



**TWISTARS  
ALL-STAR  
CHEERLEADING**

2015-2016 SEASON  
PARENT MEETING  
APRIL 28TH

# TWISTARS BECOME LEGENDARY

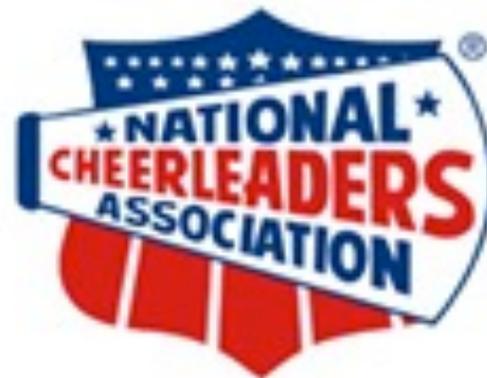


Thank you for your interest in the Key West Sports Academy Twistars Competitive Cheerleading program.

- ★ 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 BECOME LEGENDARY



# AGENDA



- WELCOME
- ALL STAR CHEER STAFF
- TRYOUTS
- SCORING GRIDS & AGE BRACKETS
- TEAM PLACEMENT
- PROGRAM COSTS- MINI THROUGH SENIOR
- PROGRAM COSTS- TINY
- PROGRAM COSTS- ADDITIONAL
- FUNDRAISING
- IMPORTANT DATES
- COMPETITION SCHEDULES
- PARENT HANDBOOK: COMMUNICATION, SOCIAL MEDIA



# STAFF

- **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!
- **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 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.



**TRY**

**OUTS**

**2015 TRY OUT SCHEDULE**

**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.**

	CLINIC Friday MAY 1 <sup>ST</sup>	AUDITION Sunday MAY 3 <sup>RD</sup>
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 11-18	6:30-8:00 PM	3:30-5:00 PM

**PRIVATE TRYOUTS ARE AVAILABLE!  
TWISTARS SHINE BRIGHTER**

# SCORING GRIDS

★ WHAT ARE COMPANIES  
LOOKING FOR?

★ WHAT SCORES THE  
HIGHEST?

★ 75%



STUNT QUANTITY CHART					
# of ATHLETES	4.0	4.2	4.5	4.9	5.0
5 - 7					1
8 - 11				1	2
12 - 15			1	2	3
16 - 19		1	2	3	4
20 - 23		2	3	4	5
24 - 27		3	4	5	6
28 - 31		4	5	6	7
32 - 35		5	6	7	8
36		6	7	8	9

A team's score in this category will be based on the most number of stunt group used to perform one of the required level appropriate building skills.

MAJORITY/MOST QUANTITY TABLE		
# of ATHLETES	MAJORITY	MOST
5	3	4
6	4	5
7	4	5
8	5	6
9	5	7
10	6	8
11	6	8
12	7	9
13	7	10
14	8	11
15	8	11
16	9	12
17	9	12
18	10	13
19	10	14
20	11	15
21	11	16
22	12	17
23	12	17
24	13	18
25	13	19

# AGE BRACKETS

★ NEW FOR 2015-2016 TINIERS ARE NOW AGE 6 AND UNDER

★ AGE vs LEVEL



USASF All Star Cheer Divisions for 2015-2016				
Cheer Divisions	Age	Female/Male	Number on Squad	Levels
<b>Tiny Cheer</b>				
Tiny	• 6 yrs & Younger	• Female/Male	• 5 - 32 Members	1
<b>Mini Cheer</b>				
Mini	• 8 yrs & Younger	• Female/Male	• 5 - 32 Members	1, 2
<b>Youth Cheer</b>				
Youth	• 11 yrs & Younger	• Female/Male	• 5 - 32 Members	1,2,3,4
Youth* (See Restrictions Below)	• 11 yrs & Younger	• Female/Male	• 5 - 36 Members	5
<b>Junior Cheer</b>				
Junior Restricted* (See Restrictions Below)	• 14 yrs & Younger	• Limit 0 - 4 Males	• 5 - 36 Members	5
Junior	• 14 yrs & Younger	• Female/Male	• 5 - 32 Members	1,2,3,4
Junior	• 14 yrs & Younger	• No Males	• 5 - 36 Members	5
Junior Co-Ed	• 14 yrs & Younger	• 1 or more Males	• 5 - 36 Members	5
<b>Senior Cheer</b>				
Senior Restricted* (See Restrictions Below)	• 10 yrs - 18 yrs	• Limit 0 - 4 Males	• 5 - 36 Members	5
Senior	• 10 yrs - 18 yrs	• Female/Male	• 5 - 32 Members	1, 2
Senior	• 10 yrs - 18 yrs	• No Males	• 5 - 32 Members	3, 4
Senior Co-Ed	• 10 yrs - 18 yrs	• 1 or more Males	• 5 - 32 Members	3, 4
Senior	• 10 yrs - 18 yrs	• Female/Male	• 5 - 32 Members	4,2
Senior#	• 12 yrs - 18 yrs	• No Males	• 5 - 36 Members	5
Senior Small Co-Ed	• 12 yrs - 18 yrs	• 1 - 4 Males	• 5 - 20 Members	5
Senior Medium Co-Ed	• 12 yrs - 18 yrs	• 1 - 8 Males	• 5 - 30 Members	5
Senior Large Co-Ed	• 12 yrs - 18 yrs	• 1 - 18 Males	• 5 - 36 Members	5

# TEAM PLACEMENT



## 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.

# 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 their position on the team and 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

## OTHER EXPENSES ALL TEAM MEMBERS Due MAY 4<sup>TH</sup>: TOTAL \$1065

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

## NEW TEAM MEMBERS Due MAY 9<sup>TH</sup>: 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 2<sup>nd</sup>:

Varsity Last Pass 3.5oz    Nfinity Evolution 6.5oz    Asics Ultralyte 5.9 oz

### 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 ON YOUR OWN)

**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 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

## TINY OTHER EXPENSES

**ALL TINY TEAM MEMBERS Due MAY 4<sup>TH</sup>: 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 TEAM MEMBERS Due MAY 9<sup>TH</sup>: 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 2<sup>nd</sup>:

Varsity Last Pass 3.5oz    Nfinity Evolution 6.5oz    Asics Ultralyte 5.9 oz

# OPTIONAL GEAR

## OPTIONAL GEAR

**Due MAY 4<sup>TH</sup>: Late orders are not guaranteed to arrive in time for the 1<sup>st</sup> competition**

Warm-Ups/ Backpack: These items are not required for participation!

Back Pack \$35

Warm-Up Jacket \$198

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.

# DISCOUNTS AND SAVINGS

- ◆ Pay in Full- TUITION OPTION **\$255 Savings!!!** 10% discount off of the full years tuition and waived Registration Fee! Due May 4<sup>th</sup>
- ◆ 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!

# FUNDRAISING AND PAYMENT PLANS

## ● MANDATORY TEAM 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.

## ● 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) to work out a payment schedule.

# IMPORTANT DATES



## WHEN IS THE GYM CLOSED?

- ◆ Memorial Day: May 25<sup>th</sup>
- ◆ Summer Vacation: June 28-July 19
- ◆ Labor Day: September 7<sup>th</sup>
- ◆ Columbus Day: October 12<sup>th</sup>
- ◆ Thanksgiving Break: November 22-29
- ◆ Winter Break: December 13- January 3
- ◆ MLK Day: January 18<sup>th</sup>
- ◆ Presidents Day: February 15<sup>th</sup>
- ◆ 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 3<sup>rd</sup>.**

## OTHER IMPORTANT DATES

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

# COMPETITION SCHEDULE



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 teams will attend 2-4 competitions January-April.**

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

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

# PARENT HANDBOOK



- FULL TEAM HANDBOOK AVAILABLE FOR DOWNLOAD AT [WWW.KEYWESTSPORTSACADEMY.COM](http://WWW.KEYWESTSPORTSACADEMY.COM) ON THE HOMEPAGE.
- PLEASE CAREFULLY REVIEW THE TEAM HANDBOOK, IT WILL BE STRICTLY ENFORCED.
- PLEASE BE COMPLETELY HONEST AND UP-FRONT ABOUT YOUR OTHER OBLIGATIONS, WE ARE HAPPY TO DO OUR BEST TO ARRANGE SCHEDULING TO MEET THE TEAMS NEEDS.
- COMMUNICATION: THREE MAIN WAYS:
  1. HAND OUTS SENT HOME
  2. EMAILS
  3. SOCIAL MEDIA: KWSA FACEBOOK & KWSA TWISTARS CHEERLEADING

# QUESTIONS?

## Frequently Asked Questions

### SEASON STARTS May 4<sup>th</sup>! WHEN DO WE FIND OUT OUR PRACTICE SCHEDULE AND WHAT TEAM WE MADE?

By 9pm on May 3<sup>rd</sup> you will receive a "Welcome" email with with your team information and practice schedule. Practice begins the week of May 4<sup>th</sup>, 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](mailto: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](mailto: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 9<sup>th</sup>.