

2011

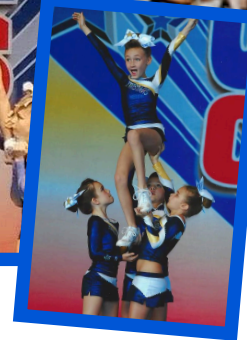
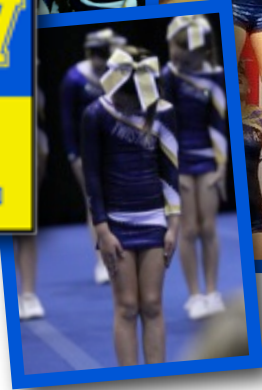
2012

2013

2014

2015

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



**ALL STAR CHEERLEADING
HANDBOOK 2014-2015**

**REACH THE
BEACH
NATIONAL
CHAMPIONS
2015**

**MATCHPLAY
STATE
CHAMPIONS
2013 &
2015**

**SPIRIT
CHEER
NATIONAL
CHAMPIONS
2015**

**AMERICAN
OPEN
NATIONAL
CHAMPIONS
2013**

**CHEERSPORT
GRAND
CHAMPIONS
2011 &
2015**

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

www.KeyWestSportsAcademy.com

TWISTARS CHEERLEADING

BECOME LEGENDARY

Thank you for your interest in the Key West Sports Academy Twistars Competitive Cheerleading program. Our organization was established in 2010. We have won local and national titles over the past four 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 CHEERLEADING COACHES

Coach Holly Humphries-

Coach Holly grew up near Atlanta GA cheering for Pro Cheer and Georgia All Stars before going to college at NC State where she cheered both sideline and on NC States competition team. After college graduation coach Holly obtained degree in veterinary sciences from UGA, all the while coaching the University of Georgia's cheerleading team!

Coach Pilar Navarro-

Coach Pilar is from Los Angeles CA and has competed as an optional gymnast and a top notch cheerleader with renowned teams like Top Gun All-Stars and Stingray All-Stars. Coach Pilar has also performed as a member of the Miami Heat, the Miami Marlins, and the Top Gun All-Stars dance teams!

Coach Suzanne Wilbarger-

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-

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. 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. A few of my favorite skills to perform are triple straddle jumps to standing tuck, and switch leaps. I love to teach eager gymnasts new skills and progress them through the wonderful sport.

Coach Olivia Blackburn-

Coach Olivia is a former competitive cheerleader from North Carolina who has passionately loved the sport since she was a child. After high school, Olivia went on to earn an education degree from North Carolina State University. During her time in college she also taught preschool gymnastics. Coach Olivia teaches tumbling classes and coaches the Twistars Cheerleading teams!



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. This is no longer your mother's Cheerleading. 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 15-36 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.

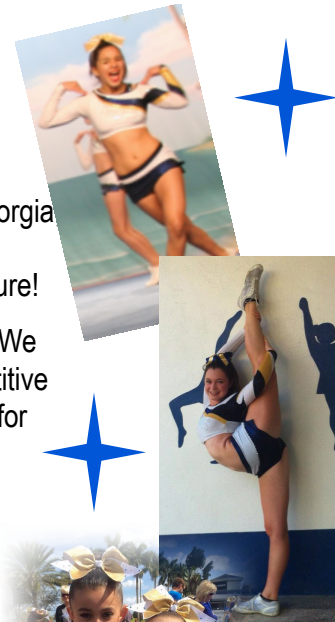


There are thousands of all-star programs of all types across the country. All-Star cheerleading is a great way for young athletes to learn new skills while building teamwork, goal-setting, sportsmanship, and numerous other social skills while making lifelong friendships.

COLLEGE SCHOLARSHIPS FROM KWSA

Highly competitive cheerleaders are sought after by colleges with competitive cheerleading programs, many of these programs offer scholarships. Florida State University, University of Georgia and the University of Louisville are just a few of the programs which regularly award college scholarships to cheerleaders. Competitive cheerleading can be an investment in your child's future!

Key West Sports Academy is excited to announce a new opportunity for Twistars cheerleaders. We are happy to invest in your child's college bound future by offering scholarships to Twistars competitive cheerleaders! High school Seniors who have participated in the Twistars cheerleading program for four consecutive years or more will be granted a scholarship from Key West Sports Academy. Scholarships will be mailed directly to the Registrars Office at the Senior's college of choice!



NEW

SOLO PERFORMANCES

We are so excited to announce that beginning this year we will be offering a new opportunity for Twistars Cheerleaders who work exceptionally hard! Cheerleaders who have level 3 and above jumps and tumbling skills will be able to perform solo routines in addition to their team routines at competitions! If you are interested in adding a solo performance please email coach Suzanne at Suzanne@keywestsportsacademy.com!



TWISTARS ALL-STAR TRYOUTS

JOIN US FOR A TRY OUT SESSION

Our competitive athletes are age 4-18 and no experience is necessary to try out. The try out process is casual and fun! The athletes demonstrate Jumps, Tumbling Skills, and Choreography. They meet the staff and new friendships are formed. Athletes are evaluated in groups and we encourage each person to do their best!

We can't wait for you to experience it for yourself and truly understand the dynamics, traditions, and success of our Twistar Family!

Review the try out schedule below for the date and time. Then learn more about try outs and program in the following pages.

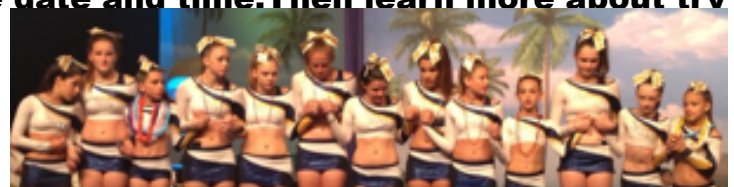
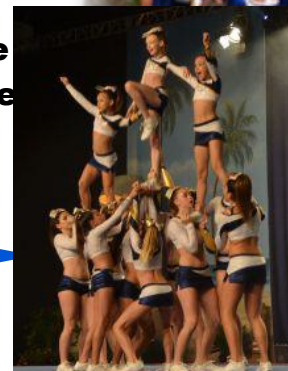
KEY WEST SPORTS ACADEMY
 700 TRUMAN AVE KW FL 33040
 305.896.2458
WWW.KEYWESTSPORTSACADEMY.COM
SUZANNE@KEYWESTSPORTSACADEMY.COM

Pre-Tryout Parent Meeting:
 Tuesday April 28 @ 6:30pm

2015 TRY OUT SCHEDULE

| | CLINIC Friday MAY 1 ST | AUDITION Sunday MAY 3 RD |
|--------------------------------------|---|---|
| Age 4-11 | 4:00-5:00 PM | 1:00-2:00 PM |
| Lvl 2+ Age 5-14 *Standing BHS+ | 5:00-6:30 PM | 2:00-3:30 PM |
| Age 15-18 | 6:30-8:00 PM | 3:30-5:00 PM |

PRIVATE TRYOUTS ARE AVAILABLE!
TWISTARS SHINE BRIGHTER



TRY OUT

DETAILS

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.



| | 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 |

PLACEMENT

There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions, and age are huge factors as well. We choose our team based on the positions we need to fill. Every athlete is on the team for a reason - please trust the staff.



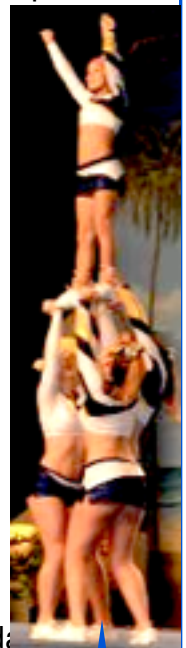
PROCESS

After try outs, the staff will pick the teams at their discretion. Many key elements factor into the decision. Keep in mind, all KWSA teams are built to compete at the top of their level.

TRY OUT CHECKLIST

We look forward to working with you at try outs. Be sure to arrive with these items already completed:

- Copy of Birth Certificate and ID
- \$30 Try Out Fee- Paid with Credit Card on file
- Try Out Release Form/ Application
- Team Roster Information
- Head Shot/ School Picture
- KWSA Registration Form and Waiver
- Completed Financial Agreement with credit card information; a credit card is required to be kept on file.



IMPORTANT: Please be sure to double check all of your information. Contact information needs to be legible. All paperwork and monies are due the first day of try outs before you will be allowed out on the floor.



PRIVATE TRY OUTS

Sessions are available upon request, and require a \$45 fee.

For additional information please write to Suzanne@keywestsportsacademy.com

PROGRAM COSTS

Before you commit to this program please carefully consider the financial commitment involved! This is an FULL YEAR Commitment (May 2015-April 2016).

TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes all practices (2x per week) and 1 mandatory tumbling class, year round. You should expect that your child will be at the gym at least three days each week, possibly more depending on scheduling, we have a very strict attendance policy, please plan your other activities with this in mind.

- ◆ \$185/mo per athlete for **new members**: 12 PAYMENTS
- ◆ \$165/mo per athlete for **returning members**: 12 PAYMENTS

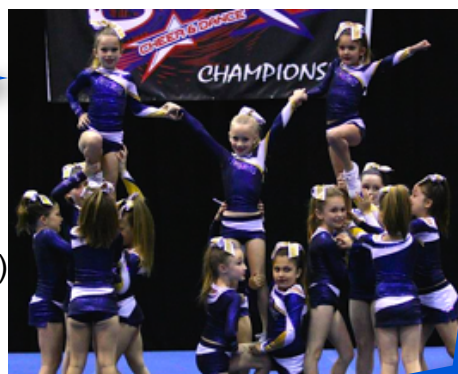
DISCOUNTS AND SAVINGS

- ◆ Pay in Full- TUITION OPTION **\$255 Savings!!!**
10% discount off of the full years tuition and waived Registration Fee! Due May 4th
- ◆ Sibling discount of 10% OFF per session
Bonus: get an extra 10% off the year when you combine the sibling and pay in full options!

OTHER EXPENSES

ALL TEAM MEMBERS **Due MAY 4TH: TOTAL \$1065**

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ USASF Membership: \$30
- ★ Female Practice Clothes: \$150
(Fitted top, t-shirt, fitted shorts, practice bow and competition bow)
- ★ Choreography/ Music/ Camp: \$250
- ★ Competition Fees: \$600



NEW TEAM MEMBERS **Due MAY 9TH: TOTAL \$375 + COST OF SHOES**

- ★ Uniform Fee: \$375: Purchase price for a new competition uniform (cheer leotard and shorts).
- ★ Shoes: You must purchase one of the following (3) shoes on your own to have for practice by June 2nd:
Varsity Last Pass 3.5oz Nfinity Evolution 6.5oz Asics Ultralyte 5.9 oz

OPTIONAL GEAR **Due MAY 4TH: Late orders are not guaranteed to arrive in time for the 1st competition**

- ★ Warm-Ups/ Backpack: These items are not required for participation! Orders Due May 3rd
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.

Program Cost for Male Participants

All costs other than those listed below are the same for both male and female participants.

Tuition- \$150/mo per athlete for **new MALE members**: 12 PAYMENTS

Practice Clothes- \$50 (two team shirts: black workout shorts must be purchased separately)

Uniform Fee- \$150: Purchase price for a new mens competition uniform (long sleeve shirt and pants)

TINY

AGE 4-6 YRS

PROGRAM

COSTS

Before you commit to this program please carefully consider the financial commitment involved! This is an FULL YEAR Commitment (May 2015-April 2016).



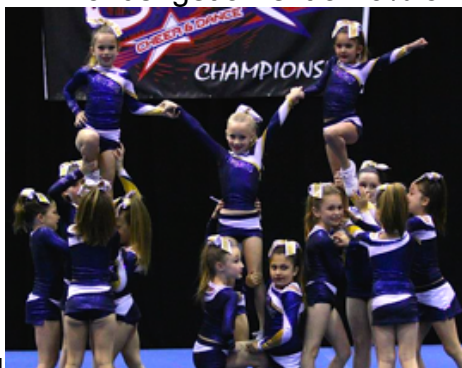
TINY TOTS TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes all practices (1x per week) and 1 mandatory tumbling class, year round. You should expect that your child will be at the gym two days each week, possibly more depending on scheduling, we have a very strict attendance policy, please plan your other activities with this in mind.

- \$105/mo per athlete for **new TINY members**: 12 PAYMENTS
- \$95/mo per athlete for **returning TINY members**: 12 PAYMENTS

DISCOUNTS AND SAVINGS

- ◆ Pay in Full- TUITION OPTION **\$126 Savings!!!**
10% discount off of the full years tuition and waived Registration Fee! Due May 4th
- ◆ Sibling discount of 10% OFF per session
Bonus: get an extra 10% off the year when you combine the sibling and pay in full options!



TINY TOTS OTHER EXPENSES

ALL TINY TOT TEAM MEMBERS **Due MAY 4TH: TOTAL \$590**

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ Practice Clothes: \$60 (shirt, fitted shorts, bow)
- ★ Choreography/ Music: \$150
- ★ Competition Fees: \$315 (2-3 competitions)

NEW TINY TOT TEAM MEMBERS Due MAY 9TH: TOTAL \$375 + COST OF SHOES

- ★ Uniform Fee: \$375: This is the purchase price for a new competition uniform (cheer leotard and short) which you keep.
- ★ Shoes: You must purchase one of the following (3) shoes on your own to have for practice by June 2nd:
Varsity Last Pass 3.5oz Nfinity Evolution 6.5oz Asics Ultralyte 5.9 oz

OPTIONAL GEAR Due MAY 4TH: Late orders are not guaranteed to arrive in time for the 1st competition

- ★ Warm-Ups/ Backpack: These items are not required for participation!
Back Pack \$35
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TRAVEL EXPENSES

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

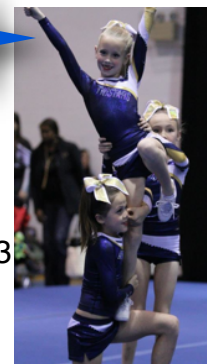


QUESTIONS?



WHEN IS THE GYM CLOSED?

- ◆ Memorial Day: May 25th
- ◆ Summer Vacation: June 28-July 19
- ◆ Labor Day: September 7th
- ◆ Columbus Day: October 12th
- ◆ Thanksgiving Break: November 22-29
- ◆ Winter Break: December 13- January 3
- ◆ MLK Day: January 18th
- ◆ Presidents Day: February 15th
- ◆ Spring Break: March 20-26



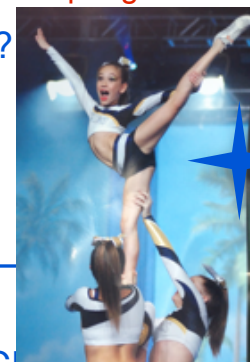
***Plan to attend a competition the first weekend of Spring Break!!!**

WHEN IS MANDATORY CHOREOGRAPHY FOR ALL KWSA TEAMS?

- ◆ **Choreography dates will be announced in your “welcome” email May 3rd.**

OTHER IMPORTANT DATES

- ◆ Team Sponsor Pictures: 1ST week in June during team practice, times TBD
- ◆ Year End Banquet: Late April/ May



Frequently Asked Questions

SEASON STARTS May 4th! WHEN DO WE FIND OUT OUR PRACTICE SCHEDULE AND WHAT TEAM WE MADE?

By 9pm on May 3rd you will receive a “Welcome” email with with your team information and practice schedule. Practice begins the week of May 4th, if you do not attend your first practice we will assume you do not wish to join the team and drop you from our roster.

DO YOU OFFER ANY FUNDRAISING OPPORTUNITIES?

Each team member is required to sell one corporate sponsorship to benefit the team, beyond that you can sell addition sponsorships, a portion of which will be directly applied to your account! We may also have fundraisers like a booth at Children’s Day and Parents Night Out.

WHAT IF I CAN’T MAKE TRY OUTS?

A private try out can be held for \$45. Email Suzanne@KeyWestSportsAcademy.com

WHAT IF I CAN’T TUMBLE? DOES THIS MEAN I AM NOT GOING TO MAKE A “GOOD” TEAM?

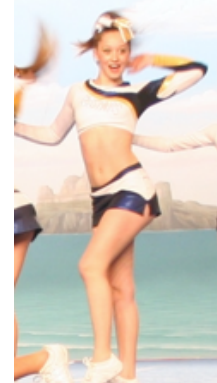
No. All of the teams at KWSA are “good” teams! Everyone has a place here. Tumbling is not a requirement, it is something you will learn with your coaches!

DO YOU OFFER PAYMENT PLANS?

If you are unable to make the single lump payment at the beginning of the season please email Suzanne@KeyWestSportsAcademy.com to work out a payment schedule.

I GREW OUT OF MY UNIFORM FROM LAST YEAR, CAN I RESELL IT?

We are unable to resell used uniforms, however you may be able to resell it on your own to a smaller team member. Please keep in mind that new uniforms must be ordered no later than May 9th.



COMPETITIONS

PLEASE NOTE: This is a tentative competition schedule. Competitions may be added, deleted, cancelled, etc. Competition dates may change! Teams will attend a minimum of four competitions, maximum of five. Teams will be asked to fundraise in the case of a team receiving a bid to a sixth competition.

You are required to attend all competitions, if you cannot attend one of the scheduled competitions you will be placed on alternate status. Please plan to attend a competition during spring break! Tiny Tots teams will attend 2-4 competitions January-April.

| 2016 DATE | COMPETITION | LOCATION |
|------------------------------|--------------------------------------|-----------------|
| December 5 th | South Beach Classic | Miami |
| December 12 th | Show Down in O-Town | Orlando |
| January 30-31 st | The Florida Match Play Championships | West Palm Beach |
| February 20-21 st | South FL Nationals | Miami Beach |
| March 19-20 th | Return to Atlantis | Orlando |
| April 9 th | Cheersport Championships | Ft. Lauderdale |
| April 12 th | US Nationals | Ft. Lauderdale |

THE FINAL COMPETITION SCHEDULE WILL BE RELEASED IN AUGUST

“You trained us hard and made sure we did our absolute best. We thank you for the best cheer season we could have ever dreamed of.”

-Love, Key West Twistars Junior Team 2012-2013



“Life lessons that can ONLY be learned through competing at a high level; the value of hard work and preparation, how to function as a part of a unit, uncovering the capacity to dig deep and push yourself to achieve your goals -- all wrapped up in an exciting and fun experience while developing important friendships.”

-Brett Hertvigson, California All Stars,

Describing the all-star competition cheerleading experience

GALLERY

“Key West Sports Academy is an amazing place for your child to learn and grow. Your children will be blessed to work with well trained, loving coaches. While attending Key West Sports Academy my four daughters have learned some of the most important values a person needs for success: respect for others, self confidence, self control, team work, and a desire to work as hard as possible to reach their goals.”

-Kris Howard

“Key West Sports Academy provides so much more than cheerleading and gymnastics, they teach teamwork, perseverance and hard work. We have found friends, developed a positive competitive spirit and can’t wait for what’s in store next!”

- Kristen Condella

“My daughters have throughly enjoyed their competitive cheerleading experience this year. They have improved their tumbling, jumps and stunting. In one year my daughters both have their back handsprings and one just got her back tuck!”

-Christine Shanle

“The Twistars cheer program is amazing. The girls improve tremendously throughout the season. They have the awards to prove it.”

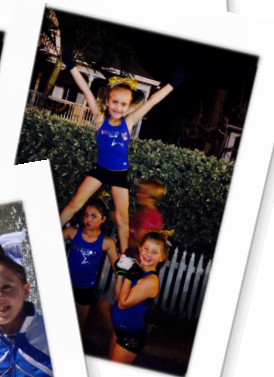
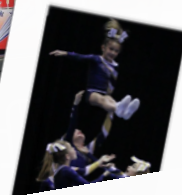
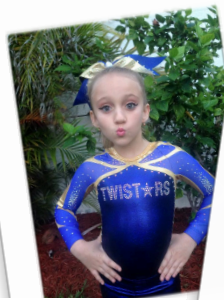
- Jamie Cates

“My daughter Yasmin has learned so much in her first year as a competition cheerleader! I owe all of her success to the great coaches at Key West Sports Academy.”

-Margret Lara

“Twistars cheerleading has been an amazing experience for my daughter. She really enjoyed her season- making new friends and doing what she loves. I want to thank all of the coaches, parents, and volunteers for the wonderful memories this year!”

-Caren Morell



PARENT POLICIES

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.

ABSENCES

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.
- ★ **An unexcused absence will result in a \$25 fine**. YOUR FINE MUST BE PAID BEFORE YOU WILL BE ALLOWED TO RETURN TO PRACTICE. Athletes are allowed ONE unexcused fined absence during the year, subsequent absences will result in the athletes removal from the team without refund.
- ★ **Athletes who exceed three excused absences during a semester 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. Only those reasons listed under excused absences will be excused, other reasons will be fined!

EXCUSED ABSENCES

- ★ Contagious illness- requires doctors note.
- ★ School function that affects grade- requires teachers note.
- ★ Family emergencies- proof of emergency required.
- ★ Vacation during summer - Maximum of three missed practices. (June-August)

UNEXCUSED ABSENCES

- ★ School dance
- ★ Traffic
- ★ Too much homework
- ★ Feeling tired
- ★ Don't have a ride
- ★ Practice/ Game for another sport
- ★ Sunburn

TARDIES

DO NOT be late, please! **Please arrive 15 minutes early for your scheduled practice time.**

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. Also, any summer vacations must be in writing 2 weeks prior to the missed practice(s).

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

During the competition season, cheerleaders will be asked to travel. 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.

PARENT / ATHLETE PROGRAM POLICIES

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

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.
- ★ 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.
- ★ Do not call or text staff unless it is an emergency.
- ★ 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. Again, if you have a question, ASK, rather than listen to nonsense or engage in irresponsible conduct.
- ★ 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. Every month you should receive a Gym Newsletter. You may also receive information via handouts distributed at practice, attend all practices to ensure you do not miss any information, contact your coach immediately if you do miss a practice.
- ★ 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.
- ★ If you have questions please use the following chain of command: Front Desk> Head Coach> Owner

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.
- ★ **An unexcused absence will result in a \$25 fine. Athletes are allowed one unexcused absence, subsequent absences will result in the athletes removal from the team without refund..**
- ★ Absence excuses must be emailed to Suzanne@KeyWestSportsAcademy.com a minimum of 2 WEEKS ahead of the planned absence.
- ★ **Athletes who exceed three excused absences during a semester may be subject to removal from the team with no refunds.**
- ★ Punctuality is a MUST. Arrive 15 mins early to all practices, competitions and functions.
- ★ If you are late or dressed inappropriately you will condition after practice.
- ★ Practice schedules can change, we will add practices before a competition as needed.
- ★ No food or drinks other than bottled water are allowed during or before practice.
- ★ Remove all piercing, this is a non-negotiable safety issue.
- ★ No profanity or rude language.

APPLICATION



ATHLETES FIRST NAME _____

LAST NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

BIRTHDATE _____

AGE AS OF August 31, 2013 _____

GRADE IN SCHOOL _____

PHONE _____

EMAIL _____

CIRCLE YOUR SKILL LEVEL

TUMBLING SKILLS

| | | | | |
|----------|------------------------|-----------------|----------------|------|
| STANDING | Back Walkover | Back Handspring | Toe Touch BHS+ | None |
| RUNNING | Cartwheel Backwalkover | Roundoff BHS | ROBHS Tuck+ | None |

STUNTS

| | | | | |
|----------|-------------|------|----------|--------------|
| BASE | Thigh Stand | Prep | Prep Lib | Extended Lib |
| BACKSPOT | Thigh Stand | Prep | Prep Lib | Extended Lib |
| FLYER | Thigh Stand | Prep | Prep Lib | Extended Lib |

Would you accept ANY position on ANY Key West Sports Academy Twistars team? YES NO

If NO, which level/position are you interested in being considered for? _____

Please understand that you must be true to your level and meet requirements for the level in order to be considered.

Would you be interested in "crossing over" and participating on two teams? _____

Additional applicable fees will be assessed, including tuition (\$100 crossover per session), competition fees (\$600), and choreography (\$250).

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: _____

YOUR ROSTER INFO

Communication is important 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 _____

ATHLETES EMAIL _____

ATHLETES CELL PHONE _____

HOME PHONE _____

FATHERS CELLPHONE _____

MOTHERS CELL PHONE _____

MOTHERS EMAIL _____

FATHERS EMAIL _____

CLOTHING SIZE

Our Athlete's wear professional, consistent clothing and uniforms to practices and competitions. Please use the chart below and circle the size of each clothing item. Choose sizes carefully as they are custom made and not exchangeable! All uniform pieces must fit SNUG, loose clothing is an extreme hazard!

| CLOTHING | YOUTH SIZES | | | | ADULT SIZES | | | | |
|------------------------|-------------|-------|--------|-------|-------------|-------|--------|-------|---------|
| T-Shirt | X-Small | Small | Medium | Large | X-Small | Small | Medium | Large | X-Large |
| GK Brand Fitted Shorts | X-Small | Small | Medium | Large | X-Small | Small | Medium | Large | X-Large |
| GK Brand Fitted Top | X-Small | Small | Medium | Large | X-Small | Small | Medium | Large | X-Large |
| GK Cheer Leotard | X-Small | Small | Medium | Large | X-Small | Small | Medium | Large | X-Large |

OPTIONAL GEAR: Order by May 5th

Custom Order Competition Warm-Up Jacket (\$198):

Child Size (X-Small-Large) _____

Adult Size (X-Small- X-Large) _____

Fitted Dry-Tech Warm-Up Pants (\$40):

Child Size (X-Small-Large) _____

Adult Size (X-Small-X-Large) _____

DID YOU KNOW?

★ Cheerleading dates back to 1877 at _____ University.

★ The first organized cheer teams were all-_____.

★ _____ began dominating cheer around World War II.

★ The _____ first included cheer teams in the 1960's.

★ Key West Sports Academy was founded in the year _____.

| Office Use Only | | | |
|-----------------|------------|---------|------------------|
| REG 5/5 | \$35 PD | ___/___ | \$ _____ # _____ |
| PC 5/5 | \$150 PD | ___/___ | \$ _____ # _____ |
| CHOREO 5/5 | \$250 | | |
| | PD | ___/___ | \$ _____ # _____ |
| COMP FEES 5/4 | \$600 | | |
| | PD | ___/___ | \$ _____ # _____ |
| WARM 5/5 | \$198 JACK | | \$40 PANT |
| | PD | ___/___ | \$ _____ # _____ |

Answers: Princeton, male, Women, National Football League, 2010

FINANCIAL AGREEMENT

THIS FORM IS DUE AT TRY OUTS

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

- I authorize Key West Sports Academy to charge the above card for the 2014 open tryout fee in the amount of \$30.00
- 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. 14

JOIN THE TWISTARS FAMILY!

ACCREDITED FACILITY

Key West Sports Academy is the only fully equipped cheerleading and gymnastics facility in the keys.

KWSA is accredited by the United All Star Spirit Federation, USA Gymnastics, and the Amateur Athletic Union.



TWISTARS

INCREDIBLE TEAMS

Our teams are built to compete at the top of their level, ensuring a positive competition experience. We concentrate and focus on all of our teams. We recognize that our mini's will one day be our senior level 5's!

INNOVATION

Key West Sports Academy uses top notch World's level choreographers to ensure creative award winning routines!

AMAZING STAFF

Our coaches continually undergo training for coaching all-star cheerleading. They are all safety certified and instructor certified. They have complex knowledge of stunting and tumbling technique, allowing them to structure classes for rapid progression in the safest possible environment. Furthermore, our coaches love what they do! They grew up in the industry, they love the sport, and they share their passion with each athlete.

VALUE

Our structure creates life-long value for each athlete and his or her family. We simply offer the best program available locally. Your athlete will learn and grow at Key West Sports Academy. New friendships are formed, memories are made, and experiences are priceless.

OPPORTUNITIES FOR COLLEGE

Collegiate cheerleading is an opportunity for our kids to pursue higher education while staying involved with their passion. Scholarships are available at many schools, the University of Louisville, the University of Central Florida, the University of Kentucky!