



KEY WEST SPORTS ACADEMY

TWISTARS

CHEERLEADING



ALL STAR CHEERLEADING HANDBOOK 2018-2019

**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**

**ALL OUT
NATIONAL
CHAMPIONS
2018**

**THE APEX
NATIONAL
CHAMPIONS
2018**

AMAZING FACILITY ★ INCREDIBLE TEAMS ★ CERTIFIED 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 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.

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 pre-olympic 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.

TWISTARS CHEERLEADING

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!

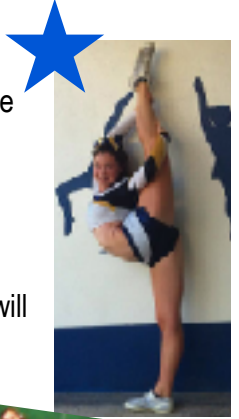
Key West Sports Academy is excited to announce a new opportunity for Twistars cheerleaders. We are happy to invest in your child's college bound future by offering scholarships to Twistars competitive cheerleaders! High school Seniors who have participated in the Twistars cheerleading program for four 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!

"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

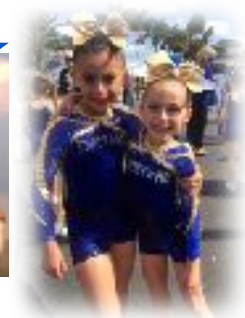


AGES

Per the USASF rules: All age divisions are determined by your age on August 31st 2018, 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

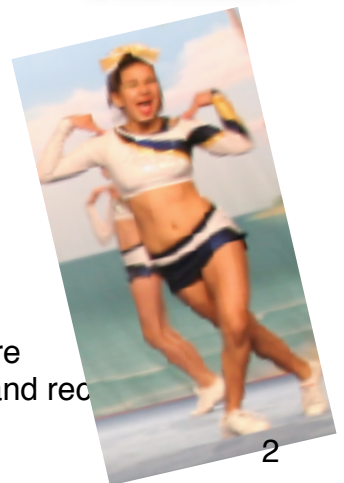


LEVELS

There are 5 levels of competition for elite 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 ELITE Allstar, PREP Allstar, NOVICE Allstar, and FUNDamental Allstar teams for varying levels of commitment. Elite teams practice approximately 15-20 hours a month and travel to 3 competitions. Allstar PREP teams at KWSA practice approximately 8-12 hours a month and travel to 3 competitions.

All star levels (ELITE, PREP, NOVICE, FUNDAMENTALS) are more difficult and more structured 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.



SIGN UP DETAILS

Key West Sports Academy has done away with tryouts! We will be doing team registrations and skill evaluations for ALL STAR PREP and ELITE only. FUNdamentals and NOVICE are sign up teams.

All Athletes

April 28th: In person registration @ 3-5pm for all levels all ages (Evaluation fee) \$35 includes KWSA bow
 * Parents will get parent packet
 * Open tumble 3-5pm

Returning Athletes

Returning athletes will be evaluated on skills during practice the month of April. Athletes will be sent home with an evaluation form listing:

- : What skills the athlete has mastered
- : What skills need to be improved and why
- : Coaches goals for the athlete for the following season

May 1st: Athlete- Parent meeting and initial team payment @ 6:30pm

Initial Payment: First month tuition AND

\$875 Team Fee (Athletes moved to elite teams must pay the difference in the amount of \$565 before they may begin practice on the elite team).

May 2-6: All new athletes begin practice on team Sparkles and start their journey! Returning athletes continue practice on their respective teams.

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

REQUIRED BASIC 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
FUN damentals	NO SKILLS REQUIRED	NO SKILLS REQUIRED
Novice	NO SKILLS REQUIRED	NO SKILLS REQUIRED
Level 1	Back Walkover Front Walkover	Cartwheel Back walkover
Level 2	Straight Jump BHS B Walkover BHS	Roundoff BHS -BHS
Level 3	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 on a team.

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 / 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 Portal 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!

All Star FUNDamentals

PERFORMANCE TEAMS AGE 3-6 YRS and 5-14 YRS
DISCOVER - LEARN - GROW

Before you commit to this program please carefully consider the financial commitment involved! This is an 12 WEEK Commitment).

TUITION

Tuition is paid by the 12 week semester per athlete for ALL FUNDamental 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.

\$295/SEMESTER per athlete: 1 PAYMENT per enrollment

Optional- Add On Tumbling Class Age 4+- \$195/SEMESTER per athlete.

SEMESTER DATES:

Semester 1: August 20- November 10

Semester 2: November 12- March 2nd

Semester 3: March 4th- June 1st

PERFORMANCES

Semester 1: Children's Day Sunday October 28 and In-House Sunday November 11th

Semester 2: In-House Sunday March 3rd

Semester 3: In-House Sunday June 2nd

FUNDamentals TEAM SIGN UP FEE

ALL TINY TOT TEAM MEMBERS **Due only once at first sign up for the year: TOTAL \$185**

- ★ Registration Fee: \$35
- ★ Choreography/ Music: \$75
- ★ Uniform: \$75
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice.

TRAVEL EXPENSES

FUNDamentals teams do not travel beyond Marathon Key FL, all performance and practices are local. All travel expenses are the responsibility of each family.

PIXIES Age 3-6YRS

Practices*: Mondays and Wednesdays

RISING STARS Age 5-14YRS

Practices*:

*Practice schedules may change as need arises.



All Star NOVICE 5-14YRS

CHALLENGE - EXPLORE - ELEVATE

Before you commit to this program please carefully consider the financial commitment involved! This is an 8 MONTH Commitment (August 2018-April 2019).

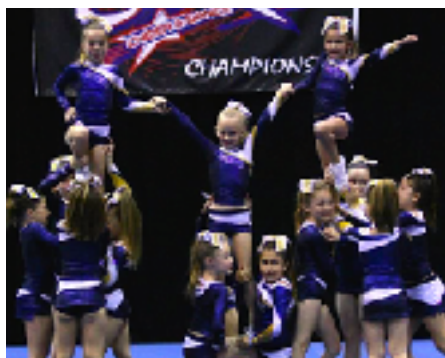
All Star NOVICE TUITION

Full tuition payment is broken down for convenience and paid by the session per athlete for ALL NOVICE TEAMS. Full tuition payment is due regardless of athlete start date. 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 strict attendance policy, please plan your other activities with this in mind.

**\$760 divided in to 8 payments of \$95
(8 PAYMENTS- August 2018-April 2019)**
Optional- Add On Tumbling Class- \$50/mo.

DISCOUNTS AND SAVINGS

◆ Pay in Full- TUITION OPTION - 10% discount off of the full seasons tuition. Due **AUGUST 13**



OTHER EXPENSES

ALL TEAM MEMBERS Due AT SIGN UP: TOTAL \$379

- ★ Registration Fee
- ★ USASF Membership
- ★ Choreography/ Music
- ★ Competition Fees: 1 competition
- ★ Uniform Fee
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice.

ONE GREAT COMPETITION

All Out Season Showdown: April 27th, 2019: Orlando FL



TRAVEL EXPENSES

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



All Star PREP 6-14 YRS

TRAIN + COMPETE + SUCCEED

Before you commit to this program please carefully consider the financial AND time commitment involved! This is an FULL YEAR Commitment (May 2018-April 2019).

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 ALL STAR TEAM attendance policy, please plan your other activities with this in mind.

**\$1,815 divided in to 11 payments of \$165
(11 PAYMENTS- May 2018-April 2019)**

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.

Summer Cheer Camp- \$225

DISCOUNTS AND SAVINGS

◆ Pay in Full- TUITION OPTION: 10% discount off of the full years tuition! Due **APRIL 30TH**.

OTHER EXPENSES

TEAM FEES Due APRIL 30TH: TOTAL \$875 (*Late fee applied after June 5th)

- ★ Registration Fee (KWSA Membership)
- ★ USASF Membership
- ★ Female Practice Clothes (1 practice uniform, practice bow)
- ★ Choreography/ Music
- ★ Competition Fees (3 Competitions)

UNIFORM Due JUNE 25: TOTAL \$189 + COST OF SHOES

- ★ Uniform Fee: 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



IMPORTANT DATES

COMPETITION DATES:

- February 15-17, 2019: ALL OUT NATIONALS: Orlando FL
- March TBD, 2019: THE APEX CHAMPIONSHIPS: Orlando FL
- ***THIS COMPETITION WILL BE THE FIRST WEEKEND OF SPRING BREAK***
- April 27, 2019: SEASON SHOWDOWN: Orlando FL

TRAVEL EXPENSES

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

ELITE PROGRAM 6-18YRS

ACHIEVE - EXCEL - MASTER

Before you commit to this program please carefully consider the financial AND time commitment involved! This is an FULL YEAR Commitment (May 2018-April 2019).

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.

**\$2,145 divided in to 11 payments of \$195
(11 PAYMENTS- May 2018-April 2019)**

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 **APRIL 30TH**.

OTHER EXPENSES

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

- ★ Registration Fee (KWSA Membership)
- ★ USASF Membership
- ★ Female Practice Clothes (2 practice uniforms which MUST be worn to all practices, practice bow)
- ★ Team Gear (Team long sleeve "warm-up" shirt; team backpack)
- ★ Choreography/ Music
- ★ Summer Skills Camp
- ★ Competition Fees (3 competitions)



UNIFORM Due **JUNE 25: TOTAL \$375 + COST OF SHOES**

- ★ Competition Uniform: 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.

IMPORTANT DATES

COMPETITION DATES:

- February 15-17, 2019: ALL OUT NATIONALS: Orlando FL
- March TBD, 2019: THE APEX CHAMPIONSHIPS: Orlando FL
- ***THIS COMPETITION WILL BE THE FIRST WEEKEND OF SPRING BREAK***
- April 27, 2019: SEASON SHOWDOWN: Orlando FL

REQUIREMENTS FOR ELITE PROGRAM CONSIDERATION

Ability to pass physical abilities (listed at www.keywestsportsacademy.com under cheer teams tab).
Demonstrates ability to commit to the program.

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

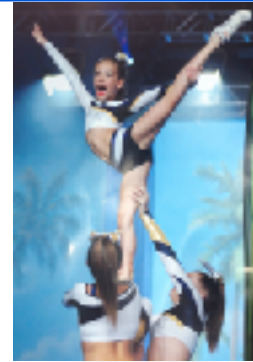
Ability to pull a Heel Stretch, Scorpion, and Bow on the floor w/o support

QUESTIONS?



WHEN IS THE GYM CLOSED?

- ◆ Memorial Day (Monday Only)
- ◆ Summer Vacation: July 1-22
- ◆ Labor Day (Monday Only)
- ◆ Columbus Day (Monday Only)
- ◆ Thanksgiving Break: November 18-25
- ◆ Winter Break: December 17-January 6
- ◆ MLK Day (Monday Only)
- ◆ Presidents Day (Monday Only)
- ◆ Spring Break: March 18-24



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

WHEN IS MANDATORY CHOREOGRAPHY FOR ALL KWSA TEAMS?

- ◆ Choreography dates will be announce by July 1st.

OTHER IMPORTANT DATES

- ◆ **Cheer Skills Summer Camp: August 6-10**
- ◆ Year End Banquet: Late April/ May

Frequently Asked Questions

SEASON STARTS May 1st! WHEN DO WE FIND OUT OUR PRACTICE SCHEDULE AND WHAT TEAM WE MADE?

Teams remain fluid throughout the season. You will initially be placed on a entry level team and moved to the appropriate team after an evaluation period.

DO YOU OFFER ANY FUNDRAISING OPPORTUNITIES?

Each team member is required to sell 1-3 business advertisements (amount determined by level of sponsorship, \$300 total minimum) to benefit the team, beyond that you can sell addition advertisements, a portion of which will be directly applied to your account! These are the easiest way to fundraise for your account as businesses can write off their advertising expenses. Example: If you sell \$600 worth of advertisements \$150 goes directly in to your team account!

We also offer various fundraising opportunities throughout the year, such as a hydration station at the fantasy fest street fair and a booth and ride at children's day!

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 and explain your financial situation and proposed payment plan.

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

2019 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, 2018 _____

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 2018-2019 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 _____

REG FORM _____

WAIVER _____

FINANCIAL _____

APP _____

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 2018-2019 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 30th, 2019 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 (\$35) REQUIRED**
- I authorize Key West Sports Academy to charge all payments & late fees on the tenth day past their due date. **REQUIRED**
- Please charge the card listed above for all Fees and Tuition in one lump sum on May 7th. **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, 2018

***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 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.”

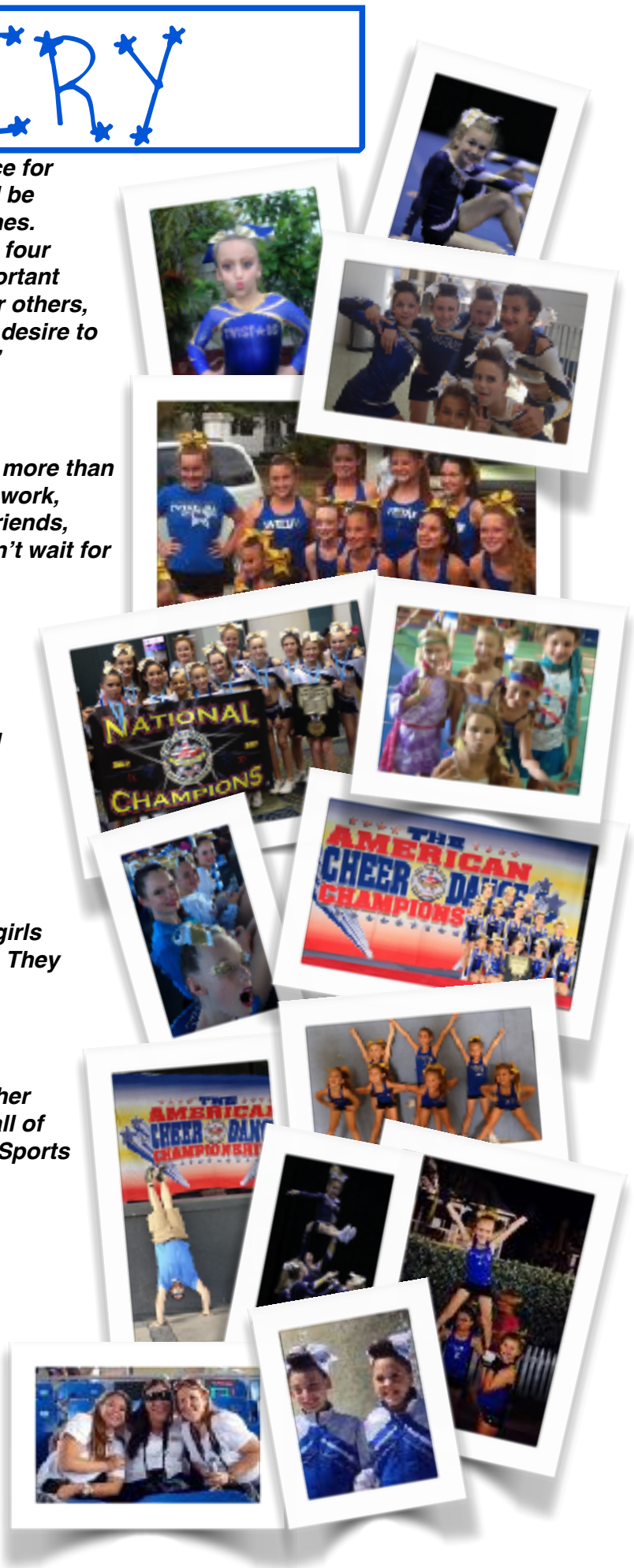
- Jamie Cates

“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/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.
- ★ 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 or KWSA likeness. 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
- ★ All prizes and bids are property of Key West Sports Academy, not the athletes on the floor.
- ★ This handbook may be amended at any time at the sole discretion of Key West Sports Academy.

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 4 absences per semester (Semester 1 Aug 15- Dec 31, Semester 2 Jan 1- April 30)**
- ★ 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 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.
- ★ When a balance exists on the account parent/athlete will NOT be permitted to buy "extras" including but not limited to: warm ups, pro shop items, private lessons, clinics.

FUNDRAISING

- ★ **Each team member is required to sell corporate ADVERTISEMENTS for Team Fundraising to benefit the team.** Team members may sell additional ADVERTISEMENTS to directly benefit their personal accounts.
Required to sell: 3 Advertisements at \$50 level 2 Advertisements at \$150 level 1 Advertisement at \$300 level
- ★ 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 fined 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.**
- ★ **Prep and Novice athletes are allowed 4 absences per semester (Semester 1 Aug 15- Dec 31, Semester 2 Jan 1- April 30).**

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 CAMP.

UNEXCUSED ABSENCE EXAMPLES

- ★ 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:

- ★ 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.

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!

2019 DATE	COMPETITION	LOCATION
February 16-17	All Out Nationals	Orlando FL
March	The Apex Nationals	Orlando FL
April 27	All Out Season Showdown	Orlando FL

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

JOIN THE TWISTARS FAMILY!

**KEY WEST
SPORTS ACADEMY**

Dance - Gymnastics - Cheer - Ninja - Rockclimbing

WWW.KEYWESTSPORTSACADEMY.COM

305.896.5458 700 TRUMAN AVE

AWESOME 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!

CERTIFIED STAFF

Our coaches continually undergo training for coaching all-star cheerleading. They are all safety certified and instructor certified through the governing body of All Star, USASF. 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!