

**All Star Competitive
Information Package
2018 - 2019**



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 7 Competition Schedule!

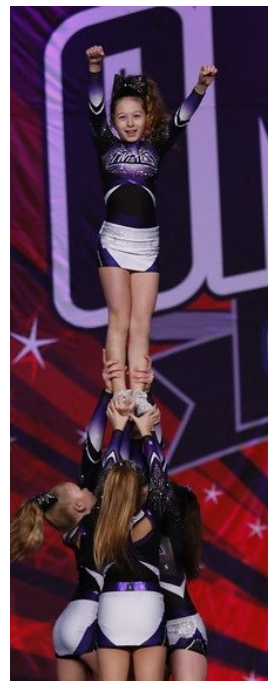
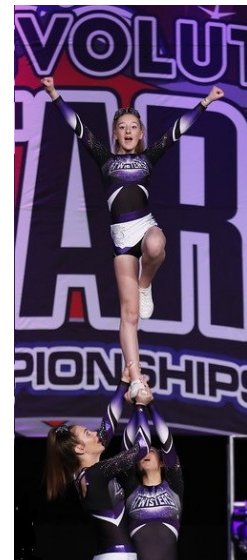
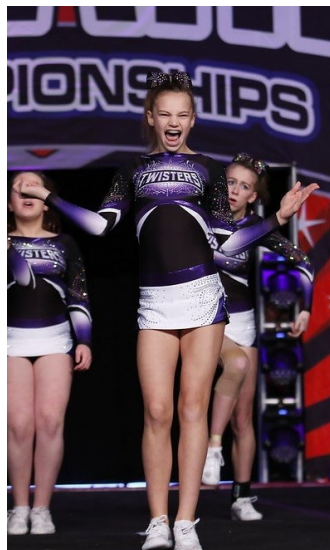
We are excited to offer even more teams as we enter our 7th season and are proud to once again be offering K-W families a superior cheerleading program. Our program allows athletes of all ages and abilities to be challenged in a cooperative, positive and safe family environment. Twister athletes have 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
Everything is better in PURPLE!



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		Ages	Duration/Frequency (per week)
CHEER			
All Star	Competitive	5 & up	June - Aug / 1x Sept - Apr/2x
All Star Prep	Competitive	5 - 14	Sept - 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)	7 months (Sept - Apr)	3 months (sessional) Summer: May - Aug Fall: Sep - Dec Winter: Jan - Apr
Ages	5 and up: Mini, Youth, Junior, Senior, Open, Parent	5 - 18: Tiny, Mini, Youth, Junior and Senior	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 · Please see page 6 for Level 2+ pre-requisite skills	· Levels 1 - 2 · No pre-requisite skills are required for level 1 · A standing bhs and mastered level 1 building skills are required for level 2	· Level 1 skills are taught · No pre-requisite skills are required
Practice Frequency	· June - Aug: 1x per week · Sept - Apr: 2x per week · Mandatory summer camp; Dates on page 7	· Once per week Sept - April	· Once per week for each session; Summer, Fall and Winter
Local Competitions/ Performances	· 5 - 6 competitions plus two gym showcases	· 3 - 4 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, Chicago)	· Travel within Southern Ontario (i.e., Mississauga, Brampton, Niagara Falls, Toronto)	· None
Tumbling	· Recommended for all, especially for Level 1, 2 & 3 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, Membership Fee · T-shirt included
When & how do I start/register?	· Team Evaluations in May · Detailed requirements for each Level are listed on page 5	· Team Evaluations in May, registrations will be accepted until Mid December	· Register online or call the gym

2018 - 2019 Cheerleading Levels

The following chart is a tool used to determine your level for all star cheerleading. There may be exceptions to the rule each season depending on team needs, athlete expertise in stunting, personal strengths and any other factor the coaches deem necessary. Coach decisions on all team placements will be based on this chart as well as coach discretion.

The skills below are considered to be mastered. Mastered is defined as the point in which an athlete can perform the skill by themselves with near perfect technique while in performance. A coach spotting a skill or an athlete simply performing it once does not satisfy a mastered status. Athletes who are working on skills and their progressions may help coaches when determining team placements but does not guarantee a spot in a certain level.

REMEMBER PERFECTION BEFORE PROGRESSION.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
TUMBLING	Front Roll, Walkovers, Cartwheel, Round off, Multiple Walkovers	Round off BHS and multiple BHS, Standing BHS, Front or Back Walkover to BHS, FHS	Standing series BHS, Round off BHS Back Tuck, Punch Front, Aerial, Specialty pass to Tuck	Standing Back Tuck, Standing series BHS to Tuck or Layout, Specialty to BHS layout	Standing tumbling with a Full/DBL twist, Round off with a Full/DBL twist	Up to Level 5 skills and may include Double Punch Double
JUMPS	Star Jump, Tuck Jump	Triple Toe Touch, Pike, Front Hurdler, T Jump with BHS	Triple Toe Touch, Pike, Front Hurdler, all with a BHS	Triple Toe Touch BHS Back Tuck or Layout, Pike, Front Hurdler, all with a BHS Back Tuck	Triple Toe Touch Back Tuck, Pike Back Tuck, Front Hurdler Front Tuck	Triple Toe Touch, Pike, Front Hurdler with a tumbling line a plus
STUNTS	Prep, Leg Stand Lib, High Stand	Extension, Cradle, Basket Toss, Prep Liberty	Prep Full Down, 360 to Prep, Extended Lib, Basket Toss Full	Prep Double Down, Lib Full Twist, Basket Toss Kick Full	Lib Double Down, Basket Toss Kick Double, Flip Cradle	Rewind, Free Flying Flip Cradle, Basket Toss Flipping

** Level 4.2 is designed for those individuals with Level 2 Tumbling and Level 4 Stunts. It allows more advanced stunting for seniors who may not have reached advanced level tumbling just yet.

** Final determination of your Level will be determined by the Twisters Coaching Staff.

Please Note: Skills DO NOT guarantee a position on a team. Coaches will consider not only the skill level of the athlete but past attitude and commitment levels. Coaches may also move athletes who are not only entirely at level in order to fill the needs of a team. Example: A Level 2 flyer may be moved to a Level 3 team because that team requires a flyer and the Level 2 team has enough flyers. This will be done on an as needed basis.

Twisters Cheerleading Mini Clinics:

Full details for the Cheerleading Mini Clinics can be found on our website www.twisterscheerathletics.com; these clinics are designed to further prepare athletes for their evaluations at the end of May 2018. We encourage athletes to attend as many classes as possible.

Twisters Open House:

Monday May 7th, 2018: 6:00 pm - 8:00 pm

Wednesday May 9th, 2018: 6:00 pm - 8:00 pm

Families interested in seeing what Twisters Cheer Athletics has to offer are welcome to stop by with their athletes, try a class, check out the facilities and have their questions answered or email info@twisterscheerathletics.com.

Evaluation Paperwork:

We will be accepting Evaluation Paperwork for both NEW and RETURNING athletes from April 1st, 2018 to May 17th, 2018 along with the required tryout fee of \$10 per athlete. If you purchased a 2018 - 2019 Membership during our Pre-season sale, you do not pay for evaluations. Email info@twisterscheerathletics.com to have the Evaluation Paperwork sent to you.

To purchase your 2018 - 2019 membership please email Twisters at info@twisterscheerathletics.com. "Incomplete evaluation packages will not be accepted."

Becoming a Twister:

To be placed on an All Star team at Twisters you need to attend Evaluations - this is an opportunity for coaches to observe your skills in jumping, stunting, tumbling and dance. Athletes will also be evaluated by qualified and certified coaches on flexibility, coachability and fitness. At Twisters, we have a team for everyone!

All athletes are required to attend TWO evaluation sessions - one will assess your "tumbling level" (Individual assessment must be pre-booked with Twisters) and the second is by AGE in a group setting. All athletes are to book their individual assessment online at www.twisterscheerathletics.com.

Individual Assessment (Individual - must be pre-booked)		
MAY 23	INDY ASSESSMENT	5-6, 6-7, 7-8
MAY 24	INDY ASSESSMENT	5-6, 6-7, 7-8
MAY 25	INDY ASSESSMENT	5-6, 6-7, 7-8
MAY 26	INDY ASSESSMENT	3-4, 4-5, 5-6
MAY 28	INDY ASSESSMENT	5-6, 6-7, 7-8

Group Assessment - (By AGE)		
MAY 23	6-11 YEARS OLD (AS OF 08/31/18)	5:30 PM - 7:00 PM
MAY 23	10-14 YEARS OLD (AS OF 08/31/18)	7:00 PM - 8:30 PM
MAY 24	11-18 YEARS OLD (AS OF 08/31/18)	5:30 PM - 7:00 PM
MAY 24	FLYERS TRYOUT	7:00 PM - 8:30 PM
MAY 26	6-11 YEARS OLD (AS OF 08/31/18)	10:00 AM - 11:30 AM
MAY 26	10-14 YEARS OLD (AS OF 08/31/18)	11:30 AM - 1:00 PM
MAY 26	11-18 YEARS OLD (AS OF 08/31/18)	1:00 PM - 2:30 PM

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 2018 - 2019

IMPORTANT DATES	GYM CLOSURES
June 5, 2018 - Twisters Team Reveal Party	May 18-21, 2018 - Victoria Day (Friday - Monday)
June 11, 2018 - All Star Practices Begin	July 1, 2018 - Canada Day
July 2, 2018 - Summer Camp Weeks Begin	August 6, 2018 - Civic Holiday (Monday Only)
September 4, 2018 - Fall/Winter Schedule Begins	August 4-12, 2018 - Competitive Team Summer Break
September 4, 2018 - Fall Tumbling, All Star Prep and Recreational Cheer Begin	September 3, 2018 - Labour Day (Monday Only)
September 10, 2018 - Last day to Register for All Star Competitive Teams	October 8, 2018 - Thanksgiving (Monday Only)
November/December, 2018 - TCA Supercell Showcase	October 31, 2018 - Halloween
December 27-28, 2019 & Jan 3-4, 2019 - Winter Break Day Camps	December 24, 2018 - January 4, 2019 - Winter Break
January 7, 2019 - Winter Tumbling and Recreational Cheer Begin	February 18, 2019 - Family Day (Monday Only)
March 11-15, 2019 - March Break Day Camp	March 10-16, 2019 - March Break
April 2019 - TCA Storm Surge Showcase	April 19-22, 2019 - Easter Weekend

Summer Skills Camp

Twisters Athletes will participate in a mandatory gym wide skills camp July 3-6, 2018. All athletes will be required to attend camp from 9:00am to 4:00pm each day at Twisters Cheer Athletics.

Mandatory All Star Choreography Camp

August 13 - 16, 2018 — All Competitive Athletes are to be in attendance for this camp; all times will be handed out at the first parents meeting.

High Performance Cheer Camp - Highly Recommended ALL competitive team members attend

August 17 - 19, 2018 — Open to all Twister Athletes; this camp is an overnight camp at Brock University. There is an extra cost to attend this camp; all details will be discussed at our first parents meeting. This is a great opportunity for your athlete to bond with their team and learn from top US Coaches/Instructors.

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.

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|----|---|-----------------------|
| 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.
5. Referral Twister Coins are issued to referring members once the referred athlete has registered and paid for a team at Twisters Cheer Athletics.
6. Twister Coins may be transferred to another Twisters Cheer Athletics member.
7. If a referred member withdraws from Twisters Cheer Athletics within 30 days of registration then the Twister Coins gained from the referral will be reversed.
8. Twister Coins are not redeemable for cash and may not be refunded to members monetarily.
9. Twister Coins may not be used in the Storm Centre.
10. Twister Coins may not be carried over from one season to the next.

SENIOR ACHIEVEMENT AWARD

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)



Summer Tumbling & Power Program

Tumbling is an essential part of competitive cheerleading. During the summer months as well as the season, we encourage all of our athletes to enrol in tumbling classes to further develop their skills.

Twisters will be offering Private, Semi-Private and Group Classes throughout the entire season. These classes will be an additional cost and will be open for registration on a first come first serve basis at registration. All classes will be listed on Amilia beginning mid-May to view. Please review our Power Program for more information.

Summer Tumbling begins week of June 11th, 2018.

Tentative All Star Summer & Fall/Winter Practice Schedule

The below chart outlines the potential teams for the 2018-19 Season

Twisters Team Name	Summer Practice - Begin June 11th	Fall/Winter Practice - Begins Sept 4th *Weekend Practice is Team Jumps/Tumbling*	Choreography Camp
Lil' Sprinkles (Tiny) (5-6)	Mon 5:00 - 6:30 pm	Tues 5:30 - 7:00 pm & Sat 9:00 - 10:30 am *	September 2018
Whirlwinds (Mini) (5-8)	Mon 5:30 - 7:30 pm	Mon 6:00 - 8:00 pm & Sat 10:00 am - 11:30 am *	September 2018
Storm Devils (Youth) (5-11)	Wed 5:45 - 7:45 pm	Wed 5:30 - 7:30 pm & Sat 11:15 am – 12:45 pm *	September 2018
Fire Whirls (Youth) (6-11)	Tues 5:45 - 7:45 pm	Tues 5:30 - 7:30 pm & Sun 9:00 am - 11:00 am	August 13th - 16th: 9am - 12pm
Jet Streams (Junior) (8-14)	Wed 6:15 - 8:15 pm	Wed 6:15 - 8:15 pm & Fri 6:00 - 7:30 pm *	September 2018
Fury (Junior) (8-14)	Thurs 5:30 - 7:30 pm	Thurs 5:30 - 7:30 pm & Sun 11:00 am - 1:00 pm	August 13th - 16th: 12pm - 3pm
Weather Girls (Senior) (11-18)	Tues 7:00 - 9:00 pm	Thurs 7:00 - 9:00 pm & Sun 1:00 pm - 3:30 pm	August 13th - 16th: 3pm - 6pm
Black Ice (Intl JR) (10-16) **	Practices begin in Sept.	Fri 5:00 - 7:00 pm	September 2018
Intensity (Open) (17 & Up) **	Thurs 7:30 - 9:30 pm	Sun 3:00 - 6:00 pm	September 2018

**** Age as of December 31, 2019 ****

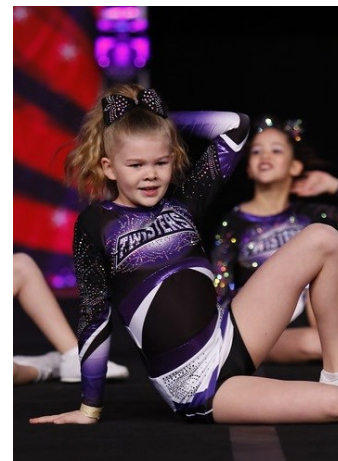
Summer Skills Camp: Twisters Athletes will participate in a mandatory gym wide skills camp July 3-6, 2018. All athletes will be required to attend camp from 9:00am to 4:00pm each day at Twisters Cheer Athletics.



ALL-STAR TENTATIVE COMPETITION SCHEDULE 2018-2019

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

TEAMS	EVENTS
Lil' Sprinkles Whirlwinds Storm Devils Jet Streams	Breath of Life , Toronto, November 17th, 2018 TCA Supercell Showcase , Kitchener, November/December, 2018 JamFest Canada , Mississauga, February 3rd, 2019 OCF Provincials , Brampton, March 2nd, 2019 OCF Nationals , Brampton, April 13th-14th, 2019 TCA Storm Surge Showcase , Kitchener, April 2019
Fire Whirls Fury Weather Girls	Breath of Life , Toronto, November 17th, 2018 TCA Supercell Showcase , Kitchener, November/December, 2018 Shout! , Niagara Falls, NY, December 8th, 2019 JamFest Canada , Mississauga, February 3rd, 2019 Cheer Evolution Provincials , Kitchener, February 16th-17th, 2019 OCF Provincials , Brampton, March 2nd, 2019 TCA Storm Surge Showcase , Kitchener, April 2019 The One / US Finals , Chicago, IL, April 2019
Black Ice	Coastal Blast , Mississauga, November 24th, 2018 ATC Feel the Power , Brampton, January 19th-20th, 2019 The Summit , (bid required), Orlando, FL, May 3rd-4th, 2019



SUMMIT TEAM

Introducing **Black Ice** International Junior Level 2. This team is built to be competitive at THE SUMMIT in Florida. We expect that eligible 10-16 year olds will make up this powerful team. **This team will be a cross-over team ONLY.** This team will only practice once a week beginning in September and participation will be based on skill set and desire to join this team. An information session about this program will be held in late June; please watch for more details.

2018-2019 US COMPETITION SCHEDULE

US Competition Entry Fees — These fees only apply to teams attending each event; these competitions and their fees will be discussed at the first team meeting.

- The One / US Finals (April, 2019 - Chicago, Illinois)
- all fees; including travel and accommodations will be discussed at a special parent meeting in June.

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.

Twisters Office Hours for Registration

April 23 - May 17, 2018 — Register by appointment only

May 22 - 24, 2018 — 5:00 pm to 8:00 pm

May 26, 2018 — 5:00 pm to 8:00 pm

June 6 - 8, 2018 — 5:00 pm to 8:00 pm

ALL-STAR YEARLY INVESTMENT - HST Additional to ALL Fees

Annual Membership Fee is \$185 plus HST

Fees listed below by team include the following:

- Yearly Investment, Insurance, Program T-Shirt, Twisters Sports Bra, Team Competition Music, Team Photo, ALL Competition Fees (with the exception of The One / US Finals and The Summit), Team Skills Camp (summer), Competition Make up, Team Competition Hair Bow, Choreography, Year End Banquet Ticket (Athlete Only) and Team Social Fee.

TWISTERS OFFERS THREE PAYMENT PLANS FOR FINANCIAL EASE:

Team Name	Pay in Full on or before June 11th, 2018	Quarterly Payments (June 10, Aug. 1, Nov. 1, Feb. 1)	8-Month Plan (June 10, July 1, Aug. 1, Sept. 1, Oct. 1, Nov. 1, Dec. 1, Jan. 1)
Lil' Sprinkles (Tiny)	\$1150 +HST	Q1/Q2 = \$400 +HST Q3/Q4 = \$175 +HST	1st - 5th = \$170 +HST 6th - 8th = \$100 +HST
Whirlwinds (Mini) Storm Devils (Youth) Jet Streams (Junior)	\$1350 +HST	Q1/Q2 = \$500 +HST Q3/Q4 = \$175 +HST	1st - 5th = \$210 +HST 6th - 8th = \$100 +HST
Fire Whirls (Youth) Fury (Junior)	\$1775 +HST	Q1/Q2 = \$500 +HST Q3/Q4 = \$387.50 +HST	1st - 5th = \$295 +HST 6th - 8th = \$100 +HST
Weather Girls (Senior)	\$1875 +HST	Q1/Q2 = \$550 +HST Q3/Q4 = \$387.50 +HST	1st - 5th = \$300 +HST 6th - 8th = \$125 +HST
Black Ice (Intl Junior)	\$650 +HST	Q1/Q2 = \$162.50 +HST Q3/Q4 = \$162.50 +HST	1st - 5th = \$81.25 +HST 6th - 8th = 81.25 +HST
Intensity (Open)	\$400 +HST	Q1/Q2/Q3/Q4 = \$100 +HST	N/A
Crossover Athlete	\$700 +HST	Q1/Q2/Q3/Q4 = \$175 +HST	1st - 5th = \$110 +HST 6th - 8th = \$50 +HST

What do these fees not include?

- Membership Fee of \$185 plus hst
- Cheer Canada & OCF membership of \$15 plus hst
- Personal travel & accommodation
- Competition Uniform & All Star Jacket (if required)
- Coaches Travel & Accommodation Fees
- **US Competition Entry Fees and Travel Packages** that are not included in the above prices.
 - The One / US Finals
 - The Summit

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