



Welcome to the 2023-2024 season



14 *years* **STRONG**
The **TRADITION** *lives on!*

*WE ARE EXCITED ABOUT OUR NEW SEASON 14!
WORKING TOGETHER AS COACHES, PARENTS, AND ATHLETES - WE FEEL WE ARE ABLE TO CREATE A PLACE WHERE
OUR CHILDREN MAKE LIFE LONG FRIENDSHIPS, GROW AS STRONG ATHLETES, AND ALSO PROVIDE AN ENVIRONMENT
WHERE YOUR CHILD FEELS SAFE AND CARED FOR.*

PLEASE READ THROUGH ALL OF THE INFORMATION IN THIS PACKET TO FIND OUT WHAT YOU CAN EXPECT FOR OUR NEW SEASON.



INTRODUCTION TO TWISTERS

Our Twister all-star cheerleading program was created with the vision that every person can be a STAR! We offer teams for every child, no matter what their skill or commitment level. By offering a level for every child, we are able to nurture our athletes with the type of coaching they deserve. Working with over thousands of young cheerleaders in the past 13 years, we believe all athletes are different and grow physically in skill and mentally in readiness, at different levels no matter what their age. We believe these levels need to be coached differently, to create a love for the sport for beginners – boosting esteem and teamwork, but to also offer a challenging and competitive aspect for those athletes that thrive for more.

HOW DOES TEAM PLACEMENTS WORK IN OUR GYM?

Everyone makes a team in the Twisters all star cheerleading program!

IF YOUR CHILD IS BRAND NEW TO OUR TWISTER PROGRAM – All brand new athletes must attend the Team Placement evaluation clinic held before the start of each season. For the 2023-2024 season, these placements will be held on Sunday, April 23rd. After you register for this clinic online, you will receive a time slot for your child to attend based on their age and experience. They will then attend their clinic during their designated time slot where our coaches will be able to assess their current and potential skill level. But no worries, because everyone makes a team! The evaluation process just helps us to place your child in a level with other athletes that are around their same age and skill level.

HOW TO SIGN UP FOR THE TEAM PLACEMENT CLINIC – Please visit our website WWW.THETUMBLETREE.COM and click on the “I WANT TO BE A TWISTER” button on the home page. Complete the questionnaire. This will help us know a few things about your child in order to determine their evaluation time slot for the Team Placement clinic on April 23rd. Be on the lookout for an email a week or two before April 23rd with their exact time slot to attend.

IF YOUR CHILD IS A RETURNING TWISTER – Returning Twisters will not attend a Team Placement evaluation clinic. You will be required to RSVP “yes” for the 2023-2024 season via email no later than April 28th. The new season for returning Twisters will start the week of May 15th. We will not decide official teams right away. Your child will spend the summer in appropriate skill groups with other athletes on their same level. These groups are where your child will practice for the summer and work on the fundamentals for the level we believe they will be on for the upcoming season. We use the summer months to decide what is the best fit for your child, and what levels we will be able to compete successfully. **At the end of July** – Official teams are announced and we do this with an exciting team reveal party! At that time, your child will also receive their new cheer practice schedule for the remainder of the season.

WHAT HAPPENS AFTER THE TEAM PLACEMENT CLINIC?

Your child will leave the Team Placement clinic with a paper indicating their level for their cheer practice AND their tumbling level and practice options for the summer. You will then follow the instructions on the paper to officially enroll your child in our program (if that is your decision). **Please note – You will be required to submit your RSVP as to whether your child will be officially joining the Twister program by April 28th. Your child will not be enrolled unless we receive a “yes” RSVP email from you.**

We do not determine official TEAMS right away. Athletes will spend the summer working with other athletes in their same skill level on fundamentals and standards for that level. These groups are where your child will practice for the summer and work on the fundamentals for the level we believe they will be on for the upcoming season. We use the summer months to decide what is the best fit for your child, and what levels we will be able to compete successfully. **At the end of July** – Official teams are announced and we do this with an exciting team reveal party! At that time, your child will also receive their new cheer practice schedule for the remainder of the season.

Our new season and official practices will start the week of May 15th.

If you missed our Team Placement Clinic and/or the Team Placement process timeline – Please email alex.tumbletree@hotmail.com to schedule a practice evaluation for your child. The cost for this is \$40 per student.

HOW DO TUMBLING CLASSES WORK?

A one-hour tumbling class for one day a week is included as part of your child's tuition and required for them to attend each week. They will practice on a chosen day/time with their assigned level. However, you will get to choose (from a list of options) for a separate day/time that they will attend a tumbling class. TO CLARIFY – Your child's cheer practice will be a set day/time each week that is chosen by the Twister coaches. However, your child's tumble class is able to be chosen by the parent based on a list of options for the level assigned for your child. *** NEW TWISTERS – This list of options will be provided for your child at end of their Team Placement clinic.

NEW TWISTERS → If your child is already enrolled in a recreational tumbling class with us – You must include in your RSVP email that you want to keep the same class or choose a new tumble class based on the options provided on that paper.

NEW TWISTERS → If your child is NOT currently enrolled in a tumbling class – You must include in your RSVP email which tumble class option you are choosing based on the options provided on that paper.

RETURNING TWISTERS → If your child will keep their SAME tumbling class (as the 2022-2023 season) – No action is required of you. They will simply continue to attend their normal class.

RETURNING TWISTERS → If your child will need to CHANGE their tumbling class – Please email alex.tumbletree@hotmail.com your new tumble class choice based on the list of classes provided below.

Tumble classes will start the week of May 15th for all new Twisters. Returning Twisters can continue attending their normal tumble classes unless they need a change. There is an option to watch your child's tumble class LIVE through the Parent Portal. Simply log into your Parent Portal account. Click on the "more" option and then "live." *** This feature is not available for their cheer practices.

TUMBLE CLASS LEVELS

This chart is not to be confused by the team chart and team levels listed on the following pages. This is how we categorize and determine tumbling levels in OUR gym FOR OUR TUMBLE CLASSES ONLY

LEVEL	THE FOLLOWING SKILLS MUST BE MASTERED IN ORDER TO PROGRESS TO THE NEXT LEVEL
PRESCHOOL (Ages 3-5)	Cartwheels, rolls, handstands, bridges, kickovers
LEVEL 1 - Foundations	Learning about body control, body positions, following directions, etc.
LEVEL 1 - Beginner (Ages 6 & up)	Cartwheels, rolls, handstands, bridges, kickovers
Level 1 - Advanced (Ages 6 & up)	Back walkover, front walkover, cartwheel back walkover, fluid on connecting skills
LEVEL 2 - Beginner BHS	Standing BHS, front handsprings, roundoffs
LEVEL 2 - Advanced BHS	Roundoff BHS, back walkover BHS, BHS step outs, multiple BHS series
LEVEL 3 - Tucks	Round-off BHS tuck, aerial, punch front
LEVEL 4 - Layouts	Layouts, standing tuck, 2 to tuck and layout series
LEVEL 5 - Fulls	Fulls, arabians, multiple standing skill series

TUMBLE CLASS SCHEDULE

*** These days/times are subject to change.

- MONDAY -								
4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30	7:30-8:00	8:00-8:30
	LEVEL 1 (Ages 6 & up)		ADV LEVEL 1		BEG BHS - LEVEL 2		ADV BHS - LEVEL 2	
				PRESCHOOL (Ages 3-5)				
- TUESDAY -								
4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30	7:30-8:00	8:00-8:30
	BEG BHS - LEVEL 2		LEVEL 1 (Ages 6 & up)		LEVEL 1 (Ages 6 & up)			
		PRESCHOOL (Ages 3-5)		PRESCHOOL (Ages 3-5)				
- WEDNESDAY -								
4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30	7:30-8:00	8:00-8:30
		PRESCHOOL (Ages 3-5)		PRESCHOOL (Ages 3-5)		PRESCHOOL (Ages 3-5)		
ADV LEVEL 1		LEVEL 1 (Ages 6 & up)		ADV LEVEL 1		ADV BHS - LEVEL 2		
BEG BHS - LEVEL 2		TUCKS - LEVEL 3		LAYOUTS - LEVEL 4 FULLS - LEVEL 5		FOUNDATIONS - LEVEL 1		
- THURSDAY -								
4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30	7:30-8:00	8:00-8:30
	LEVEL 1 (Ages 6 & up)		LEVEL 1 (Ages 6 & up)		ADV LEVEL 1		ADV BHS - LEVEL 2	
- FRIDAY -								
4:00-4:30	4:30-5:00	5:00-5:30	5:30-6:00	6:00-6:30	6:30-7:00	7:00-7:30	7:30-8:00	8:00-8:30
		TUCKS - LEVEL 3		LAYOUTS - LEVEL 4 FULLS - LEVEL 5				
- SATURDAY -								
9:00-9:30 am		9:30-10:00 am		10:00-10:30 am		10:30-11:00 am		
FOUNDATIONS - LEVEL 1				LEVEL 1 (Ages 6 & up)				

TEAM LEVELS & DESCRIPTIONS

SHOW TEAMS

These are beginner level teams that are designed for girls' ages 4-12 who are beginners, or are not quite ready to compete that need to gain experience and increase their skill level. It is also great for those that are not interested in the competitive world of all-star cheer. This team focuses on the core skills of all-star cheerleading. They will perform at local events approximately 4-5 times a year. The younger show teams practice 1 time per week for 1 hour and attend a tumbling class for an additional 1 hour per week. The older show teams practice 1 time per week for 1 hour and attend a tumbling class for an additional 1 hour per week.

NOVICE TEAMS

These are beginner level teams that are designed for girls' ages 4-12 who are beginners, or are wanting to experience competition but are at the beginner level. This team focuses on the core skills of all-star cheerleading. They will perform at local events approximately 4-5 times a year as well as perform at 2 local cheer competitions. The novice teams practice 1 time per week for 1 hour and attend a tumbling class for an additional 1 hour per week.

PREP TEAMS *(1st level in competitive cheerleading)*

These are beginner/intermediate level competition teams. The USASF has Prep teams in Levels 1-3. Please do not allow the normal connotation of the word "PREP" to influence your understanding of this type of team, level, or division. Prep teams are the first level of competitive cheer. We feel that our Prep teams are very important in our organization. This is a crucial step in learning the fundamentals of this sport for all athletes. These teams perform in a few local events as showcases AND compete in 3-4 competitions a year. This team practices 1.5-2 hours per week (depending on age) and attends a tumbling class for an additional 1 hour per week.

ELITE LEVEL TEAMS

LEVEL 1 – These teams compete Level 1 skills as defined by the USASF. They compete approximately 6-8 times a year locally and in the surrounding states. Several of these competitions are usually 2-day events and require an overnight stay. These are advanced Level 1 athletes where prerequisite skills in tumbling and stunting are usually required. These tumbling skills involve front and back walkover series. The stunting skills involve stunts at the shoulder level or below.

LEVEL 2 – These teams compete Level 2 skills as defined by the USASF. They compete approximately 6-8 times a year locally and in the surrounding states. Several of these competitions are usually 2-day events and require an overnight stay. These are advanced Level 2 athletes where prerequisite skills in tumbling and stunting are usually required. These tumbling skills involve standing back handspring and running back handspring combinations. The stunting skills involve stunts at the shoulder level and above.

LEVEL 3 – These teams compete Level 3 skills as defined by the USASF. They compete approximately 6-8 times a year locally and in the surrounding states. Several of these competitions are usually 2-day events and require an overnight stay. These are advanced Level 3 athletes where prerequisite skills in tumbling and stunting are usually required. These tumbling skills involve standing back handspring, running back handspring combinations, and running tuck combinations. The stunting skills involve stunts at the extended arm level and above.

LEVEL 4 – These teams compete Level 4 skills as defined by the USASF. They compete approximately 6-8 times a year locally and in the surrounding states. Several of these competitions are usually 2-day events and require an overnight stay. These are advanced Level 4 athletes where prerequisite skills in tumbling and stunting are usually required. These tumbling skills involve standing tuck, running tuck, punch fronts, and running layouts. The stunting skills involve stunts at the extended arm level and above.

LEVEL 5 – These teams compete Level 5 skills as defined by the USASF. They compete approximately 6-8 times a year locally and in the surrounding states. Several of these competitions are usually 2-day events and require an overnight stay. These are advanced Level 4 athletes where prerequisite skills in tumbling and stunting are usually required. These tumbling skills involve running fulls, and more advanced standing skills such as toe touch standing tuck.

CHEER TEAMS | PRACTICE SCHEDULE

Below is the current schedule of practice for our teams for the 2023-2024 season. Please note this schedule is subject to change at any time.

TINY SHOW	MINI SHOW	YOUTH SHOW	TINY NOVICE	MINI NOVICE	JUNIOR NOVICE	MINI PREP
Friday 5:00-6:00	Friday 6:00-7:00	Thursday 6:00-7:00	Friday 5:00-6:00	Friday 6:00-7:00	Mondays 7:00-8:00	Thursday 4:30-6:00

YOUTH PREP	MINI 1	JUNIOR 1	YOUTH 2	JUNIOR 3	SENIOR 3	SENIOR 5 COED
Thursday 7:00-8:30	Tuesday 5:00-6:30 Thursday 5:00-6:30	Sunday 1:30-3:30 Monday 5:00-7:00	Tuesday 6:30-8:30 Thursday 6:30-8:30	Wednesday 5:00-7:00 Sunday 3:00-5:00	Wednesday 7:00-9:00 Sunday 4:30-6:30	Sunday 6:00-8:00 Thursday 7:00-9:00



HOW OFFICIAL TEAMS ARE DETERMINED

Our season started in May 2023, so athletes have already been through the Team Placement Process (as described on previous pages) and have been placed on their official teams.

Included in this packet, is a level appropriate stunt and tumbling grid so you can see where your child currently lands. As mentioned before, everyone has to “begin,” so do not let this overwhelm you. We have beginners join in every year from ages 4-18! Our gym believes in all-around level athletes. This means an athlete is able to tumble, stunt, jump, dance and do choreography of a specific level to be on it. We do make exceptions if the team is in need of a specific skill set an athlete has, who doesn't meet all level requirements. However, this is the exception, not the rule.

PLEASE NOTE THE FOLLOWING IN REGARDS TO OUR GYM’S PHILOSOPHY IN PROPER LEVEL AND TEAM PLACEMENTS:

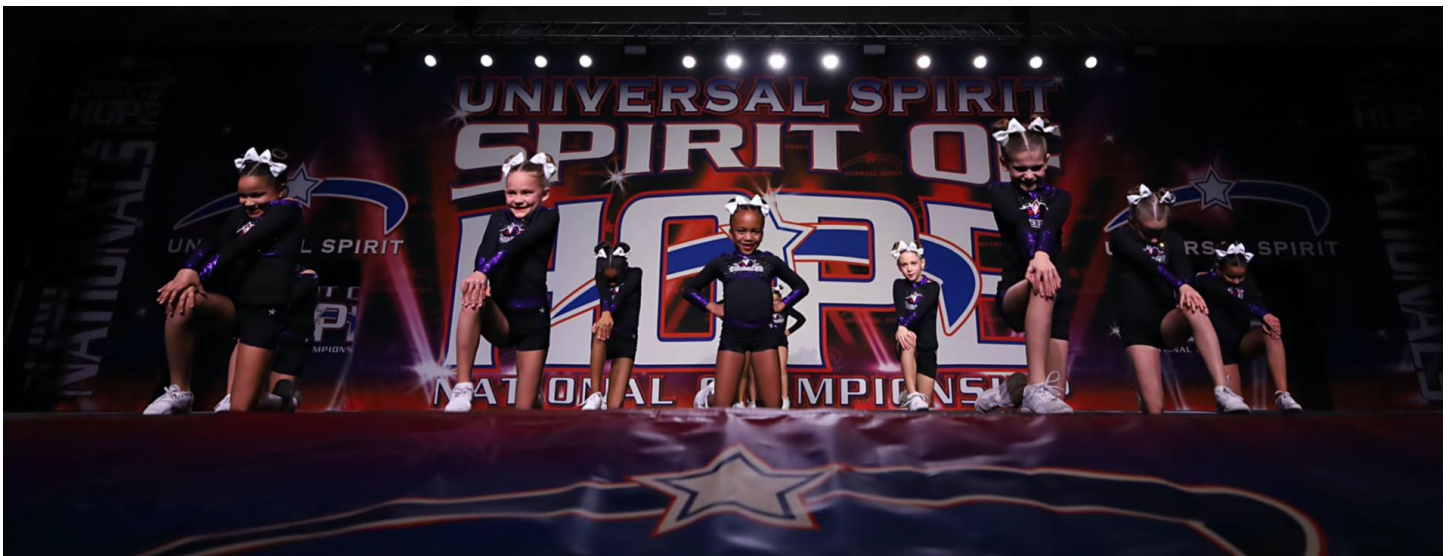
In today’s cheer industry – If you do not have 95-98% of the skills needed for a certain level, the team will not be able to score in a high range in order to be competitive. A score of 96 and above is the standard range for our Twister program.

Therefore by sticking to this philosophy, we will not place athletes on certain levels based on the following:

- Where the athlete/parent wants or thinks they should be
- Where the athlete was placed on their previous season in our gym
- Where the athlete was placed on their previous season in a different gym
- On a team with their friends or previous teammates

As a parent, if you cannot understand this philosophy and accept this policy, then our gym may not be the place for you. We would rather place your child at an appropriate level where they can succeed and feel confident. It is no fun for an athlete to be on a team where they are far behind others in the required skills and do not get to participate in all or the majority of routine sections.

So, in the end, please know we will do our best to do right by your child for their success. Celebrate your child's accomplishments and be proud of whatever level they are placed on. As coaches, we vow to place athletes where they will shine, are level appropriate, and be successful - despite all else. Not all gyms are like that - and that's ok – but that is what makes our athletes happy, our teams successful on the mat, injuries at their lowest, and overall a place where athletes can grow safely and confidently in this sport.



COMMITMENT REQUIREMENT FOR THE PREP & ELITE TEAMS

Because cheer is a competitive team sport and not an **INDIVIDUAL** sport - our team's success begins with commitment from our athletes during our season. If you play other sports or cheer for Middle or High School Teams please read the following:

SUMMER MONTHS - Your team placement **WILL** be determined by how many practices you attend. You are missing out on crucial training in stunting when you miss all the time.

AUGUST - MID NOVEMBER - If you choose to play any other Fall Sports you must get your schedule cleared by your HEAD coach if you will be missing any practices during the week. We **HAVE TO HAVE SUNDAY** practices during this time of the year BECAUSE of High School Cheerleading to ensure that we have at least ONE day a week where everyone is present. **SUNDAY PRACTICES WILL ONLY APPLY TO CERTAIN TEAMS TBD AT THE END OF JULY.**

MID NOVEMBER - END OF APRIL - NO OTHER SPORTS or ACTIVITIES can interfere with your cheer schedule unless approved. This is the meat of our competition season and we cannot be successful any other way.

SOMETHING NEW THIS SEASON FOR ALL ELITE TEAMS - There will be a contract you sign **AFTER** official team placements in which you agree to a \$500 quitting fee if your athlete quits on their team (exclusions will be allowed obviously for things out of your control - injury, moving, etc).

UPDATED AGE GRID FOR 2023-2024 SEASON

This age grid is determined by the United States All Star Federation. All star gyms are required to follow all USASF rules for ages and team levels when placing athletes on teams. Therefore, an athlete's age level **MUST** be taken into account before their level before placing them on a certain team.

2023-24 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																		APPROX AGES		
		2003 or before	1/1/04-5/31/04	6/01/04-12/31/04	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019		2020	
ELITE CLUB	Senior Open(L4/L5)	x	x	x	???																18+	
	Senior (L6)			x	x	x	x	x	x	x												14-19
	Senior (L1-5)			x	x	x	x	x	x	x												13-19
	Junior (L1-6)							x	x	x	x	x	x	x	x							9-15
	Youth (L1-5)										x	x	x	x	x	x						8-12
	Mini (L1-2)													x	x	x	x					7-9
	Tiny (L1)																x	x	x			6-7
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x											12-19
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)							x	x	x	x	x	x	x								9-15
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)									x	x	x	x	x	x							8-12
	Mini Prep (L1.1, 2.1, 2.2)													x	x	x	x					7-9
	Tiny Prep (L1.1)																x	x	x			6-7
NOVICE	Senior Novice(L1-3 w/restrictions)			x	x	x	x	x	x	x	x											12-19
	Junior Novice (L1-3 w/restrictions)							x	x	x	x	x	x	x								9-15
	Youth Novice(L1-3 w/restrictions)									x	x	x	x	x	x							8-12
	Mini Novice (L1-2 w/restrictions)													x	x	x	x					7-9
	Tiny Novice(L1 w/restrictions)																x	x	x	x	x	4-7
CheerAbilities	CheerAbilities Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		6+
	CheerAbilities Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+
	CheerAbilities Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+
ELITE INTERNATIONAL	International Open (L7)	x	x	x	???																	18+
	International Open/NT/Global (L6)	x	x	x	???																	18+
	International U18 (L1-4, 6NT)				x	x	x	x	x	x												14-18
	International U16 (L1-4)							x	x	x	x											12-16

Use the **Birth Year** column to verify athlete eligibility for all divisions. The **Target Ages** are reflective of the typical age range athletes are at some point during the 2023 calendar year based on their birth year.

TUMBLE + STUNT SKILLS REQUIRED FOR ALL STAR ROUTINES

This skill grid is determined by the United States All Star Federation. Our gym's goal and philosophy is that we want our athletes to be confident and well-rounded athletes in all areas. We believe this is what creates successful teams! We also feel that placing an athlete "up" a level where they struggle the entire season is not encouraging or beneficial for their self-esteem and growth. We want our athletes MASTERING a skill level, instead of STRUGGLING through it – as individuals, and as teams. We believe having the chance to succeed allows them to build the confidence they need at every level in order to compete as a team and be successful. The following chart shows skills that are used/needed for Levels 1 through 5 in tumbling and stunting.

Prep/Level 1 – TUMBLE	LEVEL 2 – TUMBLE	LEVEL 3 – TUMBLE	LEVEL 4 – TUMBLE	LEVEL 5 – TUMBLE
Front walkover, Back walkover	Back handspring (BHS)	3X BHS	Standing tuck	Running Full
Back Extension Roll, Handstand Forward Roll	Back walkover BHS	Back walkover 2X BHS	Round off BHS Layout	Toe Touch to Tuck
Double back walkover	BHS step out	Round-off BHS Tuck	2 BHS to Tuck	
Front walkover cartwheel back walkover - connected	Round-off BHS	Aerial, front punch	2 BHS to Layout	
	Round-off 2X BHS FW round off BHS	Toe touch 2X BHS		
	Front handspring; T jump BHS	Round off Tuck		
Prep/LEVEL 1 – STUNT	LEVEL 2 – STUNT	LEVEL 3 – STUNT	LEVEL 4 – STUNT	LEVEL 5 – STUNT
Half prep 2 legs Half prep 1 leg	Prep 1 leg	Full up prep	Full up extension	Various elite stunting
Prep 2 legs Prep 1 leg	Extension	Full down from 2 legs	Full up to 1 leg	
Prep to cradle	Extension cradles Prep 1 leg cradles	Basket tosses with Various body positions	Basket tosses with Various body positions	
Prep and extension Teddy bear	Straight ride basket toss	Extended level 1 legs	Various Inversions	
Switch ups to half prep	Switch ups to 1 leg Prep level hitting various body positions	Switch ups to 1 leg Prep & extended level Hitting various body positions	High to high tic tock	
Tick tock to half prep Tick tock to prep	Half ups to 1 leg prep level hitting various body positions	Half ups to 1 leg Extended level hitting various body positions	Various flips with connections	
Flyers: Left Side Heel Stretch, Scorpion, Scale at ½ prep level	Tick tocks to 1 leg Prep level hitting various body positions	Low to high tic tock hitting various body positions		
	Various load ins requiring tumbling skills	Various load ins requiring tumbling skills		

PRICING | SHOW TEAMS

PLEASE NOTE THE PRICES LISTED BELOW ARE FOR THE ENTIRE 2023-2024 SEASON CONTRACT FOR ALL SHOW TEAM LEVELS.

SHOW LEVEL PRICING	AMOUNT	DUE DATE
REGISTRATION FEE This fee includes the following: <ul style="list-style-type: none"> – T-shirt – Bow – Season fee for team gifts 	\$75 ONE TIME FEE	At time of joining OR MAY 1
TUITION This fee includes the following: <ul style="list-style-type: none"> – One 1-hour team practice one day a week – One 1-hour tumbling class one day a week – Any extra team practices scheduled to prepare for an event 	\$65 DUE TWICE A MONTH \$68 DUE TWICE A MONTH IF PAYING W/ CARD	\$65 - Due on the 1st of each month \$65 - Due on the 15th of each month <i>To total \$130 per month for months May through April</i>
WHITE CHEER SHOES <i>White cheer shoes are mandatory for all Twisters on Show and Prep level teams. You can purchase a pair through us for \$50 or you can purchase a pair on your own. Brand doesn't matter, as long as they are plain white cheer shoes.</i>	\$50	Charged as needed Order any time through the Parent Portal.
BRAND NEW PERFORMANCE UNIFORM + BOW <i>*Required for any Twister placed on a Show level team.</i> THIS IS A NEW UNIFORM THIS SEASON!	\$175 TOTAL	<u>NEW UNIFORM PAYMENTS</u> \$87.50 – July 15th \$87.50 – August 15th
USED PERFORMANCE UNIFORM NOT AVAILABLE FOR THIS LEVEL BECAUSE THEY ARE BRAND NEW THIS SEASON!		

PRICING | NOVICE TEAMS

PLEASE NOTE THE PRICES LISTED BELOW ARE FOR THE ENTIRE 2023-2024 SEASON CONTRACT FOR ALL NOVICE TEAM LEVELS.

NOVICE LEVEL PRICING	AMOUNT	DUE DATE
REGISTRATION FEE This fee includes the following: <ul style="list-style-type: none"> - T-shirt - Bow - Season fee for team gifts 	\$75 ONE TIME FEE	At time of joining OR MAY 1
TUITION This fee includes the following: <ul style="list-style-type: none"> - One 1-hour team practice one day a week - One 1-hour tumbling class one day a week - Any extra team practices scheduled to prepare for an event 	\$76 DUE TWICE A MONTH \$80 DUE TWICE A MONTH IF PAYING W/ CARD	\$76 - Due on the 1st of each month \$76 - Due on the 15th of each month <i>To total \$152 per month for months May through April</i>
WHITE CHEER SHOES <i>White cheer shoes are mandatory for all Twisters on Show and Prep level teams. You can purchase a pair through us for \$50 or you can purchase a pair on your own. Brand doesn't matter, as long as they are plain white cheer shoes.</i>	\$50	Charged as needed <i>Order any time through the Parent Portal.</i>
COMPETITION UNIFORM + BOW <i>*Required for <u>ALL</u> Twisters placed on a Prep level team. Athletes who are placed on a Prep team and have this uniform from the previous season, will not have to purchase a uniform again unless they need a different size.</i>	\$245 TOTAL	<u>NEW UNIFORM PAYMENTS</u> \$122.50 – July 15th \$122.50 – August 15th
USED PERFORMANCE UNIFORM (if available) <i>*Athletes from the previous season have only used this uniform for one season and may be selling at half price if they are not returning or have moved to a higher level. More details about this will be released at a later time.</i>	Recommended selling price: TOP: \$70 BOTTOM: \$40	WE DO NOT GET INVOLVED IN THE SELLING/BUYING OF USED UNIFORMS. <i>There will be a Facebook group set up for each level and we will send you the link to buy or sell uniforms and handle the exchange.</i>

PRICING | PREP TEAMS

PLEASE NOTE THE PRICES LISTED BELOW ARE FOR THE ENTIRE 2023-2024 SEASON CONTRACT FOR ALL PREP TEAM LEVELS.

PREP LEVEL PRICING	AMOUNT	DUE DATE
REGISTRATION FEE This fee includes the following: <ul style="list-style-type: none"> – T-shirt – Bow – 1 Practice outfit – Season fee for team gifts 	\$125 ONE TIME FEE	At time of joining OR MAY 1
TUITION This fee includes the following: <ul style="list-style-type: none"> – One 1-2-hour team practice one day a week – One 1-hour tumbling class one day a week – Any extra team practices scheduled to prepare for an event – Choreography and music – All competition fees 	\$110 DUE TWICE A MONTH \$115.50 DUE TWICE A MONTH IF PAYING W/ CARD	\$110 - Due on the 1st of each month \$110- Due on the 15th of each month <i>To total \$220 per month for months May through April</i>
COMPETITION UNIFORM + BOW <i>*Required for ALL Twisters placed on a Prep level team.</i> <i>Athletes who are placed on a Prep team and have this uniform from the previous season, will not have to purchase a uniform again unless they need a different size.</i>	\$245 TOTAL	NEW UNIFORM PAYMENTS \$122.50 – July 15th \$122.50 – August 15th
USED PERFORMANCE UNIFORM (if available) <i>*Athletes from the previous season have only used this uniform for one season and may be selling at half price if they are not returning or have moved to a higher level. More details about this will be released at a later time.</i>	Recommended selling price: TOP: \$70 BOTTOM: \$40	WE DO NOT GET INVOLVED IN THE SELLING/BUYING OF USED UNIFORMS. <i>There will be a Facebook group set up for each level and we will send you the link to buy or sell uniforms and handle the exchange.</i>
CHEER SHOES – VRO Custom Shoes <i>These cheer shoes are mandatory for all Twisters on Elite level teams. If you have an older pair of black high tops that is fine also but this will be the NEW shoe this season.</i> ***CHANGE FROM LAST SEASON	\$110	As you wish to order, but must have before November for the first competition. We will send out an order link later.

*****The only other costs that may be added later in the season would be for end of the season bid events like US Finals.**

PRICING | ELITE TEAMS

PLEASE NOTE THE PRICES LISTED BELOW ARE FOR THE ENTIRE 2023-2024 SEASON CONTRACT FOR ALL ELITE TEAM LEVELS.

ELITE LEVEL PRICING	AMOUNT	DUE DATE
REGISTRATION and COMMITMENT FEE This fee includes the following: – Season T-shirt – 2 practice sets (top and bottom x 2) – Practice Bow (Youth teams and below) – Scrunchies (Junior teams and above) – Season fee for team gifts	\$180 ONE TIME FEE	At time of joining OR MAY 1
TUITION This fee includes the following: – Two 2-hour team practice twice a week – One 1-hour tumbling class one day a week – Any extra team practices scheduled to prepare for an event – Choreography Fee – Includes all competition fees and coaching travel expenses except end season events like The Summit.	\$165 DUE TWICE A MONTH \$173.25 DUE TWICE A MONTH IF PAYING W/ CARD	\$165 - Due on the 1st of each month \$165 - Due on the 15th of each month <i>To total \$330 per month for months May through April</i>
COMPETITION UNIFORM <i>*Required for ALL Twisters placed on an Elite level team.</i> <i>Athletes who are placed on an Elite team and have this uniform from the previous season, will not have to purchase a uniform again unless they need a different size.</i>	\$450	NEW UNIFORM PAYMENTS \$225 – July 15th \$225 – August 15th
COMPETITION BOW - New Twisters only <i>*Required for ALL Twisters placed on an Elite level team.</i>	\$30	We will charge when ordered and send an email
USED COMPETITION UNIFORM (if available) <i>*Athletes from the previous season have only used this uniform for one season and may be selling at half price if they are not returning or have moved to a higher level. More details about this will be released at a later time.</i>	Recommended selling price: TOP: \$150 SKIRT: \$75	WE DO NOT GET INVOLVED IN THE SELLING/BUYING OF USED UNIFORMS. <i>There will be a Facebook group set up for each level and we will send you the link to buy or sell uniforms and handle the exchange.</i>
CHEER SHOES – VRO Custom Shoes <i>These cheer shoes are mandatory for all Twisters on Elite level teams. If you have an older pair of black high tops that is fine also but this will be the NEW shoe this season.</i>	\$110	As you wish to order, but must have before November for the first competition. We will send out an order link later.

*****The only other costs that may be added later in the season would be for end of the season bid events like US Finals and/or The Summit competitions, or replacement or additional competitions added on.**

SHOW TEAMS | PERFORMANCE SCHEDULE

SHOW TEAMS

TINY STARS, SHIMMER, THUNDER

2023-24 PERFORMANCE SCHEDULE

Subject to change, but please reserve these dates



DATE	EVENT	LOCATION
AUGUST 18th	PERFORMANCE - FIREFLY GAME **TSHIRTS/BOWS**	COLUMBIA, SC
OCTOBER 11th	PERFORMANCE - HIGH SCHOOL COMPETITION **LOCATION TO BE DETERMINED	COLUMBIA, SC
DECEMBER 10th	PERFORMANCE - BLYTHEWOOD CHRISTMAS PARADE	BLYTHEWOOD, SC
DECEMBER 9th	TWISTER SHOWCASE	LOCAL HIGH SCHOOL
JANUARY / FEB (date TBD)	PERFORMANCE - USC BASKETBALL GAME **YOUTH TEAMS ONLY	COLUMBIA, SC
JANUARY /FEB	RETIREMENT HOME PERFORMANCE	COLUMBIA, SC
MARCH 15th	SHAMROCK SHOWCASE	THE TWISTERS GYM
APRIL 27th	SUMMIT SHOWCASE	COLUMBIA, SC

NOVICE TEAMS | PERFORMANCE & COMPETITION SCHEDULE

NOVICE TEAMS 2023-24 PERFORMANCE SCHEDULE

Subject to change, but please reserve these dates



DATE	EVENT	LOCATION
AUGUST 18TH	PERFORMANCE - FIREFLY GAME **TSHIRTS/BOWS**	COLUMBIA, SC
OCTOBER 11	PERFORMANCE - HIGH SCHOOL COMPETITION **LOCATION TO BE DETERMINED	COLUMBIA, SC
DECEMBER (date TBD)	PERFORMANCE - BLYTHEWOOD CHRISTMAS PARADE	BLYTHEWOOD, SC
DECEMBER 9TH	TWISTER SHOWCASE	LOCAL HIGH SCHOOL
JANUARY / FEB (date TBD)	PERFORMANCE - USC BASKETBALL GAME **YOUTH TEAMS ONLY	COLUMBIA, SC
JANUARY 27	9 PANEL COMPETITION	COLUMBIA, SC
MARCH (date TBD)	SHAMROCK SHOWCASE	THE TWISTERS GYM
APRIL 20TH	ALL OUT CHAMPIONSHIPS	CONCORD, SC
APRIL (late) (date TBD)	SUMMIT SHOWCASE	COLUMBIA, SC

PREP TEAMS | PERFORMANCE & COMPETITION SCHEDULE

MINI PREP / YOUTH PREP

2023-24 PERFORMANCE/COMPETITION SCHEDULE

Subject to change, but please reserve these dates



DATE	EVENT	LOCATION
AUGUST 18TH	PERFORMANCE - FIREFLY GAME **NOT MANDATORY, TSHIRTS/BOWS	COLUMBIA, SC
OCTOBER	PERFORMANCE - HIGH SCHOOL COMPETITION **LOCATION TO BE DETERMINED	COLUMBIA, SC
DECEMBER 9TH	TWISTER SHOWCASE	LOCAL HIGH SCHOOL
JANUARY / FEB (date TBD)	PERFORMANCE - USC BASKETBALL GAME **YOUTH TEAMS ONLY	COLUMBIA, SC
DECEMBER 16	UNIVERSAL SPIRIT COMPETITION	CONCORD, NC
JANUARY 27 OR 28	9 PANEL COMPETITION	COLUMBIA, SC
FEBRUARY 4	JAMFEST	CONCORD, NC
MARCH 22 (FRIDAY)	BATTLE AT BEACH NATIONALS*	MYRTLE BEACH, SC
APRIL 14TH	US FINALS****	MYRTLE BEACH, SC
END OF APRIL	SUMMIT SHOWCASE	COLUMBIA, SC

*BATTLE AT THE BEACH NATIONALS * - This is an end of the season event that is not included in your tuition and we will decide as a coaching staff if the teams are ready for this level of competition at a later date.*

*US FINALS*** This is an end of season event that teams must get bids to attend and is NOT part of your regular season tuition. We will decide at a later date if we will attend.*

ELITE TEAMS | COMPETITION SCHEDULE

ELITE TEAMS

2023-24 COMPETITION SCHEDULE

Subject to change, but please reserve these dates



DATE	EVENT	LOCATION
AUGUST 18TH	PERFORMANCE - FIREFLY GAME **NOT MANDATORY, TSHIRTS / BOWS	COLUMBIA, SC
DECEMBER 9TH	TWISTER SHOWCASE	LOCAL HIGH SCHOOL
DECEMBER 16	UNIVERSAL SPIRIT COMPETITION	CONCORD, NC
JANUARY 13/14 ***2 DAY	SPIRIT OF HOPE NATIONALS*	CHARLOTTE, NC
FEBRUARY 4	JAMFEST	CONCORD, NC
FEBRUARY 17/18 ***2 DAY	CHEERSPORT NATIONALS*	ATLANTA, GA
MARCH 9/10 ***2 DAY	THE AMERICAN ROYALE	SEVIERVILLE, TN
MARCH 23rd & 24th ***2 DAY	BATTLE AT BEACH NATIONALS	MYRTLE BEACH, SC
APRIL 13	US FINALS*	MYRTLE BEACH, SC
APRIL (late) (date TBD)	SUMMIT SHOWCASE	COLUMBIA, SC
MAY 3-5	SUMMIT*	ORLANDO, FL
<i>*These two events participation will be decided upon by the coaching staff at a later date.</i>		
<i>*** US FINALS and Summit IS NOT INCLUDED in your pricing for the season.</i>		

COMMUNICATION INFORMATION

Email and an app called SportsYou are our main forms of communication.

EMAIL – Please make sure you have a current and correct email address listed on file in your Parent Portal account. We send out program wide and team wide emails through our billing system iClass / Parent Portal, so it is crucial that the email address you have on file with us is correct. Also, please make sure you have our email addresses (listed below) saved as a contact in your email settings so that our messages do not go to your Spam folder.

Michaela Gonzales | Owner, Head Coach & Team Manager P | (803) 422-3662 E | kala.acxtwisters@gmail.com
(Office hours 9am-4pm/Coaching after 4pm) Off on Sat/Sun

Alex Hood | Business Manager & Billing/Enrollments P | (803) 237-4995 E | alex.tumbletree@hotmail.com
(Office Hours Mon-Fri 9am-4pm) Easiest to reach by email

Mckenzie Skinner | Front Desk, Head Coach & Team Manager P | (803) 917-0958 E | frontdesk.twisters@gmail.com
(Office hours 2pm-4pm/Coaching after 4pm) Off on Sat/Sun

Brittany Littlejohn-Moore | Head Coach & Team Manager P | (803) 397-1327 E |
brittany.tumbletree@gmail.com
(Office hours 9am-4pm/Coaching after 4pm) Off on Sat/Sun

WE ALL HAVE LIVES OUTSIDE OF CHEER. Therefore, we kindly ask – Please DO NOT personally text, Facebook message, Instagram message, or Snapchat message coaches, front desk, or our billing staff. Also due to the large number of athletes and families that we service both within the Twister program and in combination with our other programs – It is imperative that you send a message via email or through the team app, SportsYou.

If you **DO NOT** communicate with us via the app or email, we will not respond to messages from any other source/format. Not only is this the only way we can properly track and respond to messages, but it is also the only way we can have a personal life outside of cheer. Please keep in mind that our staff all have different work and office hours based on our job titles and responsibilities, in case you do not get a response back from us right away. Keep in mind it may take up to 48 hours (not including weekend hours) to respond to a message, based on our current workload. We will return/respond to messages in the order that they were received.

REQUIRED TEAM APP INFORMATION | SPORTSYOU

An app called “SportsYou” is our MAIN form of communication. This is a free app that each family must download and utilize in order to stay up to date and receive necessary information for their child’s team and Twisters as a whole. This app is also the way you will communicate with your child’s coach(es).

If you are not familiar with how to use this app, and/or are not good at keeping up with information – Please familiarize yourself with this app.. We take great pride in being organized and getting information out to you - but ultimately it is your responsibility to keep up with your child’s schedule and information about the program and what is going on.

The directions to download and sign up for the app are listed below. Please choose your child’s team placement level and only scan that enrollment code.

Once your child is placed on their “official” team at the end of July, you will receive another set of codes to join their specific team group for the remainder of the season.

HERE IS A VIDEO ON HOW TO USE THE SPORTS YOU TEAM APP:

NEW USERS TO THE APP - https://drive.google.com/file/d/16nFGhFWEiRB0I6Uqlqw1q_s3FFcz9kNx/view?usp=share_link

RETURNING USERS TO THE APP - https://drive.google.com/file/d/1eS4GbcdQKm6psS4okbTKxv29qWXARTOf/view?usp=share_link

SPORTSYOU APP DIRECTIONS

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**

HELPFUL TIP!

GO INTO YOUR PHONE SETTINGS.

CLICK ON NOTIFICATIONS.

SCROLL DOWN UNTIL YOU SEE THE SPORTSYOU APP.

MAKE SURE YOU HAVE THE FOLLOWING OPTIONS CHECKED: LOCK SCREEN + NOTIFICATION CENTER

CHANGE THE BANNER STYLE TO PERSISTENT. THIS WILL ENSURE THAT YOU DON'T MISS NOTIFICATIONS FOR YOUR CHILD'S TEAM.

CHEER TEAM CODES

SCAN THE QR CODE OF THE TEAM YOUR CHILD HAS BEEN ENROLLED ON BELOW TO JOIN THEIR GROUP IN THE APP.



TINY SHOW



MINI SHOW



YOUTH SHOW



TINY NOVICE



MINI NOVICE



JUNIOR NOVICE



MINI PREP



YOUTH PREP



MINI 1



JUNIOR 1



YOUTH 2



JUNIOR 3



SENIOR 3

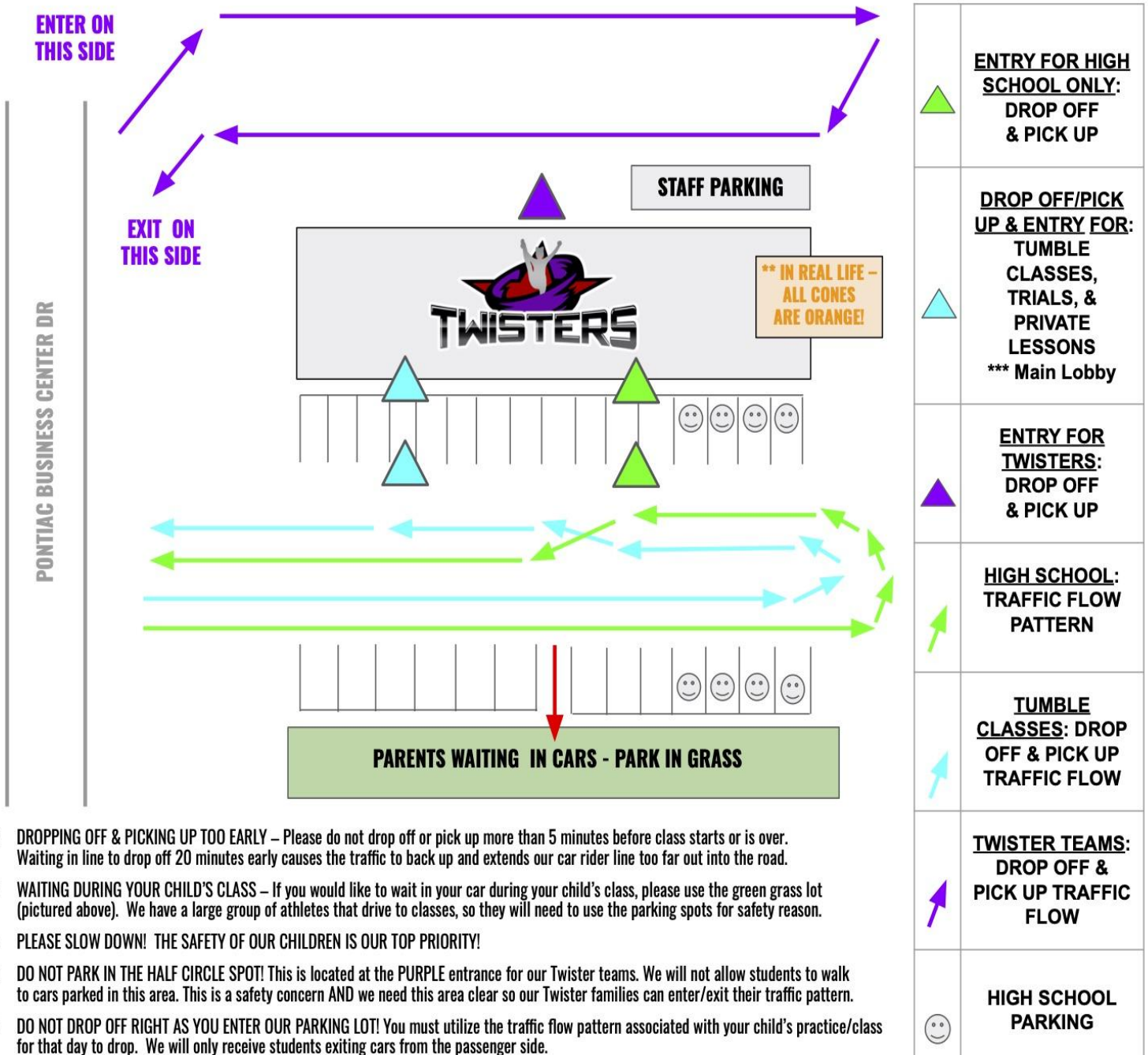


SENIOR 5

TRAFFIC FLOW FOR GYM PICK UP / DROP OFF

PLEASE REVIEW THE TRAFFIC FLOW DIAGRAM BELOW AND PLAN TO FOLLOW THE PATTERN COORDINATING WITH WHAT TYPE OF PRACTICE YOU ARE DROPPING OFF OR PICKING UP FROM.

ALSO — WE ASK THAT ATHLETES ONLY BRING IN WATER TO THE GYM. NO FOOD IS ALLOWED.



- ❑ **DROPPING OFF & PICKING UP TOO EARLY** – Please do not drop off or pick up more than 5 minutes before class starts or is over. Waiting in line to drop off 20 minutes early causes the traffic to back up and extends our car rider line too far out into the road.
- ❑ **WAITING DURING YOUR CHILD’S CLASS** – If you would like to wait in your car during your child’s class, please use the green grass lot (pictured above). We have a large group of athletes that drive to classes, so they will need to use the parking spots for safety reason.
- ❑ **PLEASE SLOW DOWN!** THE SAFETY OF OUR CHILDREN IS OUR TOP PRIORITY!
- ❑ **DO NOT PARK IN THE HALF CIRCLE SPOT!** This is located at the PURPLE entrance for our Twister teams. We will not allow students to walk to cars parked in this area. This is a safety concern AND we need this area clear so our Twister families can enter/exit their traffic pattern.
- ❑ **DO NOT DROP OFF RIGHT AS YOU ENTER OUR PARKING LOT!** You must utilize the traffic flow pattern associated with your child’s practice/class for that day to drop. We will only receive students exiting cars from the passenger side.

SEASON 14



CALENDAR

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Show Teams

- TINY SHOW
- MINI SHOW
- YOUTH SHOW

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Important Dates

- AUG 6 MANDATORY PRACTICES BEGIN
- AUG 14 MANDATORY EXTRA PRACTICE
- AUG 18 PERFORMANCE: FIREFLIES GAME
- SEPT 4 LABOR DAY / GYM CLOSED
- OCT 11 PERFORMANCE: SPRING VALLEY HS COMPETITION
- NOV 22-26 THANKSGIVING BREAK / GYM CLOSED
- DEC 8 EXPECT EXTRA PRACTICES
- DEC 9 PERFORMANCE: TWISTER SHOWCASE
- DEC 10 PERFORMANCE: CHRISTMAS PARADE
- DEC 17-JAN 7 WINTER BREAK / MODIFIED GYM SCHEDULE
- JAN 5 PRACTICE WILL RESUME ON JAN 5TH
- JAN TBA PERFORMANCE: USC GAME/ RETIREMENT HOME
- JAN 15 MLK HOLIDAY / GYM CLOSED
- FEB 19 PRESIDENT'S DAY / GYM CLOSED
- MARCH 15 PERFORMANCE: SHAMROCK SHOWCASE AT GYM
- MARCH 29 REGULAR PRACTICES WILL HAPPEN
- MAR 30-APR 6 SPRING BREAK / GYM CLOSED
- APRIL 27 SUMMIT SEND OFF SHOWCASE

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Legend

- EXPECT EXTRA PRACTICES
- GYM CLOSED / HOLIDAY
- PRACTICE NOTIFICATION
- PERFORMANCE EVENT

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Athletes may not miss practices 4 weeks prior to a performance or they may be replaced for that particular event.

Please contact your Team Manager in the Sports/you app to notify them of any absences, questions, or concerns.

SEASON 14



CALENDAR

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Novice Teams

TINY NOVICE
MINI NOVICE
JUNIOR NOVICE

Important Dates

AUG 6 MANDATORY PRACTICES BEGIN
AUG 14 MANDATORY EXTRA PRACTICE
AUG 18 PERFORMANCE: FIREFLIES GAME

SEPT 4 LABOR DAY / GYM CLOSED

OCT 11 PERFORMANCE: SPRING VALLEY HS COMPETITION

NOV 22-26 THANKSGIVING BREAK / GYM CLOSED

DEC 8 EXPECT EXTRA PRACTICES

DEC 9 PERFORMANCE: TWISTER SHOWCASE

DEC 10 PERFORMANCE: BLYTHEWOOD PARADE

DEC 17-JAN 7 WINTER BREAK / MODIFIED GYM SCHEDULE

JAN 3 PRACTICE WILL RESUME ON JAN 3

JAN TBA PERFORMANCE: USC GAME OR NURSING HOME

JAN 15 MLK HOLIDAY / GYM CLOSED

JAN 26-27 EXPECT EXTRA PRACTICES

JAN 27 OR 28 COMPETITION: 9 PANEL / COLUMBIA

FEB 4 COMPETITION: JAMFEST / CONCORD

FEB 19 PRESIDENT'S DAY / GYM CLOSED

MARCH 15 PERFORMANCE: SHAMROCK SHOWCASE

MAR 30-APR 6 SPRING BREAK / GYM CLOSED

APRIL 12-14 EXPECT EXTRA PRACTICES

APRIL 20 COMPETITION: ALL OUT / CONCORD

APRIL 27 SUMMIT SEND OFF SHOWCASE

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Legend

EXPECT EXTRA PRACTICES

GYM CLOSED / HOLIDAY

PRACTICE NOTIFICATION

COMPETITION / PERFORMANCE EVENT

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Athletes may not miss practices 4 weeks prior to a performance or they may be replaced for that particular event.

Please contact your Team Manager in the SportsYou app to notify them of any absences, questions, or concerns.

SEASON 14



CALENDAR

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Prep Teams

**MINI PREP
YOUTH PREP**

Important Dates

AUG 6 MANDATORY PRACTICES BEGIN
AUG 18 PERFORMANCE: FIREFLIES GAME *OPTIONAL
AUG 26 CHOREOGRAPHY: MPREP 9-11 / YPREP 11-1

SEPT 4 LABOR DAY / GYM CLOSED
SEPT 10 CHOREOGRAPHY: MPREP 9-11 / YPREP 11-1

OCT 11 PERFORMANCE: SPRING VALLEY HS COMPETITION

NOV 22-26 THANKSGIVING BREAK / GYM CLOSED

DEC 8 EXPECT EXTRA PRACTICES
DEC 9 PERFORMANCE: TWISTER SHOWCASE
DEC 16 COMPETITION: US / CONCORD
DEC 17-JAN 7 WINTER BREAK / MODIFIED GYM SCHEDULE

JAN 4 PRACTICE WILL RESUME ON JAN 4TH
JAN 15 MLK HOLIDAY / GYM CLOSED
JAN 19-21 EXPECT EXTRA PRACTICES
JAN 26-27 EXPECT EXTRA PRACTICES
JAN 27 OR 28 COMPETITION: 9 PANEL / COLUMBIA

FEB 4 COMPETITION: JAMFEST / CONCORD
FEB 19 PRESIDENT'S DAY / GYM CLOSED

MARCH 15-17 EXPECT EXTRA PRACTICES
MAR 23-24 COMPETITION: BATB / MYRTLE BEACH
MAR 30-APR 6 SPRING BREAK / GYM CLOSED

APRIL 7 EXPECT EXTRA PRACTICES
APRIL 14 COMPETITION: US FINALS / MYRTLE BEACH
APRIL 27 SUMMIT SEND OFF SHOWCASE

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Legend

- EXPECT EXTRA PRACTICES
- GYM CLOSED / HOLIDAY
- PRACTICE NOTIFICATION
- COMPETITION / PERFORMANCE EVENT
- CHOREOGRAPHY

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Athletes may not miss practices 4 weeks prior to a performance or they may be replaced for that particular event.

Please contact your Team Manager in the SportsYou app to notify them of any absences, questions, or concerns.

SEASON 14



CALENDAR

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Elite Teams

MINI 1 **YOUTH 2** **SENIOR 3**
JUNIOR 1 **JUNIOR 2** **SENIOR 5**

Important Dates

- AUG 6 MANDATORY PRACTICES BEGIN
- AUG 18 PERFORMANCE: FIREFLIES GAME *OPTIONAL
- AUG 26 CHOREOGRAPHY: JUNIOR 1 / 1-5PM

- SEPT 4 LABOR DAY / GYM CLOSED
- SEPT 9 CHOREOGRAPHY: MINI 1 / 9AM-1PM
- SEPT 16 CHOREOGRAPHY: JUNIOR 3 / 9AM-3PM
- SEPT 17 CHOREOGRAPHY: Y2 / 9AM-3PM S3 / 2-8PM
- SEPT 30 CHOREOGRAPHY: MINI 1 / 9AM-1PM

- OCT 1 CHOREOGRAPHY: SENIOR 5 / 9AM-3PM
- OCT 7 CHOREOGRAPHY: JUNIOR 1 / 10AM-3PM

- NOV 22-26 THANKSGIVING BREAK / GYM CLOSED

- DEC 8 EXPECT EXTRA PRACTICES
- DEC 9 PERFORMANCE: TWISTER SHOWCASE
- DEC 16 COMPETITION: US / CONCORD
- DEC 17-JAN 7 WINTER BREAK / MODIFIED GYM SCHEDULE

- JAN 2 PRACTICE WILL RESUME ON JAN 2ND
- JAN 5-7 EXPECT EXTRA PRACTICES
- JAN 13-14 COMPETITION: SOH / CHARLOTTE
- JAN 15 MLK HOLIDAY / GYM CLOSED
- JAN 26-28 EXPECT EXTRA PRACTICES

- FEB 4 COMPETITION: JAMFEST / CONCORD
- FEB 9-11 EXPECT EXTRA PRACTICES
- FEB 16-18 COMPETITION: CS NATIONALS / ATLANTA
- FEB 19 PRESIDENT'S DAY / GYM CLOSED

- MARCH 1-3 EXPECT EXTRA PRACTICES
- MARCH 9-10 COMPETITION: AR / SEVIERVILLE
- MARCH 15-17 EXPECT EXTRA PRACTICES
- MAR 23-24 COMPETITION: BATB / MYRTLE BEACH
- MAR 30-APR 6 SPRING BREAK / GYM CLOSED

- APRIL 7 PRACTICES RESUME
- APRIL 12-14 EXPECT EXTRA PRACTICES
- APRIL 14 COMPETITION: US FINALS *NON SUMMIT TEAMS
- APRIL 19-21 EXPECT EXTRA PRACTICES *SUMMIT TEAMS ONLY
- APRIL 26-28 EXPECT EXTRA PRACTICES *SUMMIT TEAMS ONLY
- APRIL 27 SUMMIT SEND OFF SHOWCASE

- MAY 2-5 COMPETITION: SUMMIT / ORLANDO

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Athletes may not miss practices 4 weeks prior to a performance or they may be replaced on their team.

Please contact your Team Manager in the Sports&you app to notify them of any absences, questions, or concerns.

Legend

- EXPECT EXTRA PRACTICES
- GYM CLOSED / HOLIDAY
- PRACTICE NOTIFICATION
- COMPETITION / PERFORMANCE EVENT
- CHOREOGRAPHY