

2011

2012

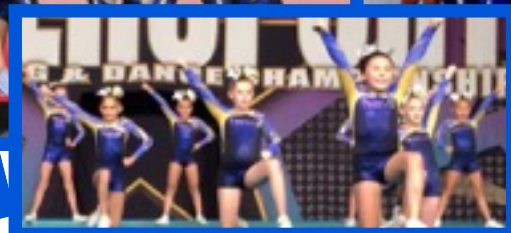
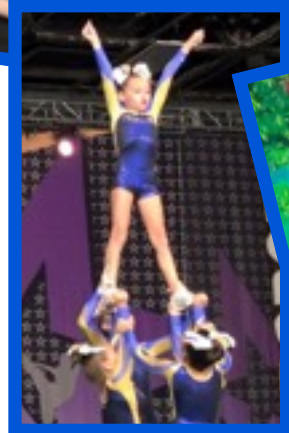
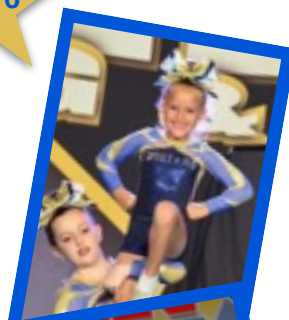
2013

2014

2015

2016

# KEY WEST SPORTS ACADEMY TWISTARS CHEERLEADING



## ALL STAR CHEERLEADING HANDBOOK 2017-2018

**REACH THE  
BEACH  
NATIONAL  
CHAMPIONS  
2015**

**MATCHPLAY  
STATE  
CHAMPIONS  
2013,  
2015, 2017**

**SPIRIT  
CHEER  
NATIONAL  
CHAMPIONS  
2015, 2016**

**AMERICAN  
OPEN  
NATIONAL  
CHAMPIONS  
2013**

**CHEERSPORT  
GRAND  
CHAMPIONS  
2011, 2015,  
2016, 2017**

ACCREDITED FACILITY  
INNOVATION



INCREDIBLE TEAMS



AMAZING STAFF



OPPORTUNITIES FOR COLLEGE



VALUE

[www.KeyWestSportsAcademy.com](http://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 hire world-class stunt choreographers, routine choreographers, and music producers. 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.



### OUR MISSION & COACHING PHILOSOPHY

**Mission:** To create an environment where athletes will learn the value of teamwork, commitment, and hard work. We strive to produce a confident athlete that will consistently be an asset in all future endeavors.

Throughout our lives, we work with others to achieve common goals. Physical fitness and health are important, but teamwork is a skill more valuable than tumbling or athletic ability. Our athletes learn sportsmanship and learn to work toward shared goals. We are most proud of the life lessons that we have given the athletes in our program.

**We believe in instilling a desire in each athlete to work hard for themselves and their team, to be self driven.**

# 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 which has earned the sport a provisional status for the next summer Olympic Games.

All-Star teams are typically comprised of 8-36 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 presentation.

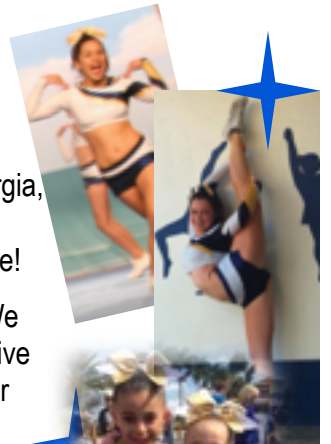


There are thousands of all-star programs of all types across the country. All-Star cheerleading is a great way for young athletes to learn new skills while building teamwork, goal-setting, sportsmanship, and numerous other social skills while making lifelong friendships.

## COLLEGE SCHOLARSHIPS FROM KWSA

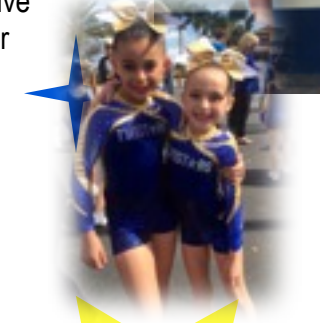
Highly competitive cheerleaders are sought after by colleges with competitive cheerleading programs, many of these programs offer scholarships. Florida State University, University of Georgia, and the University of Louisville are just a few of the programs which regularly award college scholarships to 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!



## SOLO PERFORMANCES

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](mailto:suzanne@keywestsportsacademy.com)!



## ALL STAR DANCE TEAM OPPORTUNITY

We will be offering a competitive dance team again this year. Dance Team will give our athletes the opportunity to perform twice or more at each competition!





# TWISTARS 17-18 SEASON

## CHEER TEAM PLACEMENTS

**JOIN US FOR 4 WEEKS OF SPRING TRAINING TO BE PLACED ON A TEAM!**

**Our competitive athletes are age 4-18 and no experience is necessary to join. The team placement process is casual and fun. Everyone is placed on a team.**

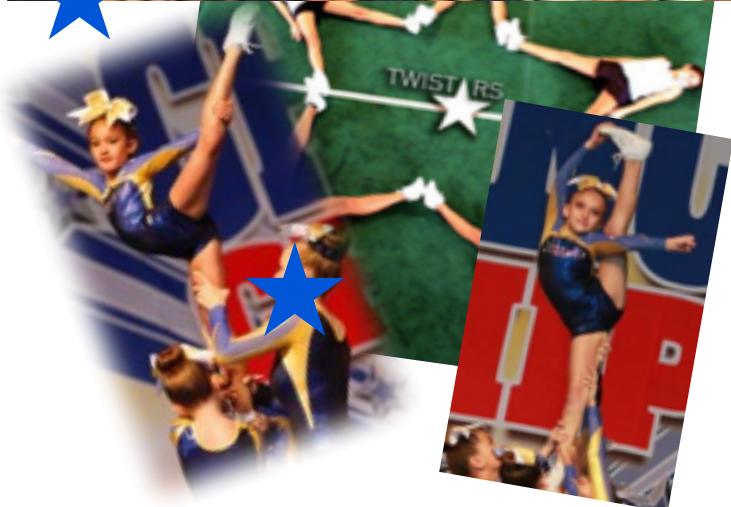
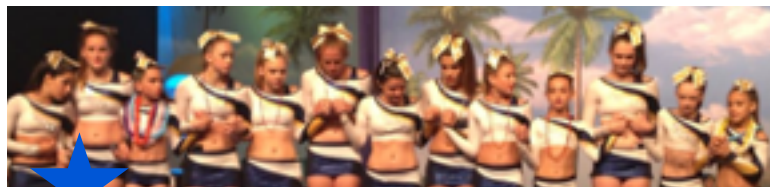
**From May 1st-27th we will be holding spring training practices split by level / age. Each division will have two practices a week for 4 weeks, a total of 8 classes. The final week, May 22-27 athletes will be evaluated for team placement.**

**You may choose to attend all 8 classes (\$120) or you may pay by the class (\$20).**

**Each class will work on level appropriate Jumps, Tumbling, and Stunt basics.**

**At the end of spring training we will announce team placements. You must attend the team commitment meeting to accept your position.**

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



### Spring Training Practices

**May 1-27 2017**

May 22-27 Mandatory for Team Placement

<b>Level 1 Age 4-9</b> No Experience Necessary	Monday 4:00-5:00	Wednesday 4:00-5:00
<b>Level 1 Age 10-18</b> No Experience Necessary	Monday 5:00-6:00	Wednesday 5:00-6:00
<b>Lvl 2</b> *Minimum Requirement Standing BHS and Round Off BHS	Tuesday 5:00-6:00	Friday 4:00-5:00
<b>Lvl 3</b> *Minimum Front Tuck/ Back Tuck	Tuesday 6:00-7:00	Friday 4:00-5:00

**FINAL TEAM PLACEMENT POSTED:  
SATURDAY MAY 27TH**

**TEAM COMMITMENT MEETINGS:  
TUESDAY MAY 30TH**

*"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*

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

*- Jamie Cates*

# PLACEMENT DETAILS

## AGES

Per the USASF rules: All age divisions are determined by your age on August 31<sup>st</sup> 2017, this will determine your "competition age." Please bring a copy of your birth certificate for Key West Sports Academy to have on file.

USASF age groups are as follows:

- ◆ Senior: 11-18
- ◆ Junior: 8-14
- ◆ Youth: 6-11
- ◆ Mini: 5-8
- ◆ Tiny: 5-6
- ◆ Tiny Prep: 3-6



## 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.

**KWSA offers both elite Allstar and Allstar teams for varying levels of commitment. Elite teams practice approximately 15-20 hours a month and travel to 3-5 competitions. Allstar teams at KWSA practice approximately 8-12 hours a month and travel to 2 competitions.**

All star levels (elite Allstar and Allstar) 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.

### REQUIRED TUMBLING BY LEVEL

Please reference video examples on our website.

Ability to throw a skill does not equate to performability. Website examples demonstrate performable skills.

	Standing Tumble	Running Tumble
<b>Level 1</b>	Back Walkover Front Walkover	Cartwheel Back walkover
<b>Level 2</b>	Straight Jump BHS B Walkover BHS	Roundoff BHS -BHS
<b>Level 3</b>	Toe Touch BHS Series BHS	RO BHS Back Tuck Front Tuck

## 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.

**\*Your account must be current to be placed on a team. Athletes with account balances will not be placed.\***

## PROCESS

After spring training evaluations, the staff will pick the teams at their discretion. Many key elements factor into the decision. We do our best to consider Allstar vs elite Allstar requests but make no guarantees. All KWSA teams are built to compete at the top of their level.

## PLACEMENT CHECKLIST

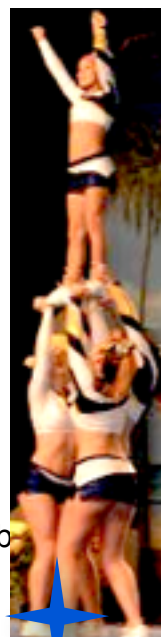
We look forward to working with you at team placements. Be sure to arrive with these items already completed:

- ☐ Copy of Birth Certificate and ID
- ☐ Application
- ☐ Team Roster Information
- ☐ KWSA Registration Form and Waiver
- ☐ Completed Financial Contract with credit card information; **a credit card is required to be kept on file.**
- ☐ **NEW** KWSA Parent Login Account created WITH autopay information.

**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 team placements before you will be allowed out on the floor.

Questions? Email

[suzanne@keywestsportsacademy.com](mailto:suzanne@keywestsportsacademy.com)!



## PRIVATE TRY OUTS

Sessions are available upon request, and require a \$70 fee. For additional information please write to

[Suzanne@keywestsportsacademy.com](mailto:Suzanne@keywestsportsacademy.com)

Last day to join: Tiny Team- October 1

Elite Allstar Teams- July 24th

Allstar Teams- Aug. 19

\*All fees due even if you start the season late (even tuition).

# ELITE PROGRAM

**Before you commit to this program please carefully consider the financial AND time commitment involved! This is an FULL YEAR Commitment (June 2017-April 2018).**

## TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes team practices 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 ELITE TEAM attendance policy, please plan your other activities with this in mind.

**\$1,950 divided in to 10 payments of \$195/session per athlete  
(10 PAYMENTS- June 2017-April 2018)**

Flight School- \$40/Month \*Elite Team Flyers are REQUIRED to take FLIGHT SCHOOL\*

Optional: Add-On Unlimited Tumbling Classes at or below your level AND Open Gym- \$85/mo

## DISCOUNTS AND SAVINGS

◆ Pay in Full- TUITION OPTION

10% discount off of the full years tuition! Due MAY 30th.

## OTHER EXPENSES

ALL TEAM MEMBERS **Due MAY 30TH: TOTAL \$1440** (\*Late fee applied after June 5th\*)

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ USASF Membership: \$30
- ★ Female Practice Clothes: \$150  
(2 practice uniforms which MUST be worn to all practices, practice bow)
- ★ Team Gear: \$75  
(Team long sleeve "warm-up" shirt; team backpack;
- ★ Choreography/ Music: \$350
- ★ Camp: \$150
- ★ Competition Fees: \$650 (3-5 competitions)

UNIFORM **Due JUNE 19: TOTAL \$375 + COST OF SHOES**

- ★ Competition Uniform: \$375: Purchase price for a new competition uniform + bow.
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice by May 30th: ex. Varsity Last Pass 3.5oz; Nfinity Evolution 6.5oz; Asics Ultralyte 5.9 oz



## TRAVEL EXPENSES

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

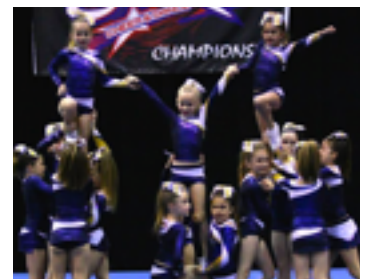
## REQUIREMENTS FOR ELITE PROGRAM CONSIDERATION

Ability to pass physical abilities (listed at [www.keywestsportsacademy.com](http://www.keywestsportsacademy.com) under cheer teams tab).

Demonstrates ability to commit to the program.

FLYER REQUIREMENTS- 3 Full Splits (Right, Left, Middle)

Ability to pull a Heel Stretch, Scorpion, and Bow on the floor w/o support





# ALLSTAR PROGRAM

**Before you commit to this program please carefully consider the financial AND time commitment involved! This is an FULL YEAR Commitment (June 2017-April 2018).**

## TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes team practices year round. You should expect that your child will be at the gym at least TWO days each week, possibly more depending on scheduling, we have a strict ALLSTAR TEAM attendance policy, please plan your other activities with this in mind.

**\$1500 divided in to 10 payments of \$150/session per athlete (10 PAYMENTS- June 2017-April 2018)**

Optional-

Add On Tumbling Class- \$45/mo.

Add-On Unlimited Tumbling Classes at or below your level AND Open Gym- \$85/mo

Flight School- \$40/mo.

## DISCOUNTS AND SAVINGS

♦ Pay in Full- TUITION OPTION

10% discount off of the full years tuition! Due MAY 30th.

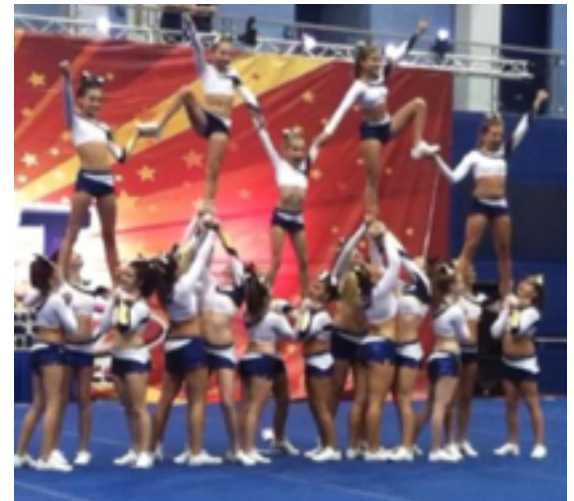
## OTHER EXPENSES

ALL TEAM MEMBERS **Due MAY 30TH: TOTAL \$790** (\*Late fee applied after June 5th)

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ USASF Membership: \$30
- ★ Female Practice Clothes: \$75  
(1 practice uniform, practice bow)
- ★ Choreography/ Music: \$300
- ★ Competition Fees: \$350 (2 Competitions)

UNIFORM **Due JUNE 19: TOTAL \$150 + COST OF SHOES**

- ★ Uniform Fee: \$150: Purchase price for a new competition uniform + competition bow.
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice by May 30th: ex. Varsity Last Pass 3.5oz; Nfinity Evolution 6.5oz; Asics Ultralyte 5.9 oz



## TRAVEL EXPENSES

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



# TINY PREP PROGRAM

AGE 4-6 YRS

**Before you commit to this program please carefully consider the financial commitment involved! This is an FULL YEAR Commitment (May 2016-April 2017).**

## TINY TOTS TUITION

Tuition is paid by the session per athlete for ALL TEAMS.

This includes all practices 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.

**\$95/session per athlete: 10 PAYMENTS**

Optional- Add On Tumbling Class- \$45/mo.

## DISCOUNTS AND SAVINGS

♦ Pay in Full- TUITION OPTION

10% discount off of the full years tuition and waived Registration Fee! Due May 30th

## TINY TOTS OTHER EXPENSES

ALL TINY TOT TEAM MEMBERS **Due MAY 30: TOTAL \$390**

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ USASF Membership: \$30
- ★ Practice Clothes: \$75
- ★ Choreography/ Music: \$75
- ★ Competition Fees: \$175 (1 competition)

NEW TINY TOT TEAM MEMBERS **Due JUNE 19<sup>TH</sup>: TOTAL \$100 + COST OF SHOES**

- ★ Uniform Fee: \$100: This is the purchase price for a new competition uniform
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice by May 30th: ex.Varsity Last Pass 3.5oz; Nfinity Evolution 6.5oz; Asics Ultralyte 5.9 oz

## TRAVEL EXPENSES

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



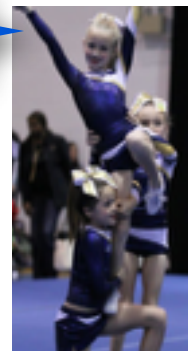


# QUESTIONS?



## WHEN IS THE GYM CLOSED?

- ◆ Memorial Day (Monday Only)
- ◆ Summer Vacation: June 26-July 17  
July 20-22
- ◆ Labor Day (Monday Only)
- ◆ Columbus Day (Monday Only)
- ◆ Thanksgiving Break: November 19-26
- ◆ Winter Break: TBD
- ◆ MLK Day (Monday Only)
- ◆ Presidents Day (Monday Only)
- ◆ Spring Break: Monday-Sunday



*\*Please plan to attend a competition the first weekend of Spring Break.*

## WHEN IS MANDATORY CHOREOGRAPHY FOR ALL KWSA TEAMS?

- ◆ Choreography dates will be announced at the team commitment meetings.

## OTHER IMPORTANT DATES

- ◆ **STUNT Camp: August 25-28**
- ◆ Year End Banquet: Late April/ May



## Frequently Asked Questions

### SEASON STARTS May 30! WHEN DO WE FIND OUT OUR PRACTICE SCHEDULE AND WHAT TEAM WE MADE?

By 9pm on May 27th you will receive a "Welcome" email with with your team information and practice schedule. Practice begins the week of May 30, if you do not attend your commitment meeting 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 business sponsorship to benefit the team, beyond that you can sell addition sponsorships, a portion of which will be directly applied to your account\*

### WHAT IF I CAN'T MAKE TRY OUTS?

A private try out can be held for \$70. Email [Suzanne@KeyWestSportsAcademy.com](mailto:Suzanne@KeyWestSportsAcademy.com)

Last day to join: Elite Allstar Teams- July 24th

Allstar Teams- Aug. 19

Tiny Team- October 1

\*All fees due even if you start the season late (even tuition).

### WHAT IF I CAN'T TUMBLE? DOES THIS MEAN I AM NOT GOING TO MAKE A "GOOD" TEAM?

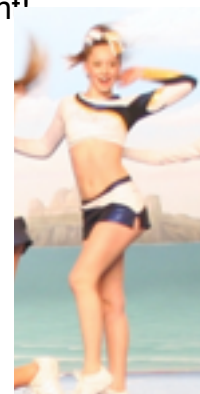
No. All of the teams at KWSA are "good" teams! Everyone has a place here. Tumbling is not a requirement!

### 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](mailto:Suzanne@KeyWestSportsAcademy.com).

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

2018 is the season for new uniform designs! So sure you can resell it but none of our teams will be using last years uniforms this year.



# APPLICATION

ATHLETES FIRST NAME

LAST NAME

STREET ADDRESS

CITY, STATE, ZIP

BIRTHDATE

AGE AS OF August 31, 2017

GRADE IN SCHOOL

PHONE

EMAIL

**CIRCLE YOUR SKILL LEVEL** (Please be true to your level, choose the ability level you can perform, not just throw)

TUMBLING SKILLS	1	2	3	4	5
STANDING	1	2	3	4	5
STUNTS	1	2	3	4	5
BASE	1	2	3	4	5
BACKSPOT	1	2	3	4	5
FLYER	1	2	3	4	5

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. You must pass physical abilities to be considered for an Elite level team. You must meet the minimum requirements to be considered to fly.

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

Additional applicable fees will be assessed.

**Are there any scheduling conflicts that you are expecting? Please include non-refundable vacation plans and mandatory school events that you are aware of.** (Other sports, church, etc) We do our best to work around scheduling conflicts for the good of the team.

(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 #
NAME	RELATION	CELL #
MEDICAL INSURANCE COMPANY	POLICY #	

## TREATMENT / PUBLICITY / LIABILITY RELEASE WAIVER

I have read the information contained in the Competitive Cheerleading 2016-2017 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. **Please also like us on Facebook so we can add you to our team Facebook page for quick updates!**

ATHLETES FIRST NAME

LAST NAME

ATHLETES DOB AND AGE

ATHLETES CELL PHONE

STREET ADDRESS

CITY, STATE, ZIP

HOME PHONE

FATHERS CELLPHONE

MOTHERS CELL PHONE

FATHERS EMAIL

MOTHERS 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
Fitted Shorts	X-Small	Small	Medium	Large	X-Small	Small	Medium	Large	X-Large
Fitted Top	X-Small	Small	Medium	Large	X-Small	Small	Medium	Large	X-Large
Cheer Leotard	X-Small	Small	Medium	Large	X-Small	Small	Medium	Large	X-Large

## Office Use Only

BIRTH CERT \_\_\_\_\_  
APP \_\_\_\_\_

REG FORM \_\_\_\_\_

WAIVER \_\_\_\_\_

FINANCIAL \_\_\_\_\_

TEAM FEES \_\_\_\_\_ / \_\_\_\_\_ \$ \_\_\_\_\_ # \_\_\_\_\_

UNIFORM \_\_\_\_\_ / \_\_\_\_\_ \$ \_\_\_\_\_ # \_\_\_\_\_



# FINANCIAL CONTRACT

THIS FORM IS DUE AT BEFORE YOU WILL BE PLACED ON A TEAM

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 DAY of each session.
- I understand and agree that I am responsible for keeping track of due dates, reminders may or may not be sent out.
- I also understand and agree that as a parent/guardian signing the contract; I am solely responsible for PAYMENTS.
- Furthermore I understand that the Choreography fee, Camp Fee, Registration fee, Practice Clothes, Uniform, Warm-ups and Bag, and Competition fees are all additional costs that are due on their exact due dates.
- I understand that **all Fees and Payments are non-refundable**.
- 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 this packet**, the KEY WEST SPORTS ACADEMY TWISTARS ALLSTAR CHEERLEADING 2017-2018 HANDBOOK.
- I understand that I am subject to a late fee charge of \$25.00 for every TUITION payment not made on the exact due date.
- I understand that I am subject to a late fee charge of 20% for every FEE payment not made on the exact due date.
- I understand that excessive tardiness in payments will be grounds for my child not competing, possible dismissal and my account being sent to a professional collection agency.
- If I choose to leave the program prior to April 9th, 2018 I am subject to a \$500 buy-out fee plus the remainder of the fees for the season.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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 10 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.

## 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 TEAM PLACEMENT FEE (\$120 4WKS, OR \$40 FINAL WK)
- ☐ I authorize Key West Sports Academy to charge all payments and late fees on the tenth day past their due date.
- ☐ Please charge the card listed above for all Fees and Tuition in one lump sum on May 30th. **10% discount on tuition!**

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 1, 2017**

**\*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 payments not made by the due date.**

# 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 thoroughly 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/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](mailto: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.
- ★ Anyone threatening to quit will be asked to leave immediately. No refund will be given.
- ★ Do not gossip about anyone or anything. If you have a ? ASK, rather than 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. You may receive information via handouts distributed at practice, attend all practices to ensure you do not miss any information, contact your coach via email immediately if you do miss a practice.
- ★ Do not post/write negative comments, routines, or music on Youtube, group messages, Instagram, snap chat, message boards, or any website.
- ★ Always be an example of good sportsmanship, positive conduct and professionalism at all competitions and practices.
- ★ **You cannot create or sell your own KWSA merchandise. All ideas for apparel must be emailed and approved by the management.**
- ★ Your opinion regarding practice and routine construction will not be considered. The staff makes all of the decisions.
- ★ Do not call or text staff unless it is a true emergency, send an email. Thank you for respecting this rule.
- ★ 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 use the chain of command: Team Rep > Front Desk> Head Coach> Owner

## PRACTICE

- ★ **KWSA reserves the right to close practices if the viewing area becomes negative/distracting.**
- ★ **Practice schedules can change. We may add or cancel practices before competitions.**
- ★ **Withholding your child from practice cannot be used as a form of discipline. It is unfair to the rest of the team.**
- ★ 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. They must be supervised.
- ★ No one is allowed to yell onto the floor or make contact with athletes on the floor.
- ★ **A dress code is enforced all season. Please dress accordingly. Shoes must be worn at practice. A 100 push-ups fine will be issued if you come to practice without shoes/ appropriate practice uniform.**
- ★ If you are late or dressed inappropriately you will condition after practice.
- ★ **An unexcused absence will result in a \$25 fine which must be paid before returning to practice.**
- ★ Absence excuses must be turned in IN WRITING to the front desk a minimum of 2 WEEKS ahead of the planned absence.
- ★ **Elite Allstar athletes who exceed three excused absences during a season (June-April) may be subject to removal from the team with no refunds.**
- ★ **Allstar and Tiny athletes are allowed 3 absences per semester (Semester 1 Aug 16- Dec 17, Semester 2 Jan 9- April 9)**
- ★ Punctuality is a MUST. Arrive 15 mins early to all practices, competitions and functions.
- ★ Practice schedules can change, we will may change 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. Athletes may be dismissed from practice and the team without refund if there are repeated offenses by the athlete or the athletes parent.
- ★ Bullying WILL NOT BE TOLERATED.



# 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, Facebook group posts, and handouts sent home with athletes. Check [www.KeyWestSportsAcademy.com](http://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 \$25 will be assessed for all tuition payments made after ten 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 and asked to sit during practice.

## 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 may be additional fundraising opportunities. Parents are invited to brainstorm fundraising ideas and plan fundraising activities; all fundraising activities must be approved prior to the event.

## PRACTICES

- ★ 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.
- ★ If a parent is observed speaking negatively about a team/coach/parent/cheerleader he/she will be asked to leave. If this kind of behavior continues to be an issue the child will have to be removed from the team. We will not tolerate this kind of conduct.

## TRAVEL

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.

Lodging is mandatory for most competitions, oftentimes lodging must be booked through the competition company. Booking non-refundable rooms is not recommended.

## 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.
- ★ You may not agree with coaching decisions or techniques, that is your right but please understand that we spend numerous hours learning to coach and your opinion is just that, an opinion. Please do not contact the staff regarding your opinions.

# 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 RETURN TO PRACTICE. Athletes with more than ONE unexcused absence during the year will be removed from the team without refund.
- ★ **Athletes who exceed their allowed excused absences may be subject to removal from the team with no refunds.**
- ★ All absence excuses must be turned in IN WRITING to the front desk 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!
- ★ **Elite Allstar athletes who exceed 3 excused absences during a season (June-April) may be subject to removal from the team with no refunds.**
- ★ **Allstar and Tiny athletes are allowed 3 absences per semester (Semester 1 Aug 16- Dec 17, Semester 2 Jan 9- April 9).**

**EXCUSED ABSENCES:** Please find someone to fill in your spot if you know you are going to miss a practice!

- ★ Contagious illness- with a doctors note.
- ★ School function that affects grade- requires teachers note.
- ★ Family emergencies- proof of emergency required.
- ★ Vacation during summer - Maximum of four missed practices. (June-August) NOT DURING STUNT CAMP.

## UNEXCUSED ABSENCES

- ★ School dance
- ★ Feeling tired
- ★ Traffic
- ★ Don't have a ride
- ★ Too much homework
- ★ 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 as 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:

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

# COMPETITIONS

PLEASE NOTE: This is a tentative competition schedule. Competitions may be added, deleted, cancelled, etc. Competition dates may change!

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!

**THE FINAL COMPETITION SCHEDULE WILL BE RELEASED IN AUGUST**

2017/18 DATE	COMPETITION	LOCATION
December 16-17	All American Nationals	Orlando
January 13-14	The State Cheer and Dance Championships	Daytona Beach
February 2-3	South FL Nationals	West Palm Beach
March 24-25	American Open	Orlando
April 14	Cheersport Championships	Ft. Lauderdale

**"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



# JOIN THE TWISTARS FAMILY!

**KEY WEST  
SPORTS ACADEMY**

*Dance - Gymnastics - Cheer - Ninja - Rockclimbing*

[WWW.KEYWESTSPORTSACADEMY.COM](http://WWW.KEYWESTSPORTSACADEMY.COM)

305.896.2458 700 TRUMAN AVE

## 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!