$150 for the first year and \$100 for successive years)



ALL-STAR PREP

| Tentative Schedule | | | | |
|-----------------------------|----------------|--------------------------------------|--|--|
| Team Level/Name | Age | Summer Practice (Begins May 29th) | Fall/Winter Practice (Begins September 5th) | Additional Tumbling Training |
| Mini Crosswinds | 5-8 Years Old | Mondays 6:30 - 7:30 pm | Mondays 6:30 - 7:30 pm | 1 hour tumbling per week - recommended |
| Youth Dust Devils | 6-11 Years Old | Wednesdays 6:30 - 7:30 pm | Wednesdays 5:30 - 6:30 pm | 1 hour tumbling per week - recommended |
| Junior Downbursts | 8-14 Years Old | Wednesdays 6:30 - 7:30 pm | Mondays 7:00 - 8:30 pm | 1 hour tumbling per week - recommended |

All-Star Prep Fees

Annual Membership Fee is \$150 plus HST

Fees listed below by team include the following:

- Yearly Investment, Insurance, Program T-Shirt, Team Competition Music, Team Photo, ALL Competition Fees, Team Competition Hair Bow, Choreography, Competition Make up, and Year End Banquet Ticket (Athlete Only).

TWISTERS OFFERS THREE PAYMENT PLANS FOR FINANCIAL EASE:

| Team Level/Name | Annual Membership Due May 20th | Yearly Investment Paid by May 31st | Quarterly Payments (May 20, Aug. 1, Nov. 1, Feb. 1) | 8-Month Plan (May 20, June 1, July 1, Aug. 1, Sept. 1, Oct. 1, Nov. 1, Feb. 1) |
|--|-----------------------------------|---------------------------------------|--|---|
| Crosswinds (Mini) AS Prep (5-8 Years Old) | \$150 +HST | \$700 +HST | Q1/Q2 = \$250 +HST Q3/Q4 = \$100 +HST | 1st - 8th = \$87.50 +HST |
| Dust Devils (Youth) AS Prep (6-11 Years Old) | \$150 +HST | \$700 +HST | Q1/Q2 = \$250 +HST Q3/Q4 = \$100 +HST | 1st - 8th = \$87.50 +HST |
| Downbursts (Junior) AS Prep (8-14 Years Old) | \$150 +HST | \$800 +HST | Q1/Q2 = \$300 +HST Q3/Q4 = \$100 +HST | 1st - 8th = \$100 +HST |

What do these fees not include?

- Cheerleading Shoes (required - approx. \$50 - \$120)
- Competition Uniform (approx. \$100)

Tumbling Classes (Recommended for everyone)

Tumbling skills are very important in all-star cheerleading and as such, we recommend that athletes in our all-star prep cheer program take one tumbling class per week. Classes will be offered for all ages and ability levels during the week and on weekends (beginning in the fall). Athletes may choose to take a tumbling class before or after cheer practice or on another day. Group Tumbling will be offered based on age and skill level. Private and semi-private coaching is also available.

ALL-STAR PREP TENTATIVE CANADIAN COMPETITION SCHEDULE 2017-2018

****Tentative competition schedule, event dates or location subject to change****

| Team Name | TCA Supercell Showcase | OCF Provincials | OCF Nationals | TCA Storm Surge Showcase |
|---------------------------|---------------------------|--------------------|-------------------|-----------------------------|
| | Oct. 28/29, 2017 | March 3, 2018 | Apr. 14-15, 2018 | Apr. 21/22, 2018 |
| | Kitchener, ON | Brampton, ON | Niagara Falls, ON | |
| Crosswinds (Mini) | X | X | X | X |
| Dust Devils (Youth) | X | X | X | X |
| Downbursts (Junior) | X | X | X | X |
| Breeze (Special Needs) | X | X | X | X |

Please note that ALL competitions are MANDATORY

With even one person missing it may jeopardize the team's ability to successfully perform their routine or potentially even participate. We cannot stress enough the importance of full participation. It is also expected that all Twisters Athletes remain at the competition to cheer on and support their fellow Twister Athletes.

Special Family Discount Offer

Cheerleading is a great sport for the entire family! As a special offer for families with two or more competitive cheer athletes we are pleased to offer 10% off the first siblings yearly tuition and 20% off the second siblings yearly tuition.

Male Athletes

Twisters continues to grow their coed program and encourages all male athletes to contact Mark for their pricing at mark@twisterscheerathletics.com

