



# MARYLAND TWISTERS ATHLETE & PARENT HANDBOOK

2017-2018 Season

The decision is up to you, but only the best wear black and blue!

## Hanover

7460 New Ridge Rd.  
Suite 100  
Hanover, MD 21076  
410-766-8729

## Sterling

23714 Overland Dr.  
Units 100 & 110  
Sterling, VA 20166  
703-665-2284

*We want our Twisters athletes to learn lifelong lessons in friendship, teamwork, time management, and community service.*

*Each Twister is required to participate in our annual 5K race to raise scholarship money for our two special needs teams.*

## Contact Us

info@marylandtwisters.com

## Handbook Overview

The purpose of the 2017-2018 Athlete & Parent Handbook is to outline the expectations and requirements for all members of the Maryland Twisters. Please read through our handbook in its entirety and let us know if you have any questions. Be sure to use the 2017-2018 Athlete & Parent Handbook as a resource as questions come up throughout the season.

Failure to comply with the provided information will result in the consequences outlined in this Handbook, including fines, suspension, and expulsion from the program.

## A Message From Our President



Welcome to the Maryland Twisters! As we enter into our 18<sup>th</sup> season, we now have over 20 competitive cheerleading teams for athletes ages 5 and up. As one of the nation's premiere all-star cheerleading programs, we have won hundreds of State and National titles, 4 World Champion gold medals, 2 World Champion silver medals, 3 World Champion bronze medals, and 2 USASF Nfinity Cup Awards. A few highlights from our previous season include:

- F5 is the 2016 Large Senior WORLD CHAMPIONS
- Reign is the 2016 Medium Coed Silver Medalists
- Received 3 Full Paid Bids and 2 At Large Bids to Worlds
- Won 3 At Large Bids to the Summit
- Won 2 Invitations to The One
- Earned 8 Grand Championships, 36 first place finishes, 13 2<sup>nd</sup> place finishes, and 21 3<sup>rd</sup> place finishes

And the season isn't even done yet!

Our mission is to emphasize the importance of appropriate training and safety in our sport, including conditioning, technique, and gradual skill progression. We also focus on promoting sportsmanship, respect for our peers, and having fun. Although our goal is to make each team competitive, we really want our Twisters athletes to learn lifelong lessons in friendship, teamwork, time management, and community service.

Each Twister athlete is required to help raise scholarship money for our two special needs teams by participating in our annual 5K race. Additionally, teams participate in our annual Toys for Tots drive.

We pride ourselves on promoting the importance of balancing education with your athlete's commitment to our sport. Our senior graduates have received scholarships to cheer for several top colleges and universities, including: University of Maryland, Penn State, Virginia Tech, Notre Dame, University of Louisville, University of Central Florida, University of South Carolina, and University of Alabama. Additionally, our program provides academic scholarships to several of our graduating seniors who exemplify the values and dedication of a Maryland Twister.

We would like to welcome all new athletes to our program. We promise it will be a life-changing experience! We would like to thank our returning members for continuing to be a part of our family!

Sincerely,

*Tara Cain Rall*

**Do not park along the curbs.**

**The parking lot is one-way during practices. Exit by driving around the back of the building.**

**All members of our program are bound by our Code of Conduct. Disrespectful behavior, whether in person or on social media, will result in dismissal from the Program.**

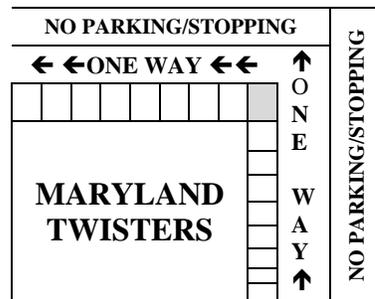
**Inappropriate messages on social media OR bullying will result in dismissal from the Program.**

## Training Facilities

In December of 2015, we moved into our new state-of-the-art training facility which includes 31,000 square feet of practice space, athlete locker rooms, an exercise/training room, a new Pro Shop, and enhanced parent viewing and waiting areas.

In May 2016 we opened a new gym in Sterling, VA! We have had a successful first season there and look forward to many more.

**VALUABLES IN GYM** We recommend not bringing valuables into the gym. Twisters will not be responsible for any lost or stolen items. We provide lockers on which you can place locks to secure your valuables. If you choose not to lock up your valuables, you are doing so understanding the risk you are taking. The best way to avoid losing valuables is to leave them at home or locked in the trunk of your car.



### **PARKING AT OUR FACILITY IN HANOVER**

#### DROP OFF/PICKUP: ONE-WAY TRAFFIC

Our parking lot gets very tight during the busy practice hours. There is little room for 2-way traffic throughout the parking area.

Therefore, we ask all parents to drive one-way through the parking lot. Once you arrive at our front door – door will be on your driver's left – continue in that direction to exit the parking lot. Even if you choose to park and stay, please exit in the same direction, around the back of the building.

**NO PARKING ALONG THE CURB:** Lately we have noticed that cars are parked along the curb out front and along the side of the building, making it difficult for those in parking spots to pull out. Please be aware that our landlord will tow these cars that are parked illegally. Towing will be at the owner's expense.

**PARKING:** There is parking along the side and front of our building. During the weekends, we may be able to use most spaces. However, during the week, we encourage you not to park in front of our neighbor's businesses. There is additional parking in the back of our building.

**HANDICAP PARKING:** Please respect our athletes and parents and use handicap parking only if you have a valid handicap sticker. Your handicap sticker must be displayed. These spaces should not be used for quick drop offs or pick-ups. These spaces need to be reserved for those who need them.

## Code of Conduct for Athletes & Parents

As a program, we pride ourselves on not only our talent, but also on the class and dignity of its members. The Athlete Code of Conduct was established as a set of principles and expectations for all Maryland Twisters to follow. As a Twister parent, you are bound to the same level of expectations as your athlete. You represent our program and your child, and your behavior should not be a distraction to either. All members of our program are bound by the policies described below.

#### Athlete Behavior

- Show respect for the coaches, fellow teammates, other Twisters athletes, parents, judges, officials and spectators. Disrespectful behavior will result in dismissal.
- Demonstrate good sportsmanship before, during, and after competitions.
- Treat all athletes and coaches from opposing teams with respect.
- Be modest when successful and be gracious in defeat.
- Maintain a minimum 2.0 GPA in school.
- Abstain from using drugs, tobacco, alcohol & abusive language. This behavior will result in immediate dismissal from the Twisters program. No excuses or exceptions.

#### Parent Behavior

- Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans, and judges during all practices and competitions.
- Place the well-being of your child and their team before your personal desire to win.
- Advocate for a sports environment for your child that is free of drugs, tobacco, alcohol & abusive language, and refrain from their use during practices and competitions.

**Respect our athletes & staff and refrain from negative remarks in the viewing areas.**

**If your doctor recommends your athlete refrain from practice for any reason, you must bring in a note from the doctor.**

**Parents, you have a 15 minute grace period to pick up your athlete after practice, class or a private. For each additional 15 minutes or part thereof beyond the grace period, you will be charged a \$10 late fee.**

- Encourage your child to play by the rules and respect the other teammates, athletes, coaches, judges, officials and other parents.
- Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.
- All parents must treat all staff with respect, including the team representatives. Should a parent promote unsportsmanlike behavior, he or she will be asked to leave the Twisters program immediately.
- We will not tolerate pettiness, gossiping, or cliques that attempt to slander the “Maryland Twisters” name. Parents displaying improper behavior will be dismissed from the program immediately and will not be allowed to return the following year.
- No parent may ever reprimand or discipline someone else’s child. We will handle all disciplinary problems privately and professionally.
- If you have any questions or concerns that need immediate attention, please use the following chain of command: 1. Team Rep; 2. Team Coach; 3. Team Level Leader; 4. Head Cheer/Tumble Coach; 5. Owner/President.
- Contacting coaches by email is our first preference. For emergencies, you may contact them by phone or text, but please DO NOT contact them outside the hours of 9:00 a.m. to 9:00 p.m. Do not stalk coaches and/or Twisters staff.

#### Practice – For Athletes and Parents

- Practices may be changed or added at any time during the season with proper notice. If a practice is cancelled due to holidays, weather, etc., make-up practices may or may not be added at the discretion of the Program Director.
- If your athlete is sick (and not contagious) or has an injury, s/he still needs to attend team practice. It is important that they watch from the sidelines for any changes that may affect them.
- If your doctor recommends your athlete refrain from practice due to an illness or injury, a written note is required from the doctor. PLEASE NOTIFY YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS!
- If you are running late to practice, you must call and inform your coach and team representative.
- No food, gum, candy, or sodas are permitted in the gym area. Only water and Gatorade are allowed.
- MANDATORY: Formal practice attire will be worn to all designated practices. Please do not tumble in loose-fitting t-shirts or shorts. This is a safety hazard to our instructors and the athlete during spotting.
- NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition.
- Athlete cell phones must be placed in the team box or turned off and put away during practices. Parents who need to reach an athlete may call the office or the Team Rep.
- Lateness to practice: Each athlete is permitted to be 15 minutes late up to three practices a month. Each additional lateness or lateness greater than 30 minutes will be charged \$10 per occurrence.
- Lateness picking up your athlete: Parents have a 15 minute grace period to pick up their athlete after practice, class, or a private. For each additional 15 minutes or part thereof beyond the grace period, you will be charged a \$10 late fee. More than three late pick-ups may result in the athlete being removed from the program.

#### Practice – For Athletes Specifically

- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- Respect the privilege of the use of our facility.

#### Practice – For Parents Specifically

- The gym viewing areas are a privilege. Please respect our athletes and staff and refrain from negative remarks in the viewing areas.
- A coach has the right to dismiss your athlete from the Twisters program for any of the following reasons: inappropriate behavior, too many absences, a pattern of lateness, not showing up for a competition, or for delinquent payments of tuition, Allstar fees, uniform or practice wear fees.
- No one is allowed to yell onto the floor or try to make contact through the viewing area window during practices or tumble classes. This is extremely distracting to all involved.
- Only cheerleaders and coaches are allowed in the gym.
- The coaches reserve the right to close practices at any time for any reason. In this event, the Team Rep will remain at practices.
- It is the parents’ responsibility to know what is going on with your squad. Check and read your emails and check the website regularly.

***The Twisters schedule is your first priority! Twisters will NOT work around high school sports schedules.***

***Any athlete who posts inappropriate messages or photos on any social media platform will be dismissed from the program.***

***The Twisters logo and team names are copyrighted. No one can reprint our logo or team names on anything without permission from Tara Cain Rall.***

- Parents, relatives, friends, etc., are not allowed to approach a coach with disrespectful comments at a competition and/or at/before or after practice. It will result in dismissal from the program. If you have an issue with a coach, please send an email or call the office to schedule a private meeting with them.
- No videotaping at our gym.

#### Competitions

- Every year we go through losses and additions to teams. The dismissal/addition of a team member is solely the coach's decision.
- You are required to attend all competitions. **Missing a competition will result in dismissal.**
- The Twisters schedule is your first priority. The Twisters will not work around an athlete's high school sports schedule (soccer, high school cheerleading, track, etc.). Please schedule college visits when you do not have a practice or competition. An absence for these events is unexcused. (Exceptions will be handled on an individual basis.)
- Travel events are for athletes, staff, and family only. No boyfriends/girlfriends will be allowed to accompany athletes to overnight events.
- Our staff will have sole communication with the competition companies. Parents are not permitted to contact our vendors directly. Please see your Team Rep if you have any questions.

#### Social Media

- No athlete or parent may post inappropriate messages on a social media platform (Facebook – including team Facebook pages, Twitter, Fierce Boards, group chats, etc.) about another program or individual, or Twisters coaches and staff. *Example: No sexual/nude photos, no photos showing drug or alcohol use (actual or implied), no photos showing inappropriate or vulgar gestures. Any athlete who posts inappropriate messages/photos on any social media platform will be dismissed from the program.*
- **No bullying will be tolerated, either in person or on social media or group chats.** Any athlete who bullies another athlete in person or on social media or in group chats will be dismissed from the program.
- No Twisters team videos are allowed to be posted on YouTube or any other website without permission.
- No one is allowed to have a message board screen name in direct association with the Twisters name (Ex: F5MOM, TwistersLove, CellsGirl, etc.). If you currently have our name in any portion of your email address or message board ID it must be changed immediately.

#### Proprietary Information & Copyrights

- The Twisters logo and team names are copyrighted. No one can reprint our logo or team names on any apparel or other items for apparel distribution or sale. All items will be sold through our Pro Shop.
- No soliciting. The sale or distribution of any outside products is not allowed at our facility without permission from Tara Cain Rall.

### **NEW THIS YEAR →**

## **Disciplinary Policy**

Maryland Twisters will normally adhere to the following progressive disciplinary process:

1. **Verbal Warning:** An athlete will be given a verbal warning when a problem is identified that justifies a verbal warning or the athlete engages in unacceptable behavior. Verbal warnings are documented and placed in the athlete's file and the parent is notified by the coach.
2. **Written Warning:** A written warning is more serious than a verbal warning. A written warning will be given when an athlete engages in conduct that justifies a written warning or the athlete engages in unacceptable behavior. Written warnings are maintained in an athlete's file and a copy is given to the parent.
3. **Removal:** An athlete will be removed from a team when he or she engages in conduct that justifies removal or does not correct the matter that resulted in less severe discipline.

While Maryland Twisters will generally take disciplinary action in a progressive manner, it reserves the right, at the coaches' discretion, to decide whether and what disciplinary action will be taken in a given situation. Maryland Twisters reserves the right to dismiss an athlete from the program at any time due to policy infractions.

*Crossover athletes are required to pay the crossover competition fees, and the HIGHER of the monthly Twister tuitions, plus an additional \$20 monthly for the additional practices.*

*Coaches cannot make exceptions to the crossover fees or fees associated with filling in for a competition.*

**IMPORTANT** →

**\*STAY TO PLAY POLICY\***

*Many competitions have implemented a “Stay to Play” policy which requires all athletes, coaches and spectators to stay through their Team Placement Program. This means that ALL room reservations MUST be made through Connections Housing or another housing company designated by the competition producer. Teams and/or individuals that do not abide by this policy will be ineligible to participate. We will all - coaches, parents, and athletes - be REQUIRED to book our hotel through the designated housing company. NO EXCEPTIONS!*

*More information will be available before the competition season begins.*

## Attendance Policy

Absences will be reviewed on an individual basis. More than 3 unexcused absences is highly frowned upon and may be grounds for dismissal. A master absence log is kept throughout the year to record all absences and the nature of the absence. All summer absences due to family visitation rights must be made known immediately.

Excused absences include, but are not limited to:

- Death in the family
- School related function that reflects a grade
- A contagious illness with a doctor's note

Unexcused absences include but are not limited to:

- Jobs
- Sickness, cramps
- Social events (dances, birthday parties, concerts, banquet, family reunions, weddings, etc.)
- School projects, homework, or tests
- High school sports practices or events, college visits
- Traffic or long distance drive. If you are driving two hours to tryouts, you will be driving two hours to practice at least twice a week. Traffic in our area is always a problem. Take that into consideration and plan accordingly.

Absolutely NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition. Repeated absences are grounds for dismissal from the program.

Repeated lateness to practice is grounds for dismissal from the program.

Please submit all planned vacations and absences in writing to your Team Reps at the beginning of the season. You may not be absent during mandatory camps and events.

### SUMMER PRACTICES

Our training season begins in June, right after tryouts. It is vitally important that all athletes participate in summer training. Do NOT skip summer training with the intention of joining a team in the fall; there may not be a space for your athlete. In addition, your athlete will miss valuable skills training.

## Crossovers, Fill-ins, Injured Athletes

**Crossovers:** Any athlete who crosses over to another team will be REQUIRED to pay the crossover fees that Twisters is charged by the competition companies. When an athlete is crossing over to another team they will be charged an extra \$20 in monthly tuition for the additional practices. They are also required to pay the competition fee, camp fee, choreography fee, etc. of the higher level team. The fees will be billed during the competition month to the athlete's account. **Note: coaches cannot make exceptions to the crossover fees.**

The team the athlete is originally placed on is their primary team. An athlete may not quit their primary team to be solely on their crossover team. If an athlete is asked to cross over, that may or may not continue throughout the season. The coaches & Program Director reserve the right to change an athlete's crossover status.

Uniforms for crossovers: A crossover athlete may be required to rent or purchase a uniform for their crossover team.

**Fill-Ins:** If an athlete fills in for an injured athlete, the parent must meet with Karla to discuss additional fees such as competition fees, uniform rental, competition prizes, etc. Every situation is different and will be addressed on an individual basis. **Note: coaches cannot make exceptions to the fees associated with filling in.**

**Alternates:** Tuition for alternates is \$125 per month. If an alternate athlete is put into a competition, they must pay the competition fee and uniform rental (if they have not purchased a uniform) for that competition. Alternates typically consist of injured athletes or athletes with a loss of skill. If an athlete is offered an alternate position or a different team assignment and declines it, any monies paid to date for the services they received are non-refundable. Coaches will determine practice and competition attendance expectations.

**Injured Athletes:** If an injured athlete wants to accompany their team to a competition and be able to stay with the team in the warm-up area, etc., the athlete must pay the full tuition and competition fees.

***If your team practices on Thursday nights, do NOT make airline reservations for that night before travel competitions. You WILL have practice!!! If you miss this practice, your account will be charged at \$75 Mandatory Practice Fee.***

***If an athlete has only a few of the skills listed in any particular level and a majority (75%) of the skills listed in the previous level, then that athlete will be considered the lower level.***

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## Travel Team Expectations

To be part of our travel teams is a privilege that comes with several responsibilities. When traveling for a competition or event (camps, clinics), you will represent the Maryland Twisters brand with the utmost respect and class. All athletes on travel teams must adhere to the following guidelines:

- All athletes MUST stay with a parent, guardian, or designated chaperone.
- Parents will provide airfare reservations for their athlete. Airfare itineraries must be given to the Team Rep prior to departure.
- All athletes will follow the curfew set by their coaches. Any athlete caught in the hallways after curfew may be suspended from the team.
- No boyfriends or girlfriends allowed! Competing and socializing with your teammates is the priority. If caught breaking this rule, you could be subject to dismissal from your team.
- The use of drugs, tobacco, alcohol & abusive language is prohibited. This behavior will result in immediate dismissal from the Twister program. No excuses or exceptions.
- All athletes and parents will demonstrate good sportsmanship at all times to our staff, parents, judges, officials, spectators, and opposing teams/parents.
- All parents are expected to sit together in support of all Twister teams.
- All athletes are expected to arrive at away competitions by 4:00 p.m. on Friday. NO EXCEPTIONS.
- All travel teams may be required to travel out of state. All athletes are responsible for travel accommodations. Airfare and other travel expenses are in addition to the monthly payment schedule.
- **If your team regularly practices on Thursday night, you MAY NOT make airline reservations for Thursday!!!** Your team WILL have practice before National and travel competitions. Teams may also have extra practices held Friday night at the away competition, as well as at the home gym if the competition is drivable. Be sure to consider this before making travel arrangements.
- Although your team may not have a regularly scheduled practice on a Thursday or Friday night, coaches may call an extra mandatory practice prior to a competition. If you miss this practice, your account will be charged a \$75 Mandatory Practice Fee. Additionally, your athlete could be subject to removal from that competition or the program. DO NOT MAKE TRAVEL ARRANGEMENTS BEFORE YOU CHECK WITH YOUR COACHES ABOUT EXTRA PRACTICES!!!
- We repeat: NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition.

Hotel Blocks: Prior to the start of competition season we will email out our hotel block information.

- It is not required that you book your reservations within our hotel block. However, if it is a Stay to Play competition, you ARE required to stay at one of the hotels on the approved list AND you MUST book your hotel through the designated housing company.
- For some blocks, there will be multiple hotel options. Pick whichever you prefer.
- Reservations should be made ASAP once the hotel information is made available to ensure enough rooms are in the block for all our families. There are booking deadlines to every block and reservations are first come, first served.

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## Level Requirements - How we evaluate athletes

We pride ourselves on our ability to create talented teams that are true to their skill level. Our teams are built based on score sheet requirements for each USASF level. Please read through this section to gain some insight on the skill requirements for Levels 1-5.

Your athlete will be assigned to a team based on their true skill level. Whatever skills your athlete has at tryouts will be the level they are assigned to. If an athlete has only a few of the skills listed in any particular level and a majority (75%) of the skills listed in the previous level, then that athlete will be considered the lower level.

*For Junior/Senior teams, the athlete is expected to throw jumps to back, a running full, AND standing to full. However, that does not guarantee a Level 5 position. It is highly recommended that your athlete have a specialty pass.*

*If a Twisters athlete has a Facebook, Twitter, and/or any other social media account, it **MUST** be maintained with proper integrity at all times. If any athlete's social media accounts are not maintained with proper integrity on photos, status updates and general comments, it will be grounds for dismissal from the program. This rule also applies to parents. If anyone makes negative or hateful comments on social media about the gym, coaching staff, or athletes, it will be grounds for dismissal.*

*All routines and choreography, including dances, stunts, and transitions should never be shared with anyone. This includes any and all portions of music selections and editing.*

**Please note: Team movement can occur based on individual progress/maintenance of skills throughout the season. We want you to know up front SOME of the ways your athlete's spot could become in jeopardy on your team:**

- delinquent accounts
- loss of skills/abilities
- excessive absences
- poor attitudes
- injuries - If an injured athlete is replaced in a routine, they may or may not be worked back into the routine at the discretion of the coach.

The sport of Allstar Cheerleading has changed immensely when it comes to tumbling. In order to score in the high range of tumbling and to remain competitive, your athlete needs to have not only every skill, but also an elite skill with that level as well. Last year depending on the level, we allowed athletes to have  $\frac{3}{4}$  of the tumbling requirements.

This upcoming season, we will be forced to make our team requirements more strict in order to remain competitive both locally and nationally. Of course, there will always be exceptions in order to make sure the team is well-rounded and successful on all parts of the score sheet. The coaching staff has full discretion when it comes to building the team rosters.

Lastly, we want to remind you that cheer is not like school. Sometimes there is an assumption that your child will move up every year and that is simply not the case. We want to offer the chance for a child to master her or his level prior to moving up so they are better prepared to transition to that next level.

**Please refer to Appendix A for a list of tumbling skills and stunting skills required at each level**

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## Team Representatives - How we Communicate

Each team has two Team Representatives who serve as volunteer liaisons between the gym owner, coaches, and the parents. These people are responsible for sending out emails from management and coaching staff, collecting absences – in writing – for coaches, distributing and collecting competition liability forms, coordinating coaches' gifts for holidays, etc.

Team Representatives are not employees and are not the voice of the coaches. They are volunteer positions assigned to help with communications and paperwork only. Team Representative contact information will be given out after team assignments.

**Gift Bags for Teams** Gift bags for teams must be coordinated through the Team Reps. ANY spirit wear that you are considering for your team, no matter what it is, **MUST** be reviewed and approved by our Head Team Reps, Rhonda Brown (for Sterling) or Chris Pitts (for Hanover). They can be reached at [mdteamreps@gmail.com](mailto:mdteamreps@gmail.com).

**Under no circumstances can you use the Twister T or team name without prior approval – NO EXCEPTIONS!** If you would like to use the Twister T or team name, Rhonda or Chris needs to see a mock up of the item. There will be a per-item surcharge that must be remitted to the Pro Shop if the T or team name is used. The exact dollar amount of the surcharge will vary depending on the item.

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## Choreography

Choreography dates will be set in August and September for each individual team. We will provide dates via email by July. Each athlete must be present to maximize benefits of each choreography session.

All routines/choreography including dances, stunts, and transitions should be highly protected. Maryland Twisters choreography should never be copied or taught to anyone without the consent of Tara Cain Rall. This also includes any and all portions of music selections and editing. No videos of routines/choreography should ever be uploaded to any online site such as YouTube or Facebook. Violation of this rule or the theft of music is grounds for immediate dismissal.

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**Phone calls and emails for delinquent accounts and past due letters are a courtesy. A payment schedule is supplied at the beginning of the season and it is your responsibility to make your Twister payments on time and in full.**

**NEW THIS YEAR →**

**NEW THIS YEAR →**

**→ Please Note:  
Inconvenience Fee -**

**Any athlete quitting after October 31 will be charged a \$500 Quit Inconvenience Fee.**

## Uniforms & Practice Wear

Athletes will purchase their uniforms and practice wear through Maryland Twisters. Dates and time for uniform and practice wear fittings in Hanover and Sterling will be scheduled for mid-summer 2017.

A uniform deposit of \$200.00 will be due at the time of fitting as well as the full payment for mandatory practice wear. The uniform cost for Levels 1 through 4 will be approximately \$300-\$475. The cost for Level 5 teams will be approximately \$350-\$500 per uniform. Additionally, Worlds teams may be required to purchase a second day uniform and/or practice wear.

Hair and Make-up: Hair and make-up are important parts of the overall Maryland Twisters look. Our style may be different from other gyms, but it is one of the things that sets us apart. Your coach will instruct you on your team's hair and make-up requirements.

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## Skills Camps

In-House Camps (Levels 1-5): A MANDATORY Twister "In House" camp for all Level 1-5 athletes will be held in August. The cost for in-house skills camp is included in the Allstar Fees.

Additional Level 5 Camp: The Level 5 Twisters teams may attend an additional MANDATORY summer camp. The camp is a separate expense for the athlete. Hotel information and cost to be decided; more information will follow. We may need chaperones if the camp is held at an away location.

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## Competitions

The competition schedule will be available sometime in September or October. Competitions may vary for teams and gym locations. Please note that the competition schedule may be subject to change.

In an effort to encourage competitiveness, we have expanded our travel to regional competitions. We will be attending competitions in the Maryland, Pennsylvania, Virginia, and New Jersey metropolitan areas in order to provide our athletes with the opportunity to compete against adequate teams.

**AWARDS** All athletes are expected to be at awards. If an athlete does not stay for awards and the team wins a prize, the athlete may forfeit their prize.

### Bids to Summit and The One

These competitions are NOT included in the Allstar Fees. If a team gets a bid to one of these events, the team parents will vote on whether or not to attend.

Whether a team receives a paid bid or an at large bid, parents are responsible for any additional costs associated with attending these competitions (airfare, additional costs for rooms, etc.) including covering expenses for coaches. Paid bids generally do not cover the full cost of attending the competition.

For the Summit: If a team gets an At Large or a Paid Bid, at least 75% of the team must agree to attend. Athletes who cannot attend will be replaced on the team. **DO NOT PRESSURE PARENTS OR ATHLETES WHO VOTE NO!!!** Please remember that the Summit may be the only opportunity for some athletes to experience competing at ESPN in Orlando.

For The One: Teams **MUST** receive a Full Paid Bid to attend this competition. The team must agree unanimously to attend this competition since it is held during the regular competition season. If there are a few athletes who cannot attend, the coaches will address this on a case by case basis.

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## Financial Policy & Information

★Please note: Coaches do not have the authority to offer discounts of any kind to athletes at any time. Coaches cannot waive crossover fees or fees associated with filling in on a team.

Tuition and Allstar Fee payments are due on the 1<sup>st</sup> of the month. You have a grace period until the 10<sup>th</sup> of the month. After that, you will be charged a \$25 late fee.

All tuition payments will be processed through FACTS, an auto-payment service. You will receive more information at a later date. Everyone **MUST** sign up for this service.

**NEW THIS YEAR** →

**All tuition and Allstar Fee payments will be processed through FACTS, an auto-payment service. Everyone MUST sign up for this method of payment.**

**All Athletes MUST have had a physical during the previous 12 month period. The form will be due with tryout paperwork. You can download the physical form from our website or use the form your doctor has.**

**FACTS ACCOUNTS** Failure to sign up for FACTS will result in an additional administrative monthly fee of \$15. Parents may request a change to their scheduled FACTS payment 2 times per season at no cost. Any change requests after that will be processed at an additional processing fee of \$15 per change.

All other Twister fees (USASF, Music/Choreography, Competition Fees, Camp Fee) are included in the monthly Allstar Fees to be paid June through December. The Booster Fee is paid separately to MTCBC. Any payments made after the due date will result in a late fee of \$25 automatically charged to your account.

Worlds Teams: In addition to the monthly tuition and Allstar Fees, Worlds Team athletes are required to pay an additional \$50 per month. This is collected over time to cover any expenses not covered by Full, Partial, and At-Large Bids to Worlds. Please note that this fee is considered part of your monthly tuition. If an athlete quits a Worlds Team prior to attending Worlds, then all monies will be forfeited.

→ Please Note: Inconvenience Fee - Any athlete quitting after October 31 will be charged a \$500 Quit Inconvenience Fee.

Fundraising Credits: When your athlete has a FACTS account, any fundraising credits will be applied to your tuition in March or April unless otherwise directed. Contact Karla at [Karla4twisters@verizon.net](mailto:Karla4twisters@verizon.net) if you want your fundraising credits applied earlier or to something else.

**Failure to meet the deadline for payments, and lack of reasonable and fair communication regarding payment, will result in your child's loss of services (sitting out of practice) and/or dismissal from the program. Please note: coaches reserve the right to replace the athlete if this happens.**

If your account is delinquent, Twisters reserves the right to:

- Withhold services, i.e., sitting your athlete out of practice
- Restrict scheduling of private lessons, classes until your account is brought up to date
- Withhold uniforms, practice wear, warm-ups, bows, etc.
- Restrict Pro Shop in-house purchases and preorder purchases
- Withhold team & individual pictures
- Withhold travel accommodations payments made through Maryland Twisters

Any funds paid towards the above will be forfeited and applied to the athlete's past due account.

Phone calls and emails for delinquent accounts and past due letters are a courtesy. A payment schedule is supplied at the beginning of the season and it is your responsibility to make your Twister payments on time and in full.

Returned checks must be reimbursed to Twisters immediately along with a \$35 return check fee. Two or more returned checks to an account will result in a cash only, money order or credit card (with processing fee) payment requirement.

All payments are NON-REFUNDABLE. Maryland Twisters reserves the right to turn over all delinquent accounts to a collection agency, and the parent/athlete will be responsible for all additional costs incurred.

#### ADDITIONAL PAYMENT INFORMATION

- Maryland Twisters is not responsible for reimbursing travel expenses to team members or individuals in the unforeseen cancelling of an event, athlete's loss of skills, or athlete's removal from the Program.
- Please note that all competitions are subject to change and all monies are NON-REFUNDABLE. If a competition is cancelled by Maryland Twisters, we will make the decision to replace it with a comparable event if we are able to and we will adjust fees accordingly.

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## Gym Closures

During the dates listed below, all classes will be cancelled. Some team practices and private lessons will still occur during gym closures. Check with your coach to be sure.

- Memorial Day: Closed Friday, May 26 – Monday, May 29
- Independence Day: Closed Wednesday, June 28 – Wednesday, July 5. Reopen on Thursday, July 6
- Labor Day: Closed Friday, September 1 - Monday September 4. Reopen on Tuesday, September 5
- Thanksgiving: Closed Wednesday, November 22 – Saturday, November 25. Reopen on Sunday, November 26

- Christmas & New Years: Closed Saturday, December 23 - Monday, January 1 for classes only. There is a modified team practice schedule during this week. Reopen for classes and regular team practice on Tuesday, January 2
- Easter & Passover: Closed Saturday, March 31 – Sunday, April 1. Reopen on Monday, April 2
- Jewish Holidays: Excused absences, provided you notify coaches

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## Special Needs Fundraising

All Twisters teams will fundraise for our special needs teams. This is mandatory. Fundraisers vary, and more information will come during the season. Athletes will have the opportunity to volunteer as an assistant for Stormchasers and/or Eye of the Storm. Volunteering for this position can count towards service learning hours which are required in most high-schools. We highly suggest this opportunity for anyone that can make the commitment. Any questions concerning volunteering with the special needs teams should be directed to Sharon Myrick at [smyrick813@msn.com](mailto:smyrick813@msn.com).

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## Next Steps

Once you have read through the Handbook, please be sure to complete the Tryout Registration packet which can be found on our website.

At tryouts, you will need to hand in the following forms and documents:

- Athlete Information Form with a recent photo
- 2017-2018 Liability Waiver Form
- Agreements/Policies Form which includes:
  - Code of Conduct
  - Technique Policy
  - Stay to Play Policy
  - Handbook Acknowledgement
- Financial Commitment Form
- Copy of physical from within the past 12 months
- Copy of birth certificate

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## Questions?

If you have any questions, please do not hesitate to contact us. **THANK YOU** and welcome to the Maryland Twisters!

# APPENDIX A

## TUMBLING ASSESSMENT

### LEVEL 1

<b>Beginner</b>	HANDSTAND	FORWARD ROLL	BACKWARD ROLL	CARTWHEEL	ROUNDOFF	BACKBEND KICK OVER
<b>Intermediate</b>	BACK WALKOVER	FRONT WALKOVER	HANDSTAND FORWARD ROLL	BACK EXTENSION ROLL		
<b>Level Appropriate</b>	FRONT WALKOVER CARTWHEEL BACK WALKOVER	STANDING SERIES BACK WALKOVER				

### LEVEL 2

<b>Beginner</b>	STANDING BACK HANDSPRING	ROUNDOFF BACK HANDSPRING				
<b>Intermediate</b>	FRONT HANDSPRING	ROUNDOFF SERIES BACK HANDSPRINGS	T-JUMP BACK HANDSPRING			
<b>Level Appropriate</b>	BACK WALKOVER BACK HANDSPRING	FRONT WALKOVER ROUNDOFF SERIES BACK HANDSPRINGS				

### LEVEL 3

<b>Beginner</b>	STANDING SERIES BACK HANDSPRING	ROUNDOFF TUCK	JUMP BACK HANDSPRING			
<b>Intermediate</b>	ROUNDOFF BACK HANDSPRING TUCK	TRIPLE JUMP TO BACK HANDSPRING	PUNCH FRONT			
<b>Level Appropriate</b>	FRONT WALKOVER ROUNDOFF BACK HANDSPRING TUCK	TRIPLE JUMP TO SERIES BACK HANDSPRINGS	PUNCH FRONT POWER HURDLE ROUNDOFF HANDSPRING TUCK	ROUNDOFF HANDSPRING STEP OUT ROUNDOFF HANDSPRING TUCK	JUMP HANDSPRING STEP OUT ROUNDOFF HANDSPRING TUCK	

### LEVEL 4

<b>Beginner</b>	STANDING TUCK	ROUNDOFF HANDSPRING LAYOUT	JUMP BACK HANDSPRING TUCK			
<b>Intermediate</b>	STANDING SERIES BACK HANDSPRING LAYOUT	TRIPLE JUMP TO BACK HANDSPRING TUCK	FRONT WALKOVER ROUNDOFF HANDSPRING LAYOUT			
<b>Level Appropriate</b>	STANDING ALTERNATES (I.E.: HAND WHIP HAND HAND TUCK)	STANDING TUCK SERIES HAND- SPRING TUCK/ LAYOUT (CONNECTED)	TRIPLE JUMP TO BACK HANDSPRING LAYOUT	ROUNDOFF WHIP HANDSPRING LAYOUT	FRONT TUCK STEP OUT ROUNDOFF HANDSPRING LAYOUT	FRONT HANDSPRING PUNCH FRONT STEP OUT ROUNDOFF HANDSPRING LAYOUT

### LEVEL 5 RESTRICTED

<b>Beginner</b>	TOE TOUCH TUCK	ROUNDOFF HANDSPRING FULL TWISTING LAYOUT	FRONT WALKOVER ROUNDOFF HANDSPRING FULL			
<b>Level Appropriate</b>	ROUNDOFF WHIP BACK HANDSPRING FULL	FRONT TUCK STEP OUT ROUNDOFF HANDSPRING FULL	STANDING SERIES HANDSPRINGS TO FULL	TRIPLE JUMP TUCK		

### LEVEL 5

<b>Intermediate</b>	ROUNDOFF WHIP BACK HANDSPRING FULL	TRIPLE JUMP TUCK	STANDIN BACK HANDSPRING FULL			
<b>Level Appropriate</b>	FRONT TUCK STEP OUT ROUNDOFF HANDSPRING FULL	ROUNDOFF ARABIAN ROUNDOFF HANDSPRING FULL	TOE TOUCH STANDING HANDSPRING FULL	DOUBLE FULL TWISTING LAYOUT	STANDING SERIES HANDSPRINGS TO DOUBLE	
<b>Elite Level Appropriate</b>	ROUNDOFF HANDSPRING WHIP FULL	STANDING FULL/ JUMP STANDING FULL	STANDING SERIES HANDSPRINGS WHIP FULL/ DOUBLE	FRONT TUCK STEP OUT ROUNDOFF HANDSPRING DOUBLE	ROUNDOFF ARABIAN ROUNDOFF HANDSPRING DOUBLE	
	ROUNDOFF 1.5 TWIST THRU TO DOUBLE	FULL WHIP DOUBLE (STANDING/ RUNNING)				

Disclaimer: This is not a comprehensive list. Any combination of skills above and beyond the listed skills WILL still be considered as a part of the athlete's tryout.

# STUNTING ASSESSMENT

from varsityallstar.com

## LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>• SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• ¼ DOWN TO GROUND LEVEL</li> <li>• ¼ TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• STEP DOWN</li> <li>• STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>• BACK STAND</li> <li>• PREP LEVEL SHOW &amp; GO</li> <li>• STRADDLE SIT</li> <li>• FLAT BACK</li> <li>• EXTENDED STRADDLE SIT</li> <li>• BELOW PREP LEVEL 1 LEG STUNT</li> <li>• EXTENDED FLAT BACK</li> <li>• PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>• PREP LEVEL TO PRONE</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• 1 LEG STUNT BELOW PREP LEVEL</li> <li>• SHOULDER SIT</li> <li>• CHAIR</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
	<ul style="list-style-type: none"> <li>• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ TWISTING TRANSITION TO PREP</li> </ul>		<ul style="list-style-type: none"> <li>• PREP LEVEL BODY POSITION STUNT WITH BRACER</li> <li>• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>

## LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• SWITCH UP TO LIB PREP LEVEL</li> <li>• TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• ¼ TWISTING TRANSITION TO PREP LEVEL</li> <li>• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• ¼ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENSION</li> <li>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li>• ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>• PRONE</li> <li>• PREP LEVEL 1 LEG STUNT</li> <li>• EXTENSION</li> <li>• BARREL ROLL</li> <li>• LEAP FROG VARIATIONS</li> <li>• ½ TWIST TO PRONE</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• WALK IN PREP LEVEL PRESS EXTENSION</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>• ½ TWISTING INVERSION TO EXTENDED STUNT</li> <li>• ¼ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>• ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL LIB</li> <li>• BELOW PREP LEVEL TO BELOW PREP LEVEL TIC TOC (LIB TO LIB)</li> <li>• BELOW PREP LEVEL TO PREP LEVEL TIC TOC (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP BELOW PREP LEVEL</li> <li>• FULL UP PREP LEVEL STUNT</li> <li>• ¼ UP TO EXTENDED 1 LEG STUNT</li> <li>• FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• FULL DOWN FROM PREP</li> <li>• ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>• FULL DOWN FROM EXTENSION</li> <li>• SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>• EXTENDED 1 LEG STUNT</li> <li>• SUSPENDED FRONT FLIP</li> <li>• SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>• SUSPENDED TWISTING FRONT FLIP</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• TOSS HANDS</li> <li>• SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>• TOSS HANDS PAUSE PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• LIB TO EXTENDED BODY POSITION TIC TOC</li> <li>• BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• ¼ UP TO EXTENDED 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li>• ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>

# STUNTING ASSESSMENT

from varsityallstar.com

## LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>LIB TO LIB TIC TOC (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>¼ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXTENDED STUNT</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>BODY POSITION TO BODY POSITION TIC TOC (HIGH TO LOW)</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO LIB TIC TOCS (HIGH TO HIGH)</li> <li>LIB TO LIB TIC TOCS (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>LIB TO BODY POSITIONS TIC TOC (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ¼ UP EXTENDED STUNT</li> <li>DOUBLE UP TO PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>TOSS FULL TWIST TO EXTENDED STUNT</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>SWITCH UP FULL TURN</li> <li>½ BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1 ½ UP TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> </ul>

## LEVEL 5

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO LIB TIC TOCS (HIGH TO HIGH)</li> <li>LIB TO LIB TIC TOCS (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>LIB TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>LIB TO BODY POSITION TIC TOC (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM MPREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>BODY POSITION TO BODY POSITION TIC TOC (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¼ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>FRONT HANDSPRING ½ UP TO EXTENDED STUNT</li> </ul>