



TWISTARS ALL-STAR CHEERLEADING

**2016-2017 SEASON
PARENT MEETING**

TWISTARS BECOME LEGENDARY



- ★ 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.

TWISTARS BECOME LEGENDARY



OUR GOALS FOR TWISTAR TEAMS SEASON GOALS:

- ★ ADVANCE STUNTS THROUGHOUT SEASON
- ★ HIT ROUTINES AT COMPETITIONS
- ★ IMPROVE AND PROGRESS TUMBLING AND GENERAL FITNESS OF ALL ATHLETES
- ★ INSTILL A SENSE OF ACCOMPLISHMENT IN EACH ATHLETE

PROGRAM GOALS:

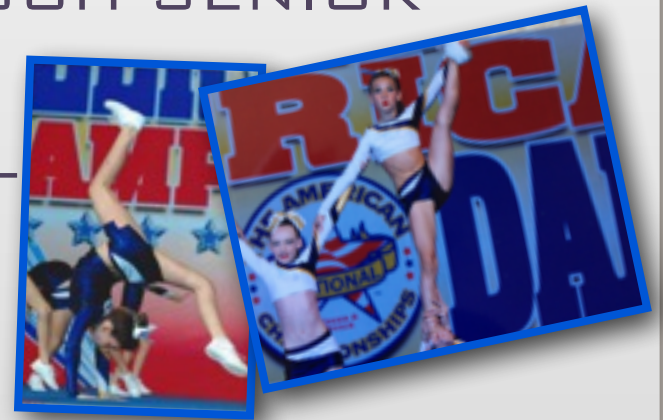
- ★ DEVELOP A SAFE, COMPETITIVE PROGRAM
- ★ PREPARE ATHLETES FOR OPPORTUNITIES BEYOND KWSA: I.E., COLLEGIATE CHEER OR ACROBATICS



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

ALL COACHES ARE REQUIRED TO BE SAFETY AND TECHNIQUE CERTIFIED BY USASF



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.



COACH SUZANNE WILBARGER-COACH SUZANNE MOVED TO KEY WEST FROM ANN ARBOR, MI DURING HIGH SCHOOL. SUZANNE WAS A NATIONALLY RANKED GYMNAST WHO ADAPTED HER GYMNASTICS ABILITIES TO PARTICIPATE IN COMPETITIVE CHEERLEADING UPON HER MOVE TO KW. SUZANNE CONTINUED TO CHEER COMPETITIVELY THROUGHOUT COLLEGE, PARTICIPATING AS A FLYER ON A NATIONALLY RANKED LEVEL 6 CHEERLEADING TEAM. SUZANNE HAS SAFETY AND TECHNIQUE CERTIFICATIONS FROM USAG, USASF, AACCA, AAU, AND USECA, IN ADDITION TO A MASTERS CERTIFICATE IN SPORTS COACHING FROM FLORIDA STATE UNIVERSITY. SUZANNE IS ALSO QUALIFIED TO JUDGE USAG, AAU, AND USASF SANCTIONED COMPETITIONS.



TRY

OUTS

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!

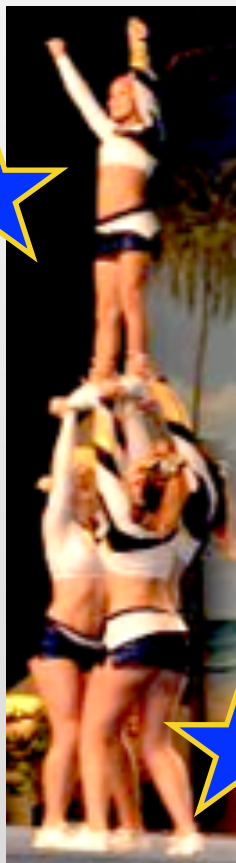
We can't wait for you to experience it for yourself and truly understand the dynamics, traditions, and success of our Twistar Family!

Review the try out schedule below for the date and time.

2017 SEASON TRY-OUTS SCHEDULE

	CLINIC Sat. April 30	AUDITION Sun May 1
Level 1 Age 4-10 No Experience Necessary	2:00-3:00 PM	1:00-2:00 PM
Level 1 Age 11-18 No Experience Necessary	3:00-4:30	2:00-3:00
Lvl 2 *Minimum Requirement Standing BHS	5:00-6:30	3:00-4:00
Lvl 3 *Minimum Front Tuck/ Back Tuck	6:30-8:00 PM	4:00-5:00

TRYOUT FEE: \$45 GENERAL \$70 PRIVATE



TRY

OUTS

TRY OUT CHECKLIST

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

- ☐ Copy of Birth Certificate and ID
- ☐ \$45 Try Out Fee- Required to be Paid with Credit Card on file
- ☐ Try Out Release Form/ Application
- ☐ Team Roster Information
- ☐ KWSA Registration Form and Waiver
- ☐ Completed Financial Agreement with credit card information; a credit card is required to be kept on file.

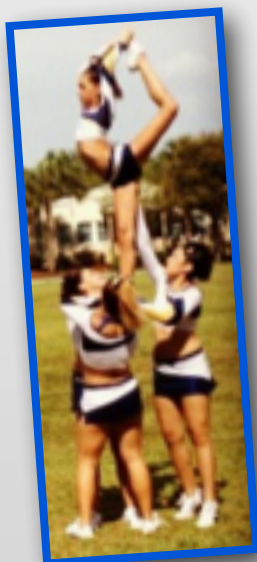
IMPORTANT: Please be sure to double check all of your information. Contact information needs to be legible. All paperwork and monies are due the first day of try outs before you will be allowed out on the floor. Questions? Email suzanne@keywestsportsacademy.com!

TRYOUT FEE: \$45 GENERAL \$70 PRIVATE

WHAT WE CONSIDER WHEN FORMING TEAMS

SCORING GRIDS

- ★ WHAT ARE COMPANIES LOOKING FOR?
- ★ WHAT SCORES THE HIGHEST?
- ★ ELITE LEVEL
- ★ 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

WHAT WE CONSIDER WHEN FORMING TEAMS

AGE BRACKETS

★ AGE VS LEVEL



Cheer Divisions	Age	Female/Male	Number on Squad	Levels
Tiny Cheer				
Tiny	• 6 yrs & Younger	• Female/Male	• 5 - 32 Members	1
Mini Cheer				
Mini	• 8 yrs & Younger	• Female/Male	• 5 - 32 Members	1, 2
Youth Cheer				
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
Junior Cheer				
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
Senior Cheer				
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. Our priority for selection is level appropriate skills.

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 2016-April 2017).

TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes all 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 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**: 11 PAYMENTS

\$165/mo per athlete for **returning members**: 11 PAYMENTS

OTHER EXPENSES ALL TEAM MEMBERS Due MAY 2: TOTAL \$1200

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ USASF Membership: \$30
- ★ Female Practice Clothes: \$150 (2 practice uniforms which MUST be worn to all practices, practice bow and competition bow)
- ★ Choreography/ Music/ Camp: \$300
- ★ Camp: \$85
- ★ Competition Fees: \$600

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

- ★ Uniform Fee: \$375: Purchase price for a new competition uniform (cheer leotard and shorts).
- ★ Shoes: You must purchase one of the following (3) shoes on your own to have for practice by May 30:
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- \$125/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 2016-April 2017).



TINY TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes all practices 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**: 11 PAYMENTS

- \$95/mo per athlete for **returning TINY members**: 11 PAYMENTS

TINY OTHER EXPENSES

ALL TINY TEAM MEMBERS Due MAY 2: TOTAL \$725

- ★ Registration Fee: \$35 (KWSA Membership)
- ★ USASF Membership: \$30
- ★ Practice Clothes: \$60 (shirt, fitted shorts, bow)
- ★ Choreography/ Music: \$200
- ★ Camp: \$85
- ★ Competition Fees: \$315 (2-3 competitions)

Program Cost for Male Participants

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

Tuition- \$85/mo per athlete for **new MALE members**: 11PAYMENTS

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

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

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

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

**TINYS ARE A SIGN UP TEAM, NO TRYOUT
REQUIRED. SIGN UP BY MAY 2ND**

OPTIONAL GEAR

OPTIONAL GEAR

Due MAY 9: Late orders are not guaranteed to arrive in time for the 1st competition

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

Back Pack \$30

Warm-Up Jacket \$198

Warm-Up Pants \$40

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 4th
- ♦ Sibling discount of 10% OFF per session Bonus: get an extra 10% off the year when you combine the sibling and pay in full options!

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 may be additional fundraising opportunities, information will be sent out as it becomes available. Parents are invited to brainstorm fundraising ideas and plan fundraising activities!

● 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.

ALL ACCOUNTS MUST BE CURRENT IN ORDER FOR ATHLETES TO TRY OUT FOR A TEAM. IF YOU REQUIRE MORE TIME TO BRING YOUR ACCOUNT UP TO DATE YOU MAY SCHEDULE A LATE PRIVATE TRYOUT

TEAMS ARE FINALIZED AS OF MAY 28TH

IMPORTANT DATES



WHEN IS THE GYM CLOSED?

- ◆ Memorial Day (Monday Only)
- ◆ Summer Vacation: June 26-July 17
- ◆ Labor Day (Monday Only) ***We will likely have choreography this weekend!***
- ◆ Columbus Day (Monday Only)
- ◆ Thanksgiving Break: November 20-27
- ◆ Winter Break: December 18- January 8
- ◆ MLK Day (Monday Only)
- ◆ Presidents Day (Monday Only)
- ◆ Spring Break: March 13-19

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

WHEN IS MANDATORY CHOREOGRAPHY FOR ALL KWSA TEAMS?

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

OTHER IMPORTANT DATES

◆ **Mandatory Camp: July 26-29**

- ◆ 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 2-3 competitions January-April.

THE FINAL COMPETITION SCHEDULE WILL BE RELEASED IN AUGUST

2017 DATE	COMPETITION	LOCATION
December 3	South Beach Classic	Miami
December 9-11	Show Down in O-Town	Orlando
January 28-29	The Florida Match Play Championships	West Palm Beach
February 3-5	South FL Nationals	Miami Beach
March 25-26	American Open	Orlando
April 8	Cheersport Championships	Ft. Lauderdale

PARENT HANDBOOK



- FULL TEAM HANDBOOK AVAILABLE FOR DOWNLOAD AT WWW.KEYWESTSPORTSACADEMY.COM ON THE HOMEPAGE BY MONDAY APRIL 25TH.
- **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 2! WHEN DO WE FIND OUT OUR PRACTICE SCHEDULE AND WHAT TEAM WE MADE?

By 9pm on May 1st you will receive a “Welcome” email with with your team information and practice schedule. Practice begins the week of May 2, 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 business sponsorship to benefit the team, beyond that you can sell addition sponsorships, a portion of which will be directly applied to your account! We may also have fundraisers like a booth at Children’s Day and Parents Night Out.

WHAT IF I CAN’T MAKE TRY OUTS?

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

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

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

DO YOU OFFER PAYMENT PLANS?

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

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

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

**INTERESTED IN
PERFORMING TWICE
AT EACH
COMPETITION?**

**KEEP AN EYE OUT FOR
INFORMATION REGARDING
DANCE TEAM SIGN UPS!**