



Power Tumbling & Trampoline



COME SEE WHY
WE ARE
MORE THAN A GYM

TEAMS FOR AGES 5-18.
DOWNLOAD THE DETAILS ONLINE AT:

WWW.TWISTATHLETICS.COM

ABOUT US



"TWIST ATHLETICS, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in Twist Athletics All Star Competitive Tumbling Program. We opened our doors 2018 with a reputation for excellence and are excited that you are considering joining us. No matter the age or skill level of your child, we have a program that can meet your needs!

From the best instructors to our recently expanded facility, we have all of the components to help your child succeed!

NEW THIS SEASON

- New Tiny Prep Team Program (4-5 yrs old)
- Summer Break. No Practices 6/29-7/6
- Fall Break Weekend. No Practices 9/22-27
- Thanksgiving Break. No Practices 11/23-11/29
- Christmas Break. No Practices 12/22-01/01/25
- Winter Break. No Practice 2/15-2/21
- Spring Break. No Practice 04/5-04/11

ALWAYS AVAILABLE GREAT OPTIONS

- Elite Teams Level all levels
- Optional Extra practice days
- FREE Open gym to team members
- Private Lessons

GREAT COACHES AND GREAT PARENTS! MORE THAN TEAMMATES AND THEIR FAMILIES. THEY ARE ONE GREAT BIG FAMILY! - JESSICA

PROGRAM COMPARISON



We offer a variety of programs to meet your needs

	PRE Team Ages 4-5	Prep Teams Ages 6-16	Elite Teams Ages 6-18	
Season Runs	August - April	June- May	June- May	
Practices	1 - 2 hr per week	2-4 hrs per week	4 -6 hrs per week	
Tuition/ Fees	\$115 monthly \$50 Registration Fee	\$155 monthly \$50 Registration Fee	\$185 monthly \$50 Registration Fee	
Uniforms	\$150 Includes: T shirt and Bow	\$250 Competition Leotard	\$300 Competition Leotard	
Competition Schedule	2 Meets (Local Only) 1 State Meet	2 meets in GA 1 State Meet (USAG ONLY) 1 Regional Meet	4 - 6 Meets Travel required State & Regionals (USAG) (USTA)	
Additional Info	No Evaluation Required	Evaluation needed	Evaluation /Tryouts needed	
Teams Available	Levels 1-4	Levels 1-4	Levels 1-10	

HOW DO EVALUATIONS WORK?

Athletes will come to a 1.5 -2 hr. Practice/ tryout practice.

During this evaluation coaches will watch the athletes abilities to determine which teams are best for their skill level. Once on the team athletes will practice until June and we will have a team level reveal.

IMPORTANT EVALUATION DATES:

- Evaluations April 29th, 30th, May 1st
- Summer Practice Dates: We will have summer dates once we have a final headcount
- Level Reveal: June 5th



TEAM INFORMATION



HOW DO YOU PLACE TEAMS?

We place athletes on the level that their tumbling and technique qualifies for.

PREP & ELITE SKILLS BY LEVEL:



TUMBLING REQUIREMENTS

MUST HAVE EXCELLENT FORM & EXECUTION

TUMBLE TIARAS L1-2

BEGINNERS - ADVANCE BEGINNER

- FORWARD / BACK ROLLS
- CARTWHEELS
- ROUND OFFS
- FRONT/BACK WALKOVERS
- BACK EXTENSION ROLL
- HANDSTAND FORWARD ROLL
- BACK / FRONT LIMBERS

TUMBLE JEWELS L 3-4

SUB-NOVICE - NOVICE

- BACK HANDSPRING
- ROUND OFF BACK HANDSPRING
- ROUND OFF MULTIPLE BACK HANDSPRINGS

LADIES OF ROYALTY L5-7

INTERMEDIATE - SUB-ADVANCE

- BACK HANDSPRINGS
- ROUND OFF 6 OR MORE BACK HANDSPRINGS
- ROUND OFF 3 BACK HANDSPRINGS TO TUCK
- BACK WHIPS
- FRONT TUCK STEP OUTS
- ROUND OFF BHS LAYOUT

TUMBLE QUEENS L8 & 9

SUB-ADVANCE - ELITE

- ROUND OFF BACK HANDSPRING LAYOUT
- MULTIPLE WHIPS
- ROUND OFF BACK HANDSPRING FULL
- ROUND OFF BACK HANDSPRING DOUBLE FULL

FINANCIAL

TUITION

Tuition is paid monthly per athlete for all teams.

Tuition covers all team practices and regularly scheduled tumbling classes each week.. Tuition is paid on the 1st of every month for the upcoming month and is automatically ran through Sports Engine Go Motion, our class management software.

ASSESSMENTS:

Assessments are the fees that the gym pays out to outside vendors. We offer a variety of ways for you to pay your assessments. You can select a pay in full option, 3 month option, 6 month option, or a 10 month option. The first assessment payment June 15th.

We do not discount Assessments.

The assessments include: Competition Fees, Camp Fees, Coaches Travel Fees, Uniform Fees, any fees outside of monthly tuition.



I COMPLETED MY TRYOUTS NOW WHAT?

After individual Ttryouts, we will assign each athlete to a team. Teams will be announced.

On June 11th we will have first practice and parent prep. On this day, all athletes and parents will come in and receive any additional information, fill out any missing paperwork, get sized for your uniform and make sure your Sports Engine Go Motion account is set up!

Fees Due June 15th

- The first assessment payment

WHAT DO I NEED TO BRING FOR EVALUATION?

We look forward to working with you at our upcoming evaluations. Be sure to arrive with these items in order to expedite the process:

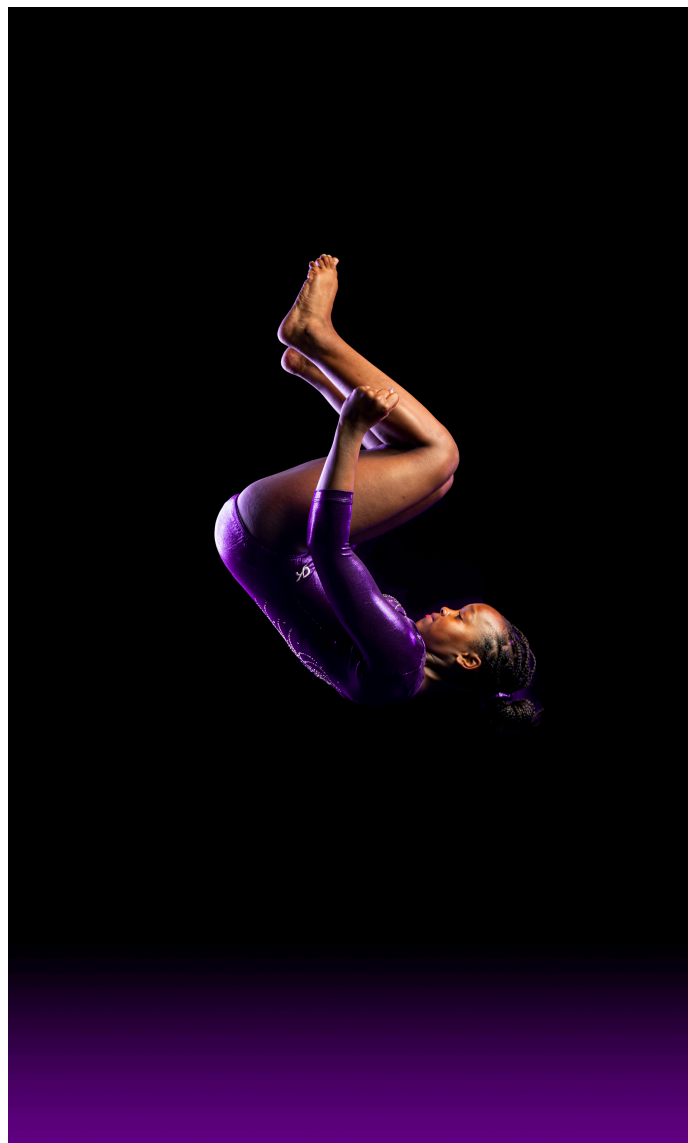
- Registration Fee
- Evaluation Information Form
- Financial Agreement
- Participation Form
- Forms can be found in this packet or online

WHEN IS THE GYM CLOSED?

- Summer Break. No Practices 7/1-7/7
- Fall Break Weekend. No Practices 9/23-27
- Thanksgiving Break. No Practices 11/19-11/23
- Christmas Break. No Practices 12/22-12/28

OTHER IMPORTANT DATES

Trunk or Treat: 10/30
Twist Athletics Showcase: 12/7
Christmas Party: 12/18
Team Pics: TBD
Year End Team Event: TBD



WHEN WILL MY CHILD PRACTICE?

Each team will receive a practice schedule for the season. These can not be created until we see what teams we will have for the season. Teams will receive two schedules.

- Summer Schedule- This runs from June through July
- Primary Schedule- This is our main schedule which begins August 5th and runs through the season.

Practice schedules will be announced June 1st

CAN I WATCH PRACTICE?

Yes! We have a few areas where parents can view from. Our parents are welcome as long as the Covid regulations allow it. However, parents are not allowed to come onto the floor unless accompanied by a coach. We have designated viewing areas for parents and family members, please understand this is for the safety of our athletes.

WHEN IS SKILLS CAMP?

Skills Camp:

Twist Skills Camp will take place at Twist from July 7th-10th.

Camp will run approximately 4 hours per day, a detailed schedule will be released as we get closer.

Camp is important as it is when we start solidifying stunt groups tumbling and roles.

Missing camp is very difficult for athletes as they miss valuable instruction as well as team bonding experiences.

Camp Fee: \$125 *There are no refunds for missing camp, camp fees are calculated on a set number of athletes. Do your best to plan ahead!*



TEAM/ATHLETE POLICIES



ABSENCES

Attendance is crucial to the success of any athlete.

Chronic absences will affect the athletes strength and performance. If an athlete misses more than 3 practices before the next meet they will be pulled from that meet for safety concerns.



VACATIONS

Please work to plan your family vacations around the gym schedule, we work hard to give you the gym closures early. If you are taking a vacation for spring break, try to take it the days we are closed so you do not interfere with your meets . When the competition schedule is released, the week prior to a competition are blacked out, athletes who miss a practice during these weeks will not be eligible to compete at the competition that week.

INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athletes injury and status. An athlete with a serious injury will not be allowed to return to activity without a release from a medical professional.

TRAVEL/COMPETITIONS

During the competition season, athletes will be asked to travel to events. Some athletes will travel to meets out of the state. In this case, a separate rule sheet maybe handed out closer to the time of the competition. Transportation to competitions is the responsibility of each team member and their family.

TEAM/ATHLETE POLICIES



UNIFORMS AND ATTIRE

Please keep all Twist Athletics Clothing and uniforms in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the athlete.

Athletes can not have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings.

Band-aids or clear space holders will not be allowed.

Tramp shoes are required for athletes competing on trampoline and double-mini

COPYRIGHT NOTICE:

The logo of Twist Athletics belongs to the owners of the program. You cannot sell or create your own Twist Athletics clothing or any other items. This includes team names and any likeness to logo, affiliation and/or program without the permission of Natalia Olagbende, Owner Twist Athletics.



DISCIPLINE

If any of the above rules are compromised, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem
- 2nd violation- Meeting with the athlete and parent
- 3rd violation- Athlete may be removed from the team or entire program

CORE VALUES:

Here at Twist Athletics all decisions we make are guided by our five core values. Please make sure you understand and can commit to these before becoming a part of Fusion Athletics

- Effort Over Everything - there may be people that have more talent than you, but there is no excuse for anyone to work harder than you.
- Kindness Matters - everyone you meet is fighting a battle you know nothing about. Be kind always.
- Integrity Always - always do the right thing, even if no one is there to know.
- Teamwork Makes the Dream Work - talent wins games, but teamwork wins championships.
- Just Keep Swimming - you grow in the moments when you think you can't go on but you keep going anyways. Pause. Breathe. Cry if you have too, but NEVER GIVE UP.

PARENT POLICIES



COMMUNICATION

To streamline communication, As a parent, you will receive information one way, we will use an app with team groups in which all events and current information can be found. We will give information after tryouts on how to join the app.

GOSSIP AND THE LOBBY

- Our lobby is for your convenience to allow you to watch your child practice.
- Siblings are not to be left unattended in the facility nor are to be running around the facility.
- Our lobby is supposed to be a positive environment. It is your job as a parent to love and support your child, leave the coaching to us.
- In the event of parents being an issue in the lobby, they will be asked to leave or could be removed permanently.
- Videos and Photos of practice are not allowed to be taken from the lobby.
- . By registering to be a part of our program you understand and agree to this.

FUNDRAISING

Twist Athletics offers the following:

- A fundraiser every other month. These are individual fundraisers and all credits will go directly to your account. These fundraisers do involve extra work outside of cheer but we have seen people pay for an entire season of cheer! We strongly suggest you participate in fundraising.
- Any surplus in fundraising credit can be applied to classes, teams and merchandise.
- Refunds can not be issued in the event of a surplus.

FEES

- A schedule of payments is listed in this handbook. All monthly payments are set up in Go Motion and comes out automatically on the 1st of the month. If you choose to make a payment and not have your designated card charged, you must bring a check/Cash into the desk before the 1st of the month. Please make all checks payable to Twist Athletics .
- A late fee of \$25 will be assessed for all payments made after the 5th of each month. If your payment is declined from your bank, please make the payment immediately at the desk or via Go Motion.
- Monthly tuition is not pro-rated for any reason.
- Assessments are non-refundable. If you choose to leave or are removed from the team these fees are not returned.
- By the 5th of each month, your account must be up to date. Otherwise, your athlete will no longer be allowed to practice/ participate.
- If your account is not up to date by the 15th your athlete will be removed from the program.

WAIVER AND PARTICIPATION FORM



Liability Waiver and Participation Form

Athletes Name: _____

Address: _____

Parents Name: _____ Email: _____

Cell: _____ Alternate Phone: _____

Parents Email: _____

Medical Authorization and Liability Release

I authorize Twist Athletics Training, LLC (Twist Athletics) and its representatives to consent to medical treatment for my child when I cannot be reached to consent. I am fully aware that any activity involving motion, height or athletic activities create the possibility of serious injury, paralysis or even death. I further agree to hold Twist Athletics and its staff harmless for any injury or resulting expense(s). I release and discharge all rights and claims against Twist Athletics, and its parties. Twist Athletics strives to provide the maximum in safety procedures and guidelines, and cannot assume responsibility for any accidents, injuries or illness that may occur.

Parents Name: _____ Parents Signature: _____

Date: _____

This signature represents all legal parents and guardians

Please list any previous injuries, physical conditions or weaknesses that may affect the athlete

Condition/Injury: _____

Parent Consent

The athlete listed above has my permission to participate in the Twist Athletics program and or camp for the 2025-2026 year. In consideration for the training and coaching provided by Twist Athletics and its staff, I understand that my son/daughter must abide by the rules and regulations set forth by the coaches and staff. I understand that violations of any of these rules may result in removal from the classes and/or events. We acknowledge and recognize that hazards are present in any athletic event and that injury may result. Twist Athletics coaches, staff and volunteers will not be liable for injury that occurs during practice, competitions or travel to and from activities.

Parents Name: _____ Parents Signature: _____

Date: _____

FINANCIAL AGREEMENT



parent of

Name of parent / legal guardian

Print the name of the athlete here

- I understand and agree to the following:
- I understand and agree that tuition is due on the 1st of the month for the current month. So January tuition is due Jan 1st. Tuition is set up and automatically drafted through Go Motion each month.
- Prep, Elite - I understand that in addition to tuition, I will pay assessments as outlined in the packet. Assessments are ran automatically on the 1st or 15th of each month.
- I understand that my uniform is a separate cost and if needed is due on the following dates:
- I understand that I am subject to a late fee charge of \$25 after the 10th of the designated month. Excessive tardiness of payments will be grounds for my child not competing and possible dismissal.
- I understand and agree that as the parent signing this contract, that I am solely responsible for the Tuition, Travel Expenses, Uniform and Assessments as outlined in this packet.
- I understand if I leave the program prior to May 15th 2026, I am subject to a \$250 quitters fee. This will be billed to the card on file at the your time of departure from the program.

Parent / legal guardian signature

Date

INFORMATION FORM



Athletics Name

Athletes Date of Birth

Athletes Age on 12/31/23

Parents/ Guardian #1 Name: _____

Parents/ Guardian #1 Cell Phone: _____

Parents/ Guardian #1 Email: _____

Parents/ Guardian #2 Name: _____

Parents/ Guardian #2 Cell Phone: _____

Parents/ Guardian #2 Email: _____

Does your athlete have any allergies we need to be aware of? _____

Does your athlete have any medical conditions we need to be aware of? _____

Has your child ever experienced a concussions? _____

POLICY AGREEMENT



Please Read, Initial and Sign Fees, Payments and Policies

- ____1. The tumbling team is a full year commitment from June 2025 - May 2026
- ____2. All Twist Athletics customers are required to have a card set up in Go Motion for all payments. All tuition is ran on the 1st of each month. Athletes will not be allowed to practice until there is a card on file or the account is paid in full.
- ____3. Your account must be current for your child to participate in team practices, tumbling classes, open gyms, private lessons and or competitions.
- ____4. All monthly fees, assessment fees, and or uniform fees, must be paid in advance in order to participate in any event. **All fees are 100% Non-Refundable for any reason.**
- ____5. If you chose to pay your Assessments in full and choose to discontinue anytime from June 2025 to May 2026, your fees are **Non-Refundable**. The \$250 buyout fee and expenses already paid out for the season will be deducted and the remaining balance will be applied as a credit onto your account for Twist Athletics Services or Goods. **NO REFUNDS** will be given. Remember you are signing up for a spot on a Twist team, not for a specific team or position.
- ____6. I understand that if my child decides to quit the Twist Athletics program (for any reason other than family relocation with a valid real estate document, or a season ending sport injury with a valid physician's certificate) at any time from June 1st 2025 to the end of the competition season May 2026, I will be charged a \$250 buyout fee. This fee will be deducted from the card on file or needs to be paid by check within 5 days if card is not approved.
- ____7. It is mandatory to abide by the Attendance policy as outlined in the 2025-2026 Athlete Policies given out in this packet. All athletes are to attend their teams regularly scheduled practices. If an athlete is not feeling well, or injured, they are still expected to be at practice. If your child has a fever or is vomiting they should not attend. A parent must fill out an absent form PRIOR to practice for this to be excused. All school activities and pre planned vacations should be submitted 14 days in advanced online as explained in the packet. After the athlete has reached 2 unexcused absences for the season, each additional unexcused absence will result in a \$25 absence fee. If your athlete reaches 10 missed practices, unexcused or excused, a meeting with the Director will take place. At this time your child may be removed from their team and program at the discretion of the All Star Director. Attendance is required for success.
- ____8. If at any time your child misses a competition for an unexcused reason, this is means for immediate termination from the team and no refunds of any sort will be given.
- ____9. Twist Athletics will issue a list of "Black Out Weeks", which are the week prior to a competition. During said black out weeks, any missed practices will result in the athlete not being able to compete at the next competition. No competition fee refunds will be given for missing a competition blackout practice.
- ____10. Your child can and will be suspended from practices and or competitions for displaying inappropriate behavior and refusal to follow gym rules and instructions from coaches and staff. Please discuss this with your child. You are still responsible for your athlete's fees during the period of suspension.
- ____11. Athletes should not be dropped off more than 10 minutes early for a team or class. Athletes should not be picked more than 10 minutes from the end of their practice/class, as this requires coaches and staff to work past their set hours.

POLICY AGREEMENT



____12 Fundraising- All fundraisers facilitated are individual, unless otherwise noted. We will apply credits to your accounts. Questions regarding fundraisers can be emailed to Team@twistathletics.com . Any surplus of credits from fundraisers can be used towards any services or products Twist Athletics offers. Funds can't be transferred to another athlete. If athletes leave with a credit that will be transferred to the general fund.

Refunds will not be issued in the result of a surplus.

____13. All transportation to and from competitions is the sole responsibility of parents. I understand that some competitions require a specific hotel. Information will be given as those dates approach.

____14. I understand that as a Twist member I am not allowed to use the Twist Athletics Logo and make my own Twist merchandise. I cannot sell or create your own Twist Athletics apparel or merchandise. I also understand I am not allowed to contact any vendors on behalf of Twist Athletics, doing so is grounds for dismissal from the program.

____15. I understand that my athlete needs to come to practice every day in the proper attire. Athletes can wear anything for class but must be in the right attire for team practice. Hair needs to be up and secure.

____16. We reserve the right to close practices at any time. This will occur if the viewing room becomes negative or distracting. Please remember to be your athlete's, team's and coach's biggest cheerleader! As a parent, if you are causing drama you can and will be removed from the gym.

____17. It is the parent's responsibility to stay informed. Check your team BAND Group regularly, if you are not receiving information contact the front desk immediately so we can check your account.

____18. Athletes are placed on a team with the expectation that the skills they have at tryouts will remain and grow through the season. If an athlete can no longer fulfill the role they were placed on the team for, they will be moved to a team where they can fulfill the necessary role.

____19. All athletes and parents are expected to carry and conduct themselves with the utmost maturity on social media. This includes but is not limited to social media posts, photos, interactions and discussion boards. Any violation of this policy may result in immediate termination from the program.

I understand and agree to abide by the policies as outlined above:

Athlete Name: _____

Print Parent Name: Date:_____

Signature of Parent/Legal Guardian: _____