

GEDDERTS'

Twist  *Stars*
GYMNASTICS CLUB USA

GIRLS TEAM HANDBOOK

Where Every Child is a STAR

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Welcome To Our Team!

Welcome to the place where a lifetime of dreaming has become a reality. Our dream has always been to operate a national caliber gymnastics program~a program that stands for quality~a program that has earned the respect of the community and the nation. TEAM is the second step in our process and now YOU are a vital part of that process and an important part of our DREAM.

Welcome to the place where children can live their dreams, and with the support of very special people (YOU and the Twistars Staff), those dreams can be accomplished. Here is a place where, as a team: the athlete, the coaches and the parent, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

Welcome to a place where perfection is the goal, but by no means does that mean YOU have to be perfect.

Welcome to a place where it is sincerely believed that the sum of the parts IS greater than any one individual. Our dream has become reality because of the efforts of good people working together to do good things for kids, each other and the company. Working together as a team makes the task at hand more productive and certainly more enjoyable.

Our Mission Statement:

Our mission at Twistars USA Gymnastics is to play a constructive role in the development of healthy, confident, disciplined and responsible children. We accomplish this by:

- ☆ Setting goals and a positive path to accomplishment
- ☆ Helping children appreciate their innate self-worth and abilities
- ☆ Helping children to enthusiastically master the art of learning
- ☆ Helping children develop and refine the life-long skills of self-esteem and pride that come from being part of the best team in the area, state and nation

Vision and Values

Our History

Understanding whom you are dealing with and what they believe in is important, especially if you are entrusting the welfare of your child to a program. When you combine the major responsibilities of staying in tune with the worlds most technically advanced and ever-changing sport, the inherent dangers involved in gymnastics and the monstrous responsibility of our role in your child's development, it is paramount that we have the resources, experience and desire to do the job right.

John Geddert was named as the Head Coach for the Gold Medal winning 2012 USA Olympic Team and the 2011 Gold Medal winning World Championship Team. He serves on the eight member USA Gymnastics (USAG) Junior Olympic Program Committee that is responsible for creating the rules, policies and guidelines for competitive gymnastics in the USA. He has been instrumental in the development of the current USAG compulsory system and is one of the most requested and respected technical clinicians and instructional speakers. John has been voted Coach or Contributor of the Year 19 times. His 35 years of gymnastics experience, which includes roles as athlete, coach, administrator and now club owner, help guide the Twistars USA program toward the goal of national prominence.

Kathryn Geddert has over 35 years of experience with the sport of gymnastics. She is a Brevet Judge, the highest-ranking level in our sport. She has been selected Coach of the year 10 times in her career. She is also a successful mother of three and lends her knowledge and understanding of children to her coaching style.

The coaching staff at Twistars USA Gymnastics Club, under the direction of John and Kathryn Geddert, is recognized and respected nationwide as one of the finest in the business. Twistars USA has developed a training approach for the coaching staff that sets the standard and contributes to our depth. With more State Championships, more National and International medalists and more National Champions than any other club in Michigan history, the competitive team program at Geddert's Twistars USA Gymnastics Club speaks for itself. Please do not get the wrong impression. Winning is not everything, but it is a by-product of a strong program. John and Kathryn, as well as all the team coaches feel strongly that winning is judged by accomplishing, by achieving goals and NOT by the number of medals or trophies you may win—all of our "kids" are winners!

Our General Philosophy

Geddert's Twistars USA Gymnastics Club was founded on the belief that gymnastics is not only the root of all sports, it provides a vehicle with which we can teach skills that will last a lifetime and assist in the development of every child in our program.

Gymnastics, when properly taught, can be the catalyst for a productive life, while at the same time instilling lifetime knowledge of the benefits of physical fitness. Jumping, rolling, running, strength and flexibility are the basic aspects of many sports. No better foundation can be laid than one built on the basic activities of gymnastics. It has become obvious that our country has regressed in this area of thought; however, many of the most established nations still use gymnastics as the core of the physical education and sports development systems.

Physical skill development is certainly a by-product of a good gymnastics program. Gymnastics as a sport, however, is an age-limited experience. (You won't find many 30 year-olds flipping and swinging away their afternoons.) With this in mind, Twistars USA has made it our primary goal to insure that our program delivers more than just pure physical skill. Determination, work ethic, time management, team work, team spirit, sportsmanship and respect for self and others are all skills that will surely assist our students throughout the rest of their lives. We measure our success not by the number of trophies on the wall, but rather, what each child takes with them when they leave the sport of gymnastics.

Twistars USA believes that children are the world's most precious gift. Our goal is to see to it that children who participate in our program receive the same quality instruction regardless of their abilities. Accomplishing this goal assures that each child will feel as special as they truly are.

In reality, we a Twistars USA are really not marketing gymnastics, although we are very good at that. What we are marketing is fun, physical fitness, recreation, thrills, challenges, excitement and, most importantly, positive child development.

Competitive Team Philosophy

With an understanding of our basic philosophy, Twistars competitive team program will always be dedicated to producing national caliber gymnasts. This does not mean, however, that every child earning a place on our competitive team must have a burning desire to someday be an Olympian! The staff at Twistars USA will treat each athlete's goals and aspirations individually. Some kids haven't any desire to train at an elite pace, nor should they have to in order to be a valued member of our competitive team. This is not to say that the staff at Twistars will accept mediocrity in training. We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from each and every athlete. Conversely, athletes will be treated with respect and provided positive guidance in order to help them reach their goals.

Another of our fundamental beliefs is that we want our club to be as family-oriented as possible. The coach, athlete and parent should be members of a cooperative communication triangle engaged to assist the child/athlete in reaching their goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Members of the coaching staff will be available to you to discuss your concerns. If ever you feel the need to carry a concern to our head coaches, please know that our doors are always open to you and that we take your concerns and suggestions very seriously.

The staff at Twistars USA understands that we must shoulder the major responsibility of being a role model for our athletes. The number of hours that they interact with our athletes dictates that they will be major contributors in the overall development of your children. *This is a responsibility that we do not take lightly.*

Resources

The following information will help you and your child understand the world of competitive gymnastics and is designed to keep you informed of our expectations and guidelines for participating at each level. This handbook has been compiled to give our prospective team members and current team members a complete look at our competitive team program. Competitive gymnastics requires a great deal of support both in training and in competition. We have created one of the finest gymnastic clubs in the nation by adhering to the standards we have developed over time.

What is Pre-Team?

Pre-team at Twistars USA includes both Starfires and Level 3/4 athletes. Although Pre-Team is not considered part of team, we feel that the information contained within can help shape one's opinion and help with the important decisions involved in the future.

Pre-Team is simply the stepping-stone between the recreational class program and the competitive team program. It is a place for talented students who wish to explore the avenue to the competitive team world. It is a place to "get your feet wet" without incurring some of the obligations associated with being a member of our Team.

Pre-Team is a place for talented students to experience accelerated learning. Since the training hours increase, so does the learning. Expectations are higher, the challenges are greater and the results follow suit. Level 3/4 gymnasts will have the opportunity to compete in "fun meets" that are designed to assist the young gymnast in becoming familiar with the rules of competing.

Pre-Team is NOT a place for students who have no intention of exploring the world of competitive gymnastics. Pre-Team is NOT to be used as an advanced recreational class.

Additional Pre-Team Information

Hopefully by now you have a pretty clear picture about who we are and what we believe in. Our Team Handbook is full of information about our expectations and responsibilities as owners, coaches and team members from the perspective of our Competitive Team program. Because we view Pre-Team as a distinct and unique part of our total program, we would like to provide the following specific information.

We hope that this review of common questions regarding our Pre-Team will be helpful to you.

Q: How does a gymnast get involved in Pre-Team?

A: *In the spring a mass testing event is held to evaluate readiness of students who are presently involved within our recreational and pre-team programs. These students are invited to test for placement on our several levels of team and pre-team based on several factors including readiness, skill attainment, interest and potential. The results of testing will determine if a child is invited to participate in more challenging levels of gymnastics. The decision to test and the decision to accept an invitation to participate in team or pre-team is a decision you and your child should make together. Also, from time to time, a gymnast participating in our recreational program is invited to join one of our Pre Team mid year. At that time, the coaching staff will sit down with you and go over any questions you have on an individual or small group basis.*

Q: If my child is invited on to one of the Pre Teams, what does that mean?

A: *Based on several factors including current skill level, potential and age, your child may be invited to become a member of one of two different pre-team groups, Starfires or Level 3/4. Each group of pre-team will be assigned a specific coach and training schedule. Pre Team groups are available at both of our facilities and you will be asked to provide your preference for both training days and site when you register for testing. We will do our best to accommodate your personal schedules the best we can. As discussed in the Team Handbook, membership on one of our Pre-Teams is a year round commitment and carries monthly tuition fees.*

STARFIRES- This is our youngest level of pre-team. It is generally for talented 6-8 year olds who are placed in a 2 hour/twice per week training program. The goal of this level is to prepare for Level 3/4 pre-team of SILVERSTARS (basically an advanced Starfire program).

LEVEL 3/4 – This is our introduction to competition level. USAG has a level 1-10 program. Levels 1-2 are accomplished within our recreational program. Levels 3 and 4 start putting combinations of skills together in sequences called “routines”. These routines are then used in competition. Scores are given based on the execution of the skills. These athletes will have the opportunity to participate in what are called “FUN MEETS” (not that all meets aren’t fun), so as to experience the world of competitive gymnastics. THEY WILL LOVE IT! We will present a proposed competition schedule early in the season (normally early fall). Now although none of the competitions are deemed mandatory for participation on our pre-teams, those athletes with zero desire to participate in any should not consider pre-team. Parents may choose as many of the proposed competitions as they would like but should minimally consider 3-4 events.

Q: Is Pre Team part of your recreational program?

A: *NO! Pre Team members, although they often come from the ranks of our recreational program, are expected to be committed to their training and development into a competitive gymnast. By offering Pre Team as a stepping stone to the rigors of competitive gymnastics, we hope to give our gymnasts the opportunity to see if this sport is right for them. Pre Team membership offers an opportunity to experience gymnastics beyond the recreational level, yet at a step less than full team membership. As far as monthly tuition is concerned, pre-team members transfer to a monthly tuition as opposed to the 8 week session fee that our recreational program uses.*

Q: My daughter enjoys gymnastics, but doesn't think she is interested in competing. Is Pre Team the right place for her?

A: *Understanding that Pre Team is a stepping stone to our Competitive Team program, we view competition as an important part of the Pre Team experience. The opportunity to compete and be part of a team in competition is one of the big pay backs for the time and effort spent in the gym. Pre Team members are encouraged to compete at 'fun meets' that give them a real taste of competing in a "non competitive" environment. Each year our coaching staff selects 6-8 'fun meets' for our Pre Team members to participate in. Gymnasts are not required to participate at every meet, but are encouraged to attend all meets that work with their schedule. Getting out there and 'showing off their stuff' should be an important goal. One of the greatest benefits of participating in gymnastics is the self confidence and poise that comes from competing*

Q: How do I know what fun meets we will be attending?

A: *It is our practice to select the fun meets we plan on attending early in the fall of each year. We will provide you a list of meets, dates and fees as soon as the fun meet schedule is planned.*

Q: How are the costs to participate in fun meets paid and what are we paying for?

A: *Each meet your child attends will have a charge to register and a charge for the team. These fees range from \$50-\$80 per competition (depending on the prestige and quality of the meet). The Twistars office at each site will be responsible for collecting your registration fees. Each fun meet will have a deadline for registration and our coaching staff will be responsible for submitting registrations. It is important that the deadlines for registering be met in order to keep the process efficient. The fee you pay to the office covers your child's registration, a portion of the team fee, and coaching fees for the meet.*

Q: Are there any fun meets that my child *must* attend?

A: *In January of each year Twistars sponsors one of the largest gymnastics competitions in the country. This is called the Twistars Invitational. Our Pre-Team members who are ready for the opportunity are invited to participate. In the spring of each year we hold our BRAVO event for both our recreational and Pre Team members. The fees for BRAVO are on average \$65 and include a new leotard. Pre Team members will have a 'fun meet' within the BRAVO performance. As always, we do not require participation in any of our scheduled pre-team competitions but the aforementioned are highly recommended.*

Q: Who do I talk to if I have questions about Pre Team and my child's progress?

A: *As is true for our Pre Team and Team members, any questions or issues should first be directed to your child's coach. They are in the best position to*

give you feedback on how your daughter is doing in the gym. They may also have insights about how to support your child over difficult skill development, inter group relations or other training concerns. If there is a need to go beyond talking with the coach, the PROGRAM DIRECTOR for Pre Team would be the most appropriate person to approach. If you still have needs of assistance, as owners and head coaches of the program we are always available to you.

Q: What is Booster Club and do we need to be a member?

A: The Booster Club is the family organization that supports our competitive team activities, and is central to the success and good reputation of our gym. Boosters club basically helps underwrite the costs of competitive gymnastics. Members of Pre Team are not required to be part of our Booster Club. Once a child advances to our TEAM level their respective family will be required to join our boosters club (see boosters club obligations).

Q: My child seems to want to be in the gym all the time, how do we add training opportunities?

A: For those Pre Team members who express the desire and who attain a certain level of proficiency we will provide additional training called ADVANCED PRE-TEAM. Our regular pre-teams normally train 2 days per week. Advance Pre Team offers an optional 3rd day of training for those athletes who qualify or are invited to attend. When a gymnast commits to additional hours of training adjustments in the monthly tuition charges are made. Beyond this we certainly encourage participation in our OPEN GYM activities as they provide the student with additional training time in a non-structured environment.

Q: When my child was in recreational gymnastics we could make up missed class sessions. Can we still make up if we miss a scheduled training day?

A: Yes, you can make up missed training days provided there is space available. To accomplish this, you must arrange a time with your child's coach. The coach will determine which training day will work best for a make up practice. As a general rule Advanced Pre-team training times may not be used for make ups.

Q: If, after testing, we decide that Pre Team is the best opportunity for our child, how do we get going?

A: This is a decision that needs to be made prior to the testing/evaluation. After receiving your invitation each family is asked to make a decision about joining our Pre Team program. Your invitation is to participate in an evaluation. The evaluation is used to place athletes in appropriate groups. Prior to the evaluation we will conduct a parent's orientation meeting designed to explain the program in

detail as well as answer any applicable questions. It is vital that you attend the meeting so that you can make an informed decision.

Accepting the invitation and participating in the evaluation signifies the desire to accept a pre-team spot. In rare instances the evaluation process will unveil some weaknesses that indicate that a child may not be ready for the pre-team challenge. It is our position to never place a child in a situation in which that will struggle to meet expectations. In these rare cases the testing fee will be refunded and we will suggest the proper recreational classes to develop the needed skills. In any case we assume that all participants in the evaluation are seeking a pre-team assignment. Pre-team assignments are based on scheduling needs (we will do our best to accommodate your personal schedules), age and skill level.

Q: What is needed from me as a parent?

A: *First and foremost your job is to be your child's biggest supporter. You need to establish open communication with your coaches in order to provide for the best possible learning environment. Twistars USA is a pro-parent organization and we want our parents involved with everything as long as they leave the actually coaching to us (we are very good at that).*

You will be asked to fill out several forms that will serve as the base of information used by the office staff, coaching staff and management. Please have all appropriate forms completed prior to participation.

Some parents like to take an active role in learning the rules, policies, procedures and intricacies of our wonderful sport. This is fine provided that they do not enter into coaching mode. Stay informed by checking our state of the art web site (TwistarsUSA.COM) where you can find calendars of events, newsletters, bios and links to gymnastics related sites. Check your mailboxes and our bulletin boards for updated information and above all else ... when in doubt ... ask questions. We are here to help.

What is Competitive Team?

Competitive team membership is for the child who wants more of the sport than can be achieved by participation in our recreational program. Of the over 1500+ kids enrolled at Twistars USA, approximately 100 are competitive team members and the remaining are involved in our recreational program.

Membership in our competitive team program results when a child has completed a testing process and is invited to the team. The majority of our competitive team members are from our recreational program. Competitive team requires more dedication and commitment on the part of the child, the parent and the coaching staff.

Our national governing body, USA Gymnastics, directs competitive gymnastics. USAG has two distinct programs: Junior Olympic and Elite. The Junior Olympic program is made up of Levels 1 through 10 and is a developmental program in which over 98% of gymnasts train and compete. The Elite program is where our international and Olympic level athletes are trained.

A Twistars USA Gymnastics Club, Levels 1, 2 and some level 3 skills are accomplished by participation in our many recreational programs. Levels 3/4 and Starfires comprise our Pre-Team as described above. "TEAM" begins with our competitive Level 4 team and higher.

Team Levels

At Levels 3, 4 and 5, athletes compete in what is called "Compulsory Levels". A core of nationally respected coaches and judges have design the compulsory program. Twistars owner and Head Coach, John Geddert, was instrumental in the development of the current compulsory program for USAG. Routines are designed to establish sound fundamentals. Each athlete performs the same routine to a prescribed criterion. She who performs closest to the criterion scores the highest.

Level 6 is a transitional level from Compulsories (Levels 4, 5 and 6) to Optional (Level 7 to 10). Gymnasts may make up their own routines; however, they must include certain basic elements. The gymnast who performs the required elements with the greatest amplitude, form and style will score the best.

Levels 7, 8, 9, and 10 are considered the beginner, intermediate, advanced intermediate, and advanced Optional levels. Gymnasts are required to use their own creativity to design their own routines. Routines are then designed around the gymnast's strengths and away from their weaknesses.

A competitive gymnast competes in one or two seasons each year. The first runs from September to the end of the calendar year and the second runs from the first of the

calendar year and is completed in the spring. Competitive team athletes participate in Invitational competitions in order to qualify for the State Championships for their respective levels. For Levels 8-9-10 the State Championships serve as qualifiers for Regionals and Regionals are the competitions at which Levels 9 and 10 qualify for Nationals.

Advancement Through the Levels

Although our advancement policy is not “etched in stone”, due to the variety of circumstances involved, we do have a fair and consistent method intact. This method has been tested and proven for over 28 years and has been successful for us. From time to time, we all can suffer from the “little league” parent syndrome, where we are blindsided by our ambitions for our kids, and we grant that it is helpful for us to get the view of parents regarding advancement. The bottom line, however, is that we must maintain the integrity of the program, its policies and procedures. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete’s development. That said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement:

To Level	Criteria
Level 3	Score a minimum of 32 All-Around (AA) in mock, in-gym situation and/or other testing procedure. Normally Level 3s that move to Team from our pre-team program spend their first year at Level 3. There is a distinct difference between Pre-Team Level 3 and USAG Team Level 3 even though they are performing the same routines.
Level 4 or 5	<ul style="list-style-type: none"> ✓ Score two separate 36.75 AA in competition or complete three competitive seasons (15 months) at Level 3 (for L4) or 4 (for L5) ✓ Score a minimum 32 AA in mock, in-gym situation ✓ Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions.
Level 6	It will be our intention to bi-pass this level when appropriate
Level 7	<ul style="list-style-type: none"> ✓ Score two separate 36.75 AA in competition or complete three competitive seasons (15 months) at Level 5 ✓ Be able to safely execute all USAG required Level 7 elements ✓ Be able to safely execute Twistars required elements for Level 7: <ul style="list-style-type: none"> • 9.0 or better handspring vault • A “B” Acro Series on Beam • A cast handstand, clear hip, and giant on Bars • A Front Tumbling Series, and Layout tumbling skills <p>Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 7 athletes to have one “weak event”</p>
Level 8	<ul style="list-style-type: none"> ✓ Obtain two separate 36.75 AA at Level 6 and/or 7 or competing 2 full season at Level 7 while demonstrating reasonable success ✓ Be able to safely execute USAG requirements for Level 8 ✓ Be able to safely execute Twistars requirements for Level 8: <ul style="list-style-type: none"> • A vault with at 9.4 or higher start value • Kip cast handstand, clear hip handstand, giants, flyaway, major B release or pirouette on Bars • 2 B tumbling passes and a 2 Salto pass on Floor • An Acro flight series on beam and Round Off or B value Front Flipping Dismount • Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 8 athletes to have one “weak event” based on the above criterion.
Level 9	<ul style="list-style-type: none"> ✓ Obtain two separate 36.75 AA or compete two full seasons at Level 8 ✓ Be able to safely execute USAG special requirements for Level 9 ✓ Be able to safely execute three of the four Twistars USA event requirements: <ul style="list-style-type: none"> • A vault with at 9.5 or higher start value (9.5 would be considered a “weak event”)

	<ul style="list-style-type: none"> • A bar routine with a C release, C dismount and potential for bonus • A B flight series, B dismount, Salto and full bonus on beam • 2 C level tumbling passes, and one combination bonus pass. • Being granted a pass from coaching staff at their professional discretion • Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 9 athletes to have one “week event” based on the above criterion.
Level 10	<ul style="list-style-type: none"> ✓ Obtain 2 separate 36.75 or compete 2 full seasons at Level 9 ✓ Be able to safely execute USAG special requirements for Level 10 ✓ Be able to safely execute three of the four Twistars USA event requirements: <ul style="list-style-type: none"> • A vault with at 9.7 or higher start value (9.7 would be considered a “week event” • A bar routine with a D release, full bouns, a C Dismount • A C Flight Series, Full bonus, a separate D/C salto and a C Dismount. • 2 D Tumbling Passes and minimum C combination bonus pass, full bonus. • Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 10 athletes to have one “week event” based on the above criterion.

Competitive Team and Pre-Team Requirements

Geddert’s Twistars USA Gymnastics Club would like all team families to know how very much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future.

With that said, we must also remind you that we are running a business and like any successful business, there are established polices regarding payment for services rendered.. We pride ourselves on our user-friendly style; while at the same time maintaining sound business practices.

Monthly Tuition	Due the 1 st of every month
Family Discount	Families with more than one child participating currently in our program will receive a 10% discount off the cost of each child's tuition. If the other child in the family is participating in our recreational program, the family discount will only be given for months within a term in which the recreational program participant is registered and paying.
Late Payment Penalty	Tuition is considered late as of the 8 th of each month and will be assessed a late payment fee of \$10.00
Outstanding Tuition Penalty	After the 15 th of each month, any unpaid tuition will be assessed a 1.5% interest charge. Athletes may not train if the outstanding tuition is more than \$500.00 in arrears.
Refund Policy	Twistars USA does not offer refunds for any reason nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering the cost of the total program for the year and not a per-hour charge. The total cost is divided into 12 equal month payments regardless of the number of training hours during that month.
Membership Fee	Pre-Team and Team members are charged an annual membership fee in the amount of \$105.00. This charge helps offset the cost of expenses such as administration, coaches planning time and training, phone, copying and team equipment purchases, newsletters and more.
June Training	Twistars team members are expected to attend at least one week of the Twistars Camp in June (paid by boosters club.) An additional week of camp is available at the expense of the member. No training is available during camp.
30 Day Notice	Twistars USA requires an "IN WRITING" one month notice should your child decide to retire from our program. Due to the cost of supporting competitive team member and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the owners of the club 30 days prior to your child leaving the gym. During that month of notice, your child is welcome to train in the gym. We have often found that during this period of notice, the gymnast, together with our coaching staff, are able to find a resolution to their concerns. Failure to provide payment in lieu of notice is considered a serious breach of contract with Twistars USA.
Year-Around Commitment	Although we encourage families to vacation together, it is our policy that competitive team members consider training at Twistars USA to be a year-around commitment. Your commitment to a 12-month training cycle insures

	consistency in coaching and greater progress towards achieving goals.
Make-Ups	Twistars USA team members are allowed to make up training sessions on a pre-approved basis. Approval will only be given when space is available in another training group. Make-ups must be cleared through the individual coach first.
Facility Maintenance	Keeping our facility looking its best is a never-ending process. Twistars USA has secured adequate cleaning services, but given the scope of the task, it becomes necessary to require daily assistance from staff and team members. We request that each and every gymnast make a conscientious effort to be responsible for his or her own clean up as well as helping out with the daily “power clean”. Team coaches will organize this power clean at the end of each practice. This entails picking up trash, drinking cups, straightening mats, stacking spotting blocks, pickup up weights, etc. Chalk misuse and drink spills seem to be the most common problems in keeping our facility clean. We ask that staff monitor the use of chalk and that all drinks be kept in spill-proof containers.
Mailboxes/ Communications	Each team member will be assigned personal mailbox located near the entrance to the gym. This is the system we will use to communicate day to day as well as important upcoming event information to you. Parents should check their mailboxes daily BEFORE practice. Mailboxes will be used for Booster Club information as well. We suggest that you clean out your mailbox on a regular schedule. In addition to the mailboxes, we have a convenient e-mail system for communications purposes. This is operated and maintained by the Booster Club. As good as our mailbox system is, our online opt in system is better. Team members are required to opt in on our members only tab of our TwistarsUSA.com website. Doing this insures that all Inc. and Booster Club communications will be sent directly to your email.
Team Attire and Grooming	Twistars USA team members are expected to not only act, but also look respectable when representing our team. While in the gym, team members should dress in a leotard. No shorts or sweats while in training. When you are called on to represent the club at a meet or while traveling with the club, your respective coach will determine the attire for that situation. Please remember that your demeanor,

	grooming and attitude represent the name TWISTARS USA, and a high standard of behavior is expected.
USAG Membership	Each competing member of our program, Levels 4-10 are required to purchase an annual membership in our governing body, USA Gymnastics. Membership fees are set by USAG and paid to Twistars in June of each year. Membership in USAG provides secondary insurance during competitions, a membership magazine and training for coaches.
Outstanding Obligations	It is assumed that all outstanding financial obligations associated with Twistars Inc and or Twistars Booster Club will be handled in a professional and prompt manner. Obligations extend through the 30 day notice period in regards to Tuition to Twistars Inc. and financial commitment payments to Twistars Boosters. In addition any meet registrations, camp fees or airline tickets purchased, yet unused and non refundable due to departure, must be reimbursed in full to the Boosters Club. These considerations should weigh in heavily when accepting team obligations and or considering mid season departures.
LEVEL 10 /ELITE	Once an athlete has attained the status of Level 10 or Elite, there has been significant time and effort invested into their gymnastics on the part of the Twistars coaching staff and management. For this reason we transition from a 30 day notice to a 6 month notice of departure (kind of like joining most health clubs) once an athlete attains this career milestone. IF an athlete retires from the sport, or the family (not athlete) is relocating this commitment will be waived (reverting back to the 30 day notice), thus this only applies should a level 10/elite decide to take our years of training and contributions to another gymnastics club.

Rules and Guidelines for Successful Team/Pre-Team Membership

Team/Pre-Team members should always report on time for training. Warm-up is an important part of the training process. The flexibility gained from your warm-up is how the body gets ready for activity. A good warm up limits potential injury. Being on time for warm-up also shows respect and sets a disciplined tone for training sessions and goals and objectives are discussed. Being on time is VERY important.

Team/Pre-Team members must train in a leotard only. Other clothing presents a potential spotting problem and/or safety issue and are not deemed to be the standard of dress within our sport.

Team/Pre-Team members must listen to, respect and adhere to the training outline established daily by the coach. Disrespect will not be tolerated and immature attitudes are discouraged. Major conduct violations include uncalled for crying or pouting, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.

Use of the locker rooms is restricted to team and pre-team members. It is the responsibility of those using the locker rooms to keep them neat.

Bellybutton and/or nose piercing are a safety hazard and are not allowed. Tattoos are also discouraged.

Bathroom and drink breaks should be kept to a minimum. Protective footwear should be worn when using the restroom. Please ask for permission to leave for the restroom as it informs the coach as to your location.

Parents should not disrupt training by talking to or motioning to your gymnast. Distractions can create an undisciplined training environment or cause an injury. Parents need to remember that, although they are encouraged to discuss suggestions that may assist the coach, training decisions are the responsibility of the coach. Likewise, parents should never approach a coach during training. Any concerns should be covered before or after training.

Parents should inform the office when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to the day's assignments.

Due to lack of seating available in the gym at the Summit, team members are asked to observe training ONLY from the upstairs viewing area. Gym level seating is reserved for use by our recreational program parents and participants.

Parents of Team/Pre-Team members are expected to enforce good nutritional eating habits. Our motto is simply make good choices. Junk food should be seldom associated with any athlete's diet, let alone that of a female gymnast. Sound eating habits are a catalyst to productive training.

Safety-The Most Important Issue

Gymnastics has to be considered a dangerous sport. The combination of speed, height, flipping and spinning increases the potential for catastrophic injury, even death. The Twistars staff will maintain a consistent and conscientious effort to provide the safest environment available. But in this sport, it must always be remembered that injuries will happen. Parents must be aware of the inherent dangers involved in gymnastics. Safety is a team project. Although staff and management will consistently monitor equipment and procedures, parents and team members must also share responsibility for a safe training environment. To assure the safest possible experience:

- Proper matting must be used at all times. Team members should never use any equipment or apparatus that is not properly matted.
- Headfirst directional landing in the pit or elsewhere is strictly forbidden. Skills that have the slightest potential for headfirst landing should always be spotted or avoided altogether.
- When using the pit, only feet first landings are allowed.
- Team members should familiarize themselves with the general safety rules posted at our facilities.
- NO HORSEPLAY AT ANY TIME

Required Forms for Team/Pre-Team Members

Each competitive team member is required to have on file with the Twistars USA Gymnastics office the following forms:

1. Emergency/Waiver Form
2. Team Agreement Form
3. Tuition & Groupings Forms (Summer and Fall)
4. USA Gymnastics Membership Application
5. Booster Club Agreement Form

It is most important that all forms be on file at our office BEFORE your Team/Pre-Team member is involved in training. Failure to observe this request may result in restriction from training, competition and/or travel. All forms should be updated annually and when changes occur in recorded information.

Our TEAM Booster Club

Twistars USA Gymnastics Club has a very active and well-respected “Booster Club”. The goal of the Booster Club is to support the competitive team in a variety of ways, but foremost it is their function to underwrite some of the related expenses.

Each family of a competitive team member is required to hold membership in the Booster Club. Requirement for participation in the Booster Club is set each year by the Board of Directors as specified in the Bylaws. Members should understand that the Booster Club requires three specific actions on your part. They are:

Financial Commitment—the financial commitment for each year is determined by a recommendation of the Board of Directors and voted on by the general membership in Aug/Sept. of each year. Commitment has been running around \$1300 (including \$330 for Camp) per family. Fundraising opportunities are available to each member. Commitment payments are broken into monthly installments beginning in July and spread out over the competitive season. Once a member accepts their spot on competitive team we have a one month grace period prior to being committed and obligated to the entire financial commitment to boosters club. This means that even though a monthly payment plan exists, IF a child should decide to retire from the sport of gymnastics, the financial commitment to booster club is still due in full.

How is the Financial Commitment Determined? Simple, first we establish a competitive team budget (entry fees, 50% air fare, coaching fees, boosters club administrative costs, phone, postage, web site fees, etc) For example \$230,000. Next we deduct the money raised through our general fundraisers (see Time Commitment). For ease of math lets say \$100,000 was raised. \$230,000 minus \$100,000 leaves \$130,000 left. We take this amount and divide it by the number of booster club families (say 100) and that is how we come up with the \$1,300 financial commitment fee.

As per your signed team agreement (required for participation on Twistars competitive teams) families are obligated to the entire booster club commitment fee as of August 15th. Families may opt for full payment OR a monthly payment plan established by booster club. Athletes that retire from USA Gymnastics Club competition for greater than one year Between Aug 15 and Dec 31st would only be obligated to the monthly fees that extend through their 30 day notice of departure period. Retiring after January 1 would create a commitment to fulfilling to entire financial obligation to Twistars Boosters Club. Athletes choosing to pursue gymnastics training at another USAG club would be obligated to the full booster club amount for that year. There is a grace window from July 1- August 15th where if a child retires from the sport, all booster club obligations would be waived.

Time Commitment— The above example illustrates the importance of productive and profitable GENERAL FUNDRAISERS. The time commitment creates a work force for the important fundraising events. Booster club members are required to serve as the work force

for our TWISTARS USA GYMNASTICS INVITATIONAL (which raises \$50,000-\$90,000 each year) and one other smaller event (usually in the form of a gymnastics competition). Families should automatically set aside the first full weekend in January (with the Friday being the 5th or later) as this is the date for our annual Twistars Invitational. Depending on the number of families in the boosters club, the jobs are divided up, and the number of working hours determined.

Committee Assignment—each family, in addition to your active participation on an Invitational Committee, is required to serve on a standing committee of the Booster Club. Sign up for committee assignments is usually held in late summer. Efforts are made to assist members in signing up to serve on a committee in which they have some expertise.

BENEFITS OF BOOSTERS CLUB

Without the support of our very productive Twistars Boosters Club it is safe to say that competitive gymnastics would become unaffordable for most families. Thus the importance of the job our boosters club does.

Boosters club pays entry fees (averaging \$90 per competition per athlete), team entry fees (averaging \$50 per level per competition), coaching fees (\$75 per 5-7 hour session), coaching meals (\$25 per day), coaching mileage (@.44 per mile which averages \$70 per competition times 2-3 coaches), coaching airfare (\$400 per fly opportunity), coaches hotel (averaging \$100 per night), year end awards banquet (\$25-\$40 per plate for our athletes) and more. As you can see the boosters club lifts a large financial burden from the individual families.

Additional information is available on the Twistars website at www.twistarsusa1.com.

PLEASE NOTE: PRE-TEAM MEMBERS ARE EXEMPT FROM ALL BOOSTER CLUB OBLIGATIONS.

SILVERSTARS ARE EXEMPT FROM THE FINANCIAL AND COMMITTEE REQUIREMENT BUT ARE EXPECTED TO PARTICIPATE IN THE TIME COMMITMENT.

SILVERSTARS

Silverstars are a hand selected group of advanced Starfires. The Silver Stars is a 2 year program. They train 3 times per week for 3-3.5 hours during the first year and 4 times per week for 3.5-4.5 hours the second year. The goal of the program is to place gifted athletes together in an attempt to gain accelerated growth.

Silverstars will use the USAG TOPS (Talent Opportunities Program) as a curriculum for development. The general thrust behind this program is to establish superior strength and flexibility as well as basic core gymnastics skills. The premise is if you are strong and flexible and have mastered the basic skills of gymnastics, you have developed a foundation for potential greatness. Periodic evaluations may be scheduled to assess progress and serve as motivation for improvement. We also have introduced exposure to competitive as a way to provide additional motivation for this group. During the first year of the program they will learn the level 3 compulsory routines and participate in a select number of competitions. During the second year these athletes will compete at level 3 or 4. At this time those that display the desire and skill advancement necessary to be successful in the TOP program will continue to pursue this path also.

Even though Silverstars is considered a level of TEAM, due to the limited expenses involved with this level (they do not attend competitions) there is not a requirement to be FULL Boosters club members. We do require that each family participate in the TIME COMMITMENT to off set some of the related expenses and to serve as a slow initiation into the booster club process.