

PREMIER TWIRLERS

ATHLETE HANDBOOK 2025/2026

NAME _____

Website: www.premiertwirlers.com

Facebook: www.facebook.com/premiertwirlers

Instagram: premiertwirlers_md

Band App: Premier Twirlers



Welcome to the Premier Twirlers Baton Twirling Program

2025 TU Regional Senior Small Strut Team Champions
2025 NBTA Maryland State and Mid-Atlantic Regional Primary Pom Champions
2025 NBTA Maryland State and Mid-Atlantic Regional Senior Pom Champions
2025 NBTA Maryland State and Mid-Atlantic Beginner Senior Small Dance Twirl Winners

Premier Twirlers is a group of athletes, coached by Tenaya Ramey, based out of Maryland. Premier Twirlers offer one-on-one coaching in modeling, marching, solo, 2-baton, super-x strut, flag baton, duet/pairs, flag/rifle and interview techniques. Individuals have the opportunity to compete at local, state, regional, and national levels. Premier Twirlers offer competitive team instruction in dance twirl and poms. We participate in twirling clinics, travel the region, and perform at local events.

Our mission is to offer a variety of opportunities to teach and showcase performing arts starting at 2 years old through adulthood. We strive to help individuals learn self-confidence, leadership, motivation, and discipline. Additionally, we hope to educate and assist young athletes in learning proper training techniques, positive self-imaging, and healthy mental and physical habits they can take with them outside the twirling world.

Whether you want to twirl for fun, be part of a team, or compete individually, we offer coaching for all levels and experience. Baton twirling is a sport of coordination and agility combined with grace and flexibility. Twirlers incorporate many disciplines into their skill set, from the art and technique of twirling a baton, certain forms of gymnastics, dance disciplines, as well as pageantry and sportsmanship. The sport has something to offer all ages and genders.

We participate in local competitions throughout Maryland, Virginia, West Virginia, Pennsylvania, as well as state and regional title competitions. Premier Twirlers work hard towards competing at the International level and National level each summer, in Ohio and Indiana, respectively.

Please read this handbook cover to cover to be fully aware of our expectations and plans for the upcoming year!

Also visit our website www.premiertwirlers.com for more information!

Thank you for becoming part of our organization! We look forward to a great year with you!

Premier Twirlers
Coach Tenaya Ramey

REGISTRATION/TUITION/EXPENSES

- **Team Member Fees*****
 - **\$20 Insurance Fee** – per athlete per season ***Due at Registration**
 - **\$25 Monthly Membership Fee** – per athlete per month (September-July)
 - Ages 9 and below (October-July)
 - **Discount for additional team members in same family/household (\$15 per additional athlete in same family/household per month)
 - **\$75 Competition Fee** – per athlete per season (covers entry fee for roughly 3-5 competitions each season) *does not include Nationals, Internationals, or Freedom Cup
***Due by last practice in December**
 - Costumes – Range from \$50-70 per costume
- **Individual Member Fees*****
 - **\$20 Insurance Fee** – per athlete per season (if not paid as part of team) ***Due at Registration**
 - **\$25 Monthly Membership Fee** – per athlete per month, unlimited use of gym
 - **One-on-One Lesson** (w/ Coach Tenaya) – **One-hour \$25** per athlete; **Half-hour \$15** per athlete
 - Costumes – Range from \$50-\$300 or more per costume, based on your own preference
 - Competition Fee – Based on how many events and competitions you enter plus the competition facility fee (up to \$35 for some contests* Nationals/Internationals cost is higher)
- **Additional Expenses** (must be paid prior to purchase)
 - **\$40 Baton** - Starline Lite Star 7/16" shaft or Sharp 7/16"
 - **\$30 Poms**
 - **\$20 Team Tank**
 - **\$45 Tan/Black Shoes** – Jazz/Instep, Caramel/Black color, Capezio/Bloch brand slip-ons preferred
 - **\$10 Tan Tights** - Caramel color, non-shimmery, Balera/Theatricals brand preferred

Payments must be received monthly. Unpaid invoices will incur a **\$25 late fee per month** (added the last day of each month). Unpaid invoices will affect eligibility to attend competitions. All financial obligations are final, no refund will be given. **Excessive tardiness in payment may result in dismissal from organization.**

***It is expected that all one-on-one lessons are **paid at the start of the lesson** on the date the lesson is to occur.

PRACTICE INFO/ATTENDANCE/REQUIREMENTS

- Teams – Saturdays 8am-12pm broken down by group, extra practices scheduled as needed.
- One-on-One Lessons – Mondays 6-9pm scheduled directly with Coach
- Other Lesson Days – Weaved in on Saturdays or other days (by request)
- Practices are Sept. – July at Maugansville ES, Pangborn ES, Williamsport ES, or Emma K Doub ES
- Athletes are expected to attend all practices; and arrive early dressed, stretched, and prepared to start.
- Call/Text 240-626-7829 if you will be absent from or late to practice, performance, or competition.
- Membership is like having a job, please tell the one in charge when you will not be in attendance.
- If you miss a practice, it's your responsibility to obtain any information or updates.
- Appropriate practice attire (clothing, shoes, and hair) is required. Jazz shoes/insteps/twirling sneakers, shorts/leggings, tank/tight-fitting tee (nothing too baggy) Hair in a bun or very secure pony tail/braid
- All athletes are expected to attend all team competitions. We travel out of state and overnight at times. Carpooling is welcomed/encouraged. On Competition days, athletes will wear team tank/black bottoms.
- Excessive absences or lateness will be addressed individually with the parent/athlete; school, church, and/or family events should come first. Excessive absences may result in dismissal from organization (without warning) with no refund on any fees paid to date.
- Athletes may not be a part of another twirling group. If the athlete has their own private coach for individuals, ensure director is aware, so there are no conflicts. Private Coaches outside the Premier Twirlers staff will only be allowed in the practice facilities based on prior approval.
- Once an athlete departs the Premier Twirlers organization and moves on to another twirling group, they will not be allowed to rejoin the Premier Twirlers organization. Special circumstances may be approved.

COMMUNICATION AND OTHER INFORMATION

We want to make sure that the lines of communication are open so that everyone is aware of all the great things we have going on throughout the year. Our communication and information protocols are as follows:

- **Phone** – All athletes should be available via phone/text. This is the quickest and easiest way to notify athletes if plans change immediately or if there is an emergency.
- **Virtual** – We will keep in touch with you via Facebook/Band App. Facebook/Band App messages will be sent each week with the latest information. This includes group FB messages, our Members Only Facebook group, and posts in Band App.
- **Band App** – Members Only App for your Phone to get alerts, notifications, chat, calendar, practice/competition schedules, fundraisers, brochures, etc.
- **Contest brochures/Calendars** – Hard copies will be available, and also distributed electronically as well as included on the website/band app.
- **Website** – All information is listed on the website to include practice/competition schedule.
- **Comments/Concerns** – Please do not approach a coach during practice if you have a concern/issue to discuss. These types of disruptions take away from practice and is discourteous to others. Please approach at the end of all practices or call/text Tenaya at 240-626-7829. I will contact you at my first opportunity. I'm here to assist you and your athlete to have a wonderful experience with us!
- **Fundraising** – Although Premier Twirlers operate as a not-for-profit team, please note Premier Twirlers is not a 501(c) organization, therefore, donations may not be filed as part of a tax deduction on personal/business income taxes with the IRS. All fundraisers are optional, profit goes directly into the athlete's account for use towards costs/competition fees. Certain fundraisers will go towards the group as a whole for those that participate. All profits are used towards Premier Twirlers' athletes.

GENERAL POLICIES

- No Food/drink permitted in the gym. Only bottled water/sports drinks permitted during practice for breaks only. Please send bottled water with your athlete to practice. There is a water fountain at all indoor practice gyms.
- All siblings/friends must be supervised at ALL times and may be asked to sit in the hall/leave.
- Parents may stay and watch practice unless otherwise told. Parents may also drop athletes off at practice, but are expected to pick up their athlete on time and be available via telephone if there is an event where practice must end early.
- Please respect the property of the gym, including tables, chairs, equipment, etc.
- Do not sit on the floor in any area that blocks an entrance/exit/bathroom.
- Our goal is to make this program a positive experience for our athletes and their families. We care about what you think and we want to accommodate you.

***Acting inappropriately, making derogatory comments, vulgar language, bullying and/or gossiping will not be tolerated. This type of behavior is disruptive and affects everyone's experience, not just yours. Failure to adhere to this policy is grounds for dismissal with no refund on any fees paid to date. We hope that you will be an active and positive part of this program! We push great sportsmanship between team members and other competitors and strive to maintain a professional reputation!

ACKNOWLEDGEMENT OF RECEIPT – ATHLETE HANDBOOK 2025/2026

NAME OF ATHLETE _____

HOME ADDRESS (NOT MAILING) _____

ATHLETE CELL PHONE _____

ATHLETE EMAIL _____

ATHLETE DATE OF BIRTH (M/D/Y) _____

NAME OF PARENT/GUARDIAN (if athlete is under the age of 18) _____

PARENT'S BEST # TO BE REACHED ON (if athlete is under the age of 18): CELL PHONE _____

PARENT EMAIL (if athlete is under the age of 18) _____

I acknowledge that I have received a copy of the Premier Twirlers Athlete Handbook, outlining the policies and procedures. I understand all of the information and financial requirements presented in this manual and will agree to abide by its guidelines and conditions. All financial obligations are final and no refund will be provided.

SIGNATURE _____ DATE _____

PARENT SIGNATURE REQUIRED (if athlete is under the age of 18)

- **\$20 Insurance Fee - per athlete per season *Due at Registration when turning in this form** _____ **PAID**
- **All other due dates for fees/expenses are noted in the handbook** (initialed by Coach)

I agree to hold harmless the Premier Twirlers, its coaches, and all agents and representatives. I represent that my athlete is in good health, and will not hold the above listed responsible in the event of accident or injury.

Important information about athlete's health: _____

Any allergies or medications that Director should be aware of: _____

Thank you for your cooperation