

2011

2012

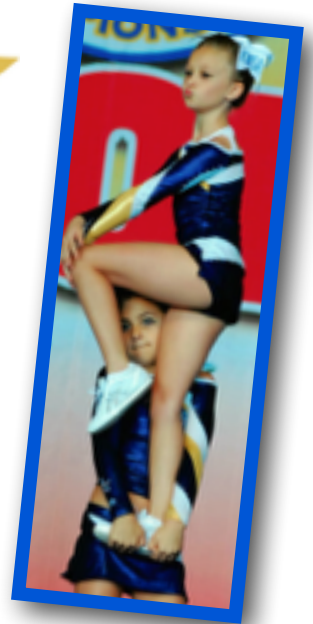
2013

2014

2015



**KEY WEST
SPORTS ACADEMY**
TWISTARS
GYMNASTICS & CHEERLEADING



Half★Year **CHEER**

ALLSTAR PREP TEAM HANDBOOK 2015-2016

ACCREDITED FACILITY ★ INCREDIBLE TEAMS ★ AMAZING STAFF
INNOVATION ★ OPPORTUNITIES FOR COLLEGE ★ VALUE

www.KeyWestSportsAcademy.com

TWISTARS CHEERLEADING

BECOME LEGENDARY

Thank you for your interest in our Allstar Prep Program. Our Prep Program is designed to offer competitive Allstar Cheer to athletes that are new to cheerleading or who may be unable to commit to our full year program. Allstar Prep can be a perfect stepping stone for an athlete that wishes to become a part of the KWSA Twistars full year program. It also offers a competitive team for those that only wish to compete for a partial season.

Key West Sports Academy was established in 2010. We have won local and national allstar cheerleading titles over the years and we've set high standards for athletic achievement among our athletes. Our teams are designed to be highly competitive within their respective divisions. The KWSA coaches provide the best and most disciplined training as a result of the detailed education and experience they must have to become a KWSA coach. We are committed to staying on top of the current industry trends and we take pride in our ability to focus specific attention on each individual.

While the most obvious way that we help the youth in our program is by improving their skills and helping them to reach their potential, we believe our program serves a greater purpose. We teach our students to excel in all areas of cheerleading and in life. We strongly believe that our success originates from the dedication and commitment of our athletes and parents. Our students are self driven and motivated to achieve their goals. We encourage positive attitudes and respectful behavior among our students. Our goal is to develop the best squads possible, as well as instill qualities and values that last a lifetime, we are most proud of the life lessons that we have been able to give to the athletes in our program.



TWISTARS PREP CHEERLEADING COACHES

Coach Suzanne Wilbarger- Program Director

Coach Suzanne moved to Key West from Ann Arbor, MI during high school. Suzanne was a nationally ranked gymnast who adapted her gymnastics abilities to participate in competitive cheerleading upon her move to KW. Suzanne continued to cheer competitively throughout college, participating as a flyer on a nationally ranked Level 6 cheerleading team. Suzanne has safety and technique certifications from USAG, USASF, AACCA, AAU, and USECA, in addition to a Master certificate in Sports Coaching from Florida State University. Suzanne is also qualified to judge USAG, AAU, and USASF sanctioned competitions.

Coach Paul Brooks- Allstar Prep and Twistars Coach

Hi, my name is Paul Brooks; I am from the beautiful mountains of Asheville North Carolina. While in high school I cheered for my school team, and then continued by cheering All-Star for two years after graduation. I have always had a love for gymnastics and cheer and wanted to pass on my knowledge of the sports through coaching. Currently I coach competitive girl's gymnastics and beginner to intermediate tumbling, in addition to my cheer teams. A few of my favorite skills to perform are triple toe touch jumps to standing tuck, and switch leaps. I love to teach eager athletes new skills and help them progress through these great sports.

TWISTARS CHEERLEADING

WHAT IS ALL STAR CHEERLEADING?

The sport of All-Star Cheerleading has grown immensely from its roots over 20 years ago. In the 80s and early 90s, teams were typically formed of athletes who were interested in improving their skills so that they would stand a better chance of making their high school or college cheerleading teams. As the sport developed and grew, more and more athletes and their parents viewed All-Star Cheerleading as a viable activity in and of itself. As stronger and stronger athletes began to recognize that All-Star provided them a way to focus more on teamwork and athleticism and less on pom poms and decorating lockers, the sport began to separate itself from the traditional stereotypes. Teams and athletes in All-Star now focus on gymnastic and acrobatic moves. The hybrid sport of today is a combination of gymnastics, acrobatics, athletic dance, and many elements unique to All-Star.

All-Star teams are typically comprised of 10-36 athletes with a variety of skills and abilities (much like a football or basketball team.) There can be solid, well-rounded athletes and those who have particularly strong abilities in certain areas (ex. - strong dancers or jumpers). The coaches create a competition routine performed by the group that has elements of tumbling, stunting, jumping, dance, and other skills set to music. The routines are typically 2 1/2 minutes in length. At competitions, the teams are divided by age and ability level. The routines are judged by their level of difficulty, precision, creativity, and entertainment value.



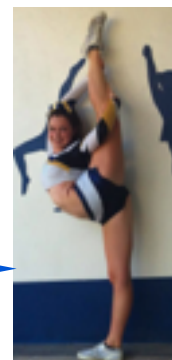
There are thousands of all-star programs of all types across the country. All-Star cheerleading is a great way for young athletes to learn new skills while building teamwork, goal-setting, sportsmanship, and numerous other social skills while making lifelong friendships.

AGES

Per the USASF rules: All age divisions are determined by your age on August 31st 2015, this will determine your "competition age." Please bring a copy of your birth certificate for Key West Sports Academy to have on file.

Age groups are as follows:

- ◆ Senior: Age 10+
- ◆ Junior: 14 and under
- ◆ Youth: 11 and under
- ◆ Mini: 8 and under
- ◆ Tiny: 6 and under



LEVELS

There are 5 levels of competition for regular all star teams. The "level" refers to the type of stunts, tumbling, and pyramids that a team can safely perform. The levels are numbered from 1-5 in increasing difficulty. Level 6 is a collegiate level of competition which allows for the performance of more difficult stunts. All star levels are more difficult than recreational levels of competition performed by many school teams and rec leagues. The level of a team is determined solely by the KWSA coaching staff. Each level also has a 'PREP' level designed to prepare athletes to compete in the true level.

	Standing Tumble	Running Tumble	Stunting
Level 1	Back Walkover	Cartwheel Back walkover	Prep Cradle
Level 2	Back(BHS) Handspring	Roundoff BHS	Prep Lib
Level 3	Toe Touch BHS	RO BHS Back Tuck	Extended Lib

ALLSTAR PREP PROGRAM

**Before you join this program please carefully consider the commitment involved!
This is an SIX MONTH Commitment (November 2015-April 2016).**



ALLSTAR PREP TUITION

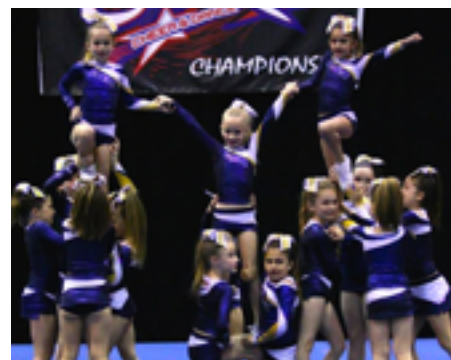
Tuition is paid by the session per athlete for ALL TEAMS. This includes all practices (1x per week) and any pre-performance extra practices.

- \$85/ses per athlete for **ALLSTAR PREP members**: 4 PAYMENTS
- **OPTIONAL**: Add-on Tumbling +\$65/ses per athlete: 4 PAYMENTS

ALLSTAR PREP OTHER EXPENSES

ALL ALLSTAR PREP TEAM MEMBERS Due NOV 9TH: TOTAL \$185

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ Practice Clothes: \$25 (shirt, bow)
- ★ Competition Fees: \$95 (1 competition)
- ★ USASF Membership: \$30 (required to compete)



Due DEC 1ST: TOTAL \$75 + COST OF SHOES

- ★ Uniform Fee: \$75: This is the purchase price for a new allstar prep competition uniform (cheer leotard and short) which you keep.
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice by NOV 30TH: ex.Varsity Last Pass 3.5oz; Nfinity Evolution 6.5oz; Asics Ultralyte 5.9 oz

OPTIONAL GEAR Due NOV 9TH: Late orders are not guaranteed to arrive in time for the competition

- ★ Warm-Ups/ Backpack: These items are not required for participation, but they are the only items you are allowed to use at competition! Back Pack \$35
- Team Warm-Up Jacket \$198 Team Warm-Up Pants \$40
- Parent Spirit Package (KWSA Dad and *Sparkle* KWSA Mom T-shirt) \$45

TRAVEL EXPENSES

All travel expenses for out of town competitions are the responsibility of each family.

ALLSTAR PREP IMPORTANT DATES

COMPETITION: April 9th 2016 Cheersport Ft Lauderdale Grand Championships @ the Ft Lauderdale Convention Center

CHOREOGRAPHY: December 11-12 time TBD @KWSA

YEAR END BANQUET: Late April/ May

KWSA CLOSED DATES:

- Thanksgiving Break: November 22-29th
- MLK Day: January 18th
- Spring Break: March 20-26th
- Winter Break: December 13- January 3rd
- Presidents Day: February 15th

Please carefully review the policies below, they are strictly enforced.

COMMUNICATION

As a parent, you will receive information in several ways, such as, emails from your coach or Team Rep and handouts sent home with athletes. Check www.KeyWestSportsAcademy.com for new updates as well.

FEES

- ★ A schedule of payments is listed in this handbook. All monthly session fees are due the first class of the session. Please make all payments at the front desk. Please keep all copies of your receipt in the event of a question or discrepancies. Please make all checks payable to Key West Sports Academy.
- ★ **A late fee of \$15 will be assessed for all payments made after the first practice of the session or seven days past the due date.** You may pay by cash, check, credit card or money order. Parents and responsible adults will be asked to sign a financial contract. Each person signing the contract will be responsible for keeping her/his child's account current, you may request statements and invoices. Statements and invoices WILL NOT be sent out unless requested.
- ★ Monthly tuition will not be prorated for any reason other than when specifically designated by KWSA.
- ★ **All fees and payments are non-refundable.**
- ★ By the second week of each session your account must be up to date. Otherwise, athlete will be moved to an alternate position.

FUNDRAISING

- ★ **Each team member is required to sell one corporate sponsorship for Team Fundraising to benefit the team.** Team members may sell additional sponsorships to directly benefit their personal accounts.
- ★ There will be additional fundraising opportunities, information will be sent out as it becomes available. Parents are invited to brainstorm fundraising ideas and plan fundraising activities!
- ★ Any surplus of credits from fundraisers will be applied towards KWSA classes, team, and merchandise. Refund checks will not be issued in the event of a surplus.
- ★ Team members are required to participate in Team Fundraising which is not directly applied to your account but rather benefits the team as a whole at the discretion of KWSA.

PRACTICE FLOOR

- ★ There is a viewing area designated for all parents/friends/siblings. Parents/friends/siblings are asked to stay in that designated area and not to come into the training area, even in the event of an injury! We want your child to get the most out of every practice. In order for this to happen, we need their full attention. If there are distractions the whole team is affected and it can become a safety issue.
- ★ The only people allowed on the gym floor are staff members and athletes that are registered current students during their specified class time.
- ★ In the event that an injury does occur please stay off the floor. All of our staff is safety and injury certified and will handle the situation appropriately, there is equipment in the gym that if approached the wrong way can cause further injury.
- ★ No one is allowed to yell onto the floor or make contact with athletes on the floor.
- ★ Withholding your child from practice cannot be used as a form of discipline. This is unfair to the rest of the team.

TRANSPORTATION

All transportation/ accommodations to competitions/practices are solely the responsibility of each family. We make every effort to provide information in a timely manner. If a competition is cancelled or rescheduled, Key West Sports Academy will not be responsible for reimbursement for any reason.

PARENTAL SUPPORT

- ★ Your dedication and support is just as important to us as it is to your child!
- ★ We encourage all parents to sit together and support all KWSA teams. Parents are encouraged to show support by wearing KWSA clothing and colors to competition.
- ★ Showing respect for the coaching staff, other teams and hosting organizations is expected as you are there representing KWSA and your child. Please act with discretion as you represent the whole KWSA team.

TEAM/ATHLETE POLICIES

Please carefully review the policies below, they are strictly enforced.

ATTENDANCE

Attendance is crucial to team success, our attendance policy is **STRICTLY ENFORCED**. Withholding your child from practice cannot be used as a form of discipline. This is unfair to the rest of the team.

- ★ **No absences are allowed two weeks prior to any competition**, absences which occur within the two weeks prior to any competition will be grounds for removal from the routine/ dismissal from the team.
- ★ **Allstar prep athletes who exceed three excused absences during a season may be subject to removal from the team with no refunds.**
- ★ All absence excuses must be emailed to Suzanne@KeyWestSportsAcademy.com a minimum of 2 WEEKS ahead of the planned absence.
- ★ Practice schedules can change, we will add practices before a competition as needed.
- ★ DO NOT be late, please! **Please arrive 15 minutes early for your scheduled practice time.** Tardy= after practice conditioning.

VACATIONS

Vacations are not permitted during the competition season, unless the gym is closed and the athlete has already cleared it with their coaches. Please see your coaches with any vacation plans.

PRACTICE

- ★ All cellphones must be turned off once practice starts.
- ★ All clothing and belongings must be stored in cubbies, not thrown on the floor.
- ★ Do not bring items of value to the gym. KWSA is not responsible for lost or stolen items.
- ★ Siblings of athletes cannot come inside the gym and watch practice unattended. An adult must be in the viewing area to supervise them.
- ★ No one is allowed to yell onto the floor or make contact with athletes on the floor.
- ★ A dress code is enforced all season.
- ★ Shoes must be worn at practice. A 100 push-ups fine will be issued if you come to practice without shoes.
- ★ No food or drinks other than bottled water are allowed during or before practice.
- ★ Remove all piercings, this is a non-negotiable safety issue.
- ★ No profanity or rude language.

GENERAL

- ★ If you need assistance, answers to anything, or to set up a meeting, please contact us via email at Suzanne@KeyWestSportsAcademy.com Do not make assumptions about anything. Always ask. If you have concerns please use the following chain of command: Front Desk> Head Coach> Owner
- ★ We are committed to you and we will provide the best possible customer service to our KWSA clients. We expect the same commitment and courtesy in return.
- ★ Attitude is everything. If an athlete has a bad attitude, we will place him/her to a non-competitive program, such as a class, until improvements are made. Until then, a replacement will be put in position.
- ★ Anyone threatening to quit will be asked to leave immediately. No refund will be given.
- ★ Do not gossip about anyone or anything, especially pertaining to KWSA.
- ★ It is the parents responsibility to stay informed. Check your email and the website regularly. If you aren't receiving emails, contact the gym director ASAP.
- ★ Do not post negative comments, routines, or music on Youtube, message boards, or any website.
- ★ Always example good sportsmanship, positive conduct and professionalism at all competitions and practices.
- ★ Feel free to talk to your coach about anything. We want to make sure the line of communication is open.
- ★ However, there is an appropriate time. Email or call the gym to make an appointment. Do not call or text staff unless it is an emergency.

INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional medical help. Each athlete must have her/his own medical insurance. **After seeing a physician, please provide KWSA with a doctors evaluation of the athletes injury and status.** A release from a doctor is required is a serious injury occurred before the athlete can resume participation. A release is also required to excuse the athlete from practicing certain skills, injury is not a reason to miss practice! Serious injuries may occur, if an athlete wishes to stay on the team they must attend practice to watch as soon as they are able. There are no refunds for injury or illness, you are expected to support the team for the season.

TRAVEL/ COMPETITIONS

Transportation to competitions is the responsibility of each team member and his/her family. All team members will wear warm-ups or KWSA clothing to each function over the competition uniform. All team members will stay together with coaches.

UNIFORMS AND ATTIRE

Please keep all KWSA clothing, warm-ups and uniforms in good condition, when you are wearing KWSA attire you are representing the entire gym! Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the cheerleader's family. Please wear assigned gear to practice. NO jewelry should be worn to practice. KWSA is not responsible for lost or stolen jewelry or valuables.

TEAM PLACEMENT

All athletes are placed on a team at the discretion of the coaches. Age, experience and ability all factor into placement. Please understand that athletes may be repositioned, moved or replaced at any time at the discretion of the coaches. Any changes are made to benefit the team as a whole.

DISCIPLINE

If any of the KWSA rules are compromised, the following actions will occur:

- ★ 1st Violation: a meeting with the athlete defining the problem.
- ★ 2nd Violation: a meeting with the athlete and the parent(s).
- ★ 3rd Violation: the athlete may be removed or made an alternate.

MEMBER INFORMATION

Communication is important to us at Key West Sports Academy. To help us keep in touch with you on a regular basis, with date changes and also in the event of an emergency, please fill out the form below.



ATHLETES FIRST NAME _____		LAST NAME _____	
STREET ADDRESS _____		CITY, STATE, ZIP _____	BIRTHDATE _____
GRADE IN SCHOOL _____	PHONE _____	EMAIL _____	
MOTHERS NAME _____	PHONE _____	EMAIL _____	
FATHERS NAME _____	PHONE _____	EMAIL _____	

CIRCLE YOUR SKILL LEVEL

STANDING TUMBLING	Back Walkover	Back Handspring	Toe Touch BHS+	None
RUNNING TUMBLING	Cartwheel Backwalkover	Roundoff BHS	ROBHS Tuck+	None
STUNTS	Base	Backspot	Flyer	
	Thigh Stand	Prep	Prep Lib	Extended Lib

Are there any scheduling conflicts that you are expecting? _____
 (Other sports, church, etc) We do our best to work around scheduling conflicts for the good of the team!

DESCRIBE ANY MEDICAL PROBLEMS OR INJURIES

Please list who the participant may be released to in case of an emergency and the parents cannot be reached:

NAME _____ RELATION _____ CELL # _____

MEDICAL INSURANCE COMPANY _____ POLICY # _____

TREATMENT / PUBLICITY / LIABILITY RELEASE WAIVER

I have read the information contained in the Competitive Cheerleading 2014-2015 packet, in which this application can be found, in its entirety and agree to abide by all rules/standards/agreements stated therein. I authorize any licensed physician to render necessary emergency treatment for injury or serious illness when neither parent can be reached and will assume all financial responsibility for treatment. I acknowledge that the above participant must have his/her own medical insurance. I understand that cheerleading camps, competitions, practices, clinics, and gymnastics equipment have an inherent danger in participation and that in spite of all precautions and accident preventatives, injuries do occur. I further acknowledge that each participant has elected to participate in Key West Sports Academy LLC at their own risk and will not hold Key West Sports Academy LLC employees and/or instructors liable for any and all injuries that may occur while participating in the cheerleading. The undersigned does hereby grant Key West Sports Academy and its successors, the unrestricted right to use the undersigned's name, likeness, or appearance on any Key West Sports Academy publications and in any form, content or medium to promote or market key West Sports Academy LLC. The undersigned does hereby expressly release and waive any demand, action, claim, license, royalty, or other form of payment the undersigned, and his or her agents, representatives or assigns, may have based on the claims of the undersigned as to rights of privacy, publicity, notoriety or any other rights arising out of or relating to any use by Key West Sports Academy LLC of the undersigned's name, likeness, or appearance.

Parent's Signature: _____ Date: _____

CLOTHING SIZE [CXS - CS - CM - CL - AXS - AS - AM - AL - AXL]

Our athlete's wear professional, consistent clothing and uniforms to practices and competitions. Choose sizes carefully as they are custom made and not exchangeable. All uniform pieces must fit SNUG, loose clothing is an extreme hazard!

TSHIRT _____ GK SHORTS _____ GK UNIFORM TOP _____

Office REG 11/9 \$35 PD	_____ / _____ \$ _____ # _____	PC 11/9 \$25 PD	_____ / _____ \$ _____ # _____
COMP FEES 11/9 \$95 PD	_____ / _____ \$ _____ # _____	USASF 11/9 \$30 PD	_____ / _____ \$ _____ # _____
WARM 5/5 \$198 JACK	\$40 PANT PD _____ / _____ \$ _____ # _____		
S4 \$ _____ / _____	S5 \$ _____ / _____	S6 \$ _____ / _____	S7 \$ _____ / _____

FINANCIAL AGREEMENT

THIS FORM IS DUE AT TRY OUTS

I, _____ of _____
(Print name of parent/legal guardian) member (Print name of team member)

understand that in exchange for participation in the Key West Sports Academy cheerleading program:

- I understand and agree that tuition payments are due the first practice of each session.
- I understand the Choreography fee, Camp Fee, Registration fee, Practice Clothes, Uniform, Shoes, Warm-ups and Bag, Competition fees and registration fees are all additional costs that are due on their exact due dates.
- I understand that a payment schedule for all fees has been provided in the Team Handbook.
- I understand that there are no refunds for illness or injury or team dismissal. I am obligated to pay for the entire season per the fees outlined in the KEY WEST SPORTS ACADEMY TWISTARS ALLSTAR CHEERLEADING 2015-2016 PACKET.
- I understand that I am subject to a late fee charge of \$15.00 for every payment not made on the exact due date. Excessive tardiness in payments will be grounds for my child not competing, possible dismissal and my being sent to a professional collection agency.
- I also understand and agree that as a parent/guardian signing the contract; I am solely responsible for the Tuition, Registration Fees, Travel Fees, Uniform/Warm-ups/Practice Clothes, Choreography/Music, Competition Fees, and Camp Fees. **All Fees are non-refundable.**
- **I understand and agree to allow Key West Sports Academy LLC to charge the card and / or bank check card (with major credit card symbol) that I have provided below in the case that I do not get my payments in on the designated due dates. Key West Sports Academy will allow a 15 day grace period after the due date before charging the card. I guarantee that the card and number provided are valid and accurate. I understand that my try-out fee will be charged to the card provided below at try-outs.**

Parent's Signature: _____ Date: _____

CREDIT CARD / BANK CHECK CARD VISA MASTERCARD AMERICAN EXPRESS DISCOVER

CARD NUMBER NAME ON CARD

EXP DATE MM/YY CVV CODE ZIP CODE

BILLING ADDRESS

- ☐ Please charge my card listed above TUITION ONLY according to the payment schedule.
☐ Please charge for all fees and tuition according to the payment schedule.

SIGNATURE of the person on card _____

Parent/Legal Guardian of _____ (Print name of team member)

PRINT Name of Parent/Legal Guardian _____

SIGNATURE of Parent/Legal Guardian _____

Effective May 5th 2015

***You may still pay monthly with cash or check; however a credit or bank check card is still required to be on file and will be charged accordingly for any late payments.**