



All-Stars

**TRYOUT
PACKET**

2023-2024

Wednesday - May 17

Ages 4-7 - 5:00 to 7:00

**NEW athlete
Tryout Fee \$50**

EVALUATIONS

Wednesday - May 24 & 31

**Ages 8-10 - 5:00 to 7:00
Ages 11 and up - 7:00-9:00**

TEAM PLACEMENTS



Our program's success depends on proper team placement. This makes proper placement the most significant decision we make all season. Our goal is to correctly evaluate each athlete and place them on a team that will best foster their growth as an athlete and as a person while simultaneously putting our teams in the best position for success during the upcoming competition season!

Tumbling

No experience is necessary to become a part of one of our competitive cheer teams. We offer teams for athletes from ages 4 to 18 and everyone makes a team.

All-Star cheer offers multiple levels which correspond to the type of tumbling skills, stunt and pyramid difficulty that a team can perform.

With very few exceptions, placement is determined by a combination of the age of the athlete and the skills depicted in the illustrated rubric.

As you will see on the rubric, each level has a specific set of skills as well as an optional set of skills. Please understand that heavier emphasis will be placed on the required skills and the athlete's ability to perform those skills at a proficient level. We prefer skills to be demonstrated with a higher level of technique than a higher level of difficulty.

LEVEL	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
All-Star Prep All-Star Novice	No experience necessary	No experience necessary	No experience necessary
All-Star Elite Level 1 Required Skills	Standing Back Walk Over Standing Front Walk Over Valdez	Front Walk Over to Cartwheel to Back Walk Over	Two connected jumps
All-Star Elite Level 1 Optional Skills	Standing multiple BWO Standing BWO switch leg	Front Walk Over to Cartwheel to Back Walk Over	Two connected jumps
All-Star Elite Level 2 Required Skills	Standing Back Handspring BWO Handspring	Round-Off to 2 BHS Fly-Spring to Front HS Cartwheel BHS	Two connected jumps
All-Star Elite Level 2 Optional Skills	Standing Back Handspring to Step Out	Front Walk Over through to round-off two BHS	Pencil Jump Back Handspring
All-Star Elite Level 3 Required Skills	Standing multiple Back Handsprings	Round-off to BHS to Tuck Punch Front/FWO/Aerial	Multiple jumps connected into standing multiple BHS
All-Star Elite Level 3 Optional Skills	Pass including multiple BHS AND a BHS step out	Front Walk Over through to punch front stick	Two BHS to toe touch to Back Handspring
All-Star Elite Level 4 Required Skills	Standing Tuck Standing BHS to Tuck BWO to Tuck	Round-off to BHS to Layout	Toe Touch to Back Handspring to Tuck
All-Star Elite Level 4 Optional Skills	Standing two BHS to Tuck Round-off to Whip to BHS	Combined pass to Layout (FWO, Whip or Front Punch to Layout)	Toe Touch to two Back Handsprings to Tuck
All-Star Elite Level 5 Required Skills	Standing two BHS to a Layout	Round-off to BHS to Full	Multiple Jumps connected to a Tuck
All-Star Elite Level 5 Optional Skills	Combined pass to Layout (Tuck to Whip to Layout)	Combined pass to Full Combined pass (Punch Front/Whip/Full)	Toe Touch to Back Handspring(s) to Layout
All-Star Elite Level 6 Required Skills	Standing two Back Handsprings to a Full	Combined pass to Full or Double Full	Multiple jumps connected to Tuck, Toe Touch, BHS, Full
All-Star Elite Level 6 Optional Skills	Standing Full Standing BHS to Full	Combined pass to Full or Double Fulls	Multiple jumps to Tuck, Toe Touch, BHS, Double Full

JUST BECAUSE AN ATHLETE CAN TRHOW ALL OF THE OPTIONAL SKILLS DOES NOT MEAN THAT THEY HAVE PUT THEMSELVES IN THE BEST POSTION TO MAKE A HIGHER-LEVEL TEAM. ATHLETES WILL PUT THEMSELVES IN THE BEST POSTION TO MAKE THE DESIRED LEVEL BY EXECUTING THE REQUIRED SKILLS AT A HIGH CALIBER.



TEAM PLACEMENTS



Team Placement is **NOT** based on tumbling alone.

AGE

As previously mentioned, an athlete's date of birth must be considered during placement. Keep in mind – age is not the determining factor it is year of birth! To be competitive, teams must include athletes at the higher end of the rubric.

Stunting

Stunt abilities must also be considered. Flexibility, body control, body positions, strength and techniques will be taken into consideration.

TEAM PLACEMENT is based upon a combination of the requirements listed. Our goal is to develop teams that are competitive. Placement is a coaching decision.

TEAM REVEAL

Thursday, June 1

7:00 p.m.

We hope that your athlete will come join the fun and excitement of the reveal of our 2023-2024 teams!

Team placements are a starting point for the season. As coaches get to know the athletes and their strengths and weaknesses, they reserve the right to move athletes during the summer months.

Those trying out for an All-Star Elite Team should have the highest level of commitment throughout the duration of the May-to-May season.

Commitment includes Attendance at all practices and competitions, and meeting the financial responsibilities that are a typical part of All-Star Cheer. Our teams compete at state, regional and national level events. At Knoxville Twisters, we try to keep our travel to locations in and around Tennessee. However, we have regularly included travel to North Carolina, Kentucky, Georgia, and Florida in our competition schedule. If your team earns the privilege of competing at the Summit, (Youth in Tampa and Jr/Sr in Orlando) or any other National Finals, it will be the responsibility of the family to meet the cost associated with those events.

ELITE
Teams

PREP & NOVICE
Teams

Those trying out for a Prep/Novice Team should have the highest level of commitment throughout the duration of the shorter August – March season. Commitment includes Attendance at all practices and competitions, and meeting the financial responsibilities that are a typical part of All-Star Cheer. Our teams typically compete at local competitions, keeping travel to an absolute minimum. Because the number of practices and hours are lower, the commitment to attendance is heightened and athletes must understand that they are making a commitment to complete the whole season.



PRACTICES & SUMMER VACATIONS



Productive practices are necessary for a successful season.

The summer is the foundation of our season and practices are mandatory, however we do encourage families to enjoy vacation time and other summer activities. If you are in town, we expect you to be at practice. If you are away on vacation, enjoy your time away. We have created a weekend friendly schedule, so that families can enjoy their weekends as well.

There will be NO practice on the following days:

May 29 - Memorial Day

July 3-July 7 – Summer Holiday

September 1-4 – Labor Day

October 9-13 - Fall Break

November 22-25 – Thanksgiving Holiday

December 25-January 1 – Winter Holiday

March 11-15 – Spring Break

March 29-31 – Easter Holiday

Dates are subject to change and additional dates may be added as management deems appropriate.

PRACTICE ATTENDANCE



We are what we repeatedly do, we perform what we practice!

If we want to have GREAT competition routines, we have to have GREAT practices and GREAT practices are based on having the maximum number of athletes at the maximum amount of practices. There are few excused practices: contagious illness with medical note, school graded events and family emergencies. Our practices are scheduled so that athletes may participate in both school and All-Star Cheerleading. However, other sports or work that conflict with practices are not excused. Given the nature of the sport, if a conflict with an outside sport arises the athlete must be willing to put their team first.

Beginning in August, an unexcused missed practice will result in a \$100 fee. Athletes who miss a practice during the two weeks prior to a confirmed competition will be replaced for that weekend's event and will be charged a \$250 re-choreography fee. The exception to this is illness. This applies to any extra scheduled practice or choreography session as well. Season competition schedules and practice schedules are posted in plenty of time for families to plan accordingly. All-Star Cheer is a TEAM sport, and the TEAM is needed if the TEAM is to be SUCCESSFUL.

Summer vacations request must be turned in with enrollment paperwork. Other planned absences should be reported two weeks in advance and ALL unplanned absences such as sickness should be communicated via email to: knoxvilletwisters@outlook.com.

PRACTICES CONTINUED



CLOSED PRACTICE

To allow for a more focused practice environment with less outside distractions choreography and team practices may be CLOSED. If practices must be closed, we will allow parents to attend one session per month! This date will be noted on the practice calendar.

EXTRA PRACTICES

We try our best to keep extra practices to a minimum, however, to put teams in the best position for success EXTRA practices will occur. We try to place all these events on your monthly calendar, but please note, emergent practices may be added.

CHOREOGRAPHY AND STUNT CAMP DATES

Attendance at camps is critical. We try to plan around summer vacations – if you have a conflict contact us immediately. Your specific team day and time will be posted after team placement/reveal.

COMMUNICATION METHODS

Knoxville Twisters All-Stars utilizes several forms of COMMUNICATION.

- FaceBook – A general All-Star Page will be used for gym-wide announcements. Specific team pages will be used for team specific information. FB is where you will find practice and competition schedules, links for competition tickets and shared photos! FB pages are for parents or guardians and family only. We do not accept athletes to this page because we often discuss events such as team parties and other surprise events.
- Instagram – Knoxville Twisters owner, Rebekah Chait will utilize Instagram to post photos and videos that promote our gym and our athletes.
- Email – Please use knoxvilletwisters@outlook.com to send any necessary messages such as sickness, family emergency or billing questions. Our billing software will communicate thru knoxvilletwisters-notification@ses.iclasspor.com. Any response to those emails will automatically be received at knoxvilletwisters@outlook.com.
- Team Group Chats/Remind/GroupME – The team parent will utilize one or more of these formats to communicate with members!

DROPPING ENROLLEMENT

Knoxville Twisters will impose a \$500 Early Termination Fee to any athlete who chooses to leave the program or must be removed for failure to follow rules and guidelines of our program once choreography is completed. There will be NO REFUNDS of tuition or collected fees. Drop request must be submitted to Rebekah Chait. We require a thirty-day drop notice and immediate payment of the Early Termination Fee or billing will continue. Drops have a HUGE impact on the dynamics of a team in addition to costing additional choreography and extra practice cost. Athletes MUST be committed to completing the season.



TUITION ANNUAL FEES & EXTRAS



The 2023-25 All-Star Program will incorporate a Balanced Payment Plan beginning May 25th.

All NEW athletes must have an online account. Please go to www.knoxvilletwisters.com.

Click registration. Create a parent account, then add athlete name and birthdate.

Athletes will be assigned to a team AFTER the team reveal!

All-Star Fees include: Monthly tuition, Routine Choreography, Music, Practice Clothing, Choreography Clinic, Coaches fees, Competition Fees.

	Season Tuition Total	Number Monthly Pmts	Monthly Payment
ONE team Athletes			
Youth, Junior, Senior Levels 1-6	\$3840.00	12	\$330.00
		10	\$396.00
Tiny and Prep	\$2080.00	8	\$270.00
Exhibition/Novice	\$1360.00	8	\$180.00
*Tiny/Prep/Exhibition/Novice totals are based on three competitions – if any are added there will be additional fees			
Crossover Athletes			
ONE team fees from above	\$330.00 or \$396/mth		
Crossover All-Star Fees (Choreography & Music)	\$15.00/mth		
Crossover Comp Fees	Fee will depend on team crossing over to: TBD		
Crossover Athlete Mthly Pmt	\$345.00 or \$411.00 per month + applicable Comp Fees		
I understand that I am committing to a specific amount due, that for my convenience the cost is being divided into twelve or ten equal payments. Payments are due monthly on the 25 th for the following month – First payment is due May 25, 2023. - Five percent savings for prepayment I understand that the full balance will remain due to Knoxville Twisters if I choose to or if I am asked to leave a team or in the event of closures due to epidemics, pandemics, and natural disasters.			
Additional Items NOT included above:			
REQUIRED - Uniforms – NEW athletes will purchase directly from the vendor.	Approximately \$550		
REQUIRED - Warm-Ups – Cost can be divided into 4 separate payments of \$48 or pre-pay \$175	Approximately \$175		
REQUIRED - Competition bow(s) and Make-Up	Approximately \$100		
REQUIRED - Shoes	Approximately \$135		
Gym Fundraiser *you can sell raffle tickets to recoup \$100 of this fee*	\$125		
Flyers – We recommend that flyers take a weekly stretch class	\$40 per month		
Miscellaneous - Parent Shirts, Decals, Photos, Backpacks, and any items specific to team/competition.	TBD		
USASF annual registration – online payment made directly to USASF	\$49		
Post Season Competitions – Comp fees, clothing, Goodie Bags etc.	TBD		
Post Season Banquet	TBD		
Skills and/or Tumble Clinics – At our discretion, these camps may be added!	TBD		

METHODS OF PAYMENT

Auto-Pay: We prefer that all families use our automatic payment system when creating your account. All transactions will process on the 23rd of the month preceding the next month.

A credit/debit card must be always on file.

In-Person Pay: Front Desk payments must be made prior to the 25th or they will be processed with Autopay.

Late Fees: If tuition is not paid by the due date a late fee of \$15 will be assessed. If your account becomes delinquent your athlete will not be permitted to participate in practice or competitions. We are committed to your athlete's success, so please contact us if necessary.

COMPETITIONS & TRAVEL



Competition season will begin in 2023 and will run through May 2024

It is our goal to provide a variety of competitions to our schedule. To facilitate this, some travel is required. Our tentative plans for travel are listed below. Due to the nature of scheduling, we cannot project performance times until a week prior to each event. Often teams perform as early as 8:00 a.m. requiring an overnight stay. Many competitions are two-day events that also require an overnight stay. Typically, competitions are within driving distance, however, there have been exceptions (i.e., Dallas, Texas and/or Orlando, Florida).

- **Each cheerleader must have a chaperone at every competition.** It is not your coach, Team Mom or Twister staff's responsibility to be your child's chaperone.
- When we do stay overnight it is your responsibility to book and pay the hotel directly for your room. We will try to stay at the same place and hopefully get a discounted group rate.
- Some competitions require specific housing, you will be informed of these as the season progresses.
- Travel information will be made available to you as soon as we are informed!
- Proper traveling/location practice attire will be discussed with each team prior to a competition.

It is an honor and a privilege to be invited to attend post season competitions. Examples of these are the US Finals, the Youth Summit and the D2 Summit. If we qualify and/or earn a bid to any of these types of events the decision to attend or decline is at the discretion of the coaches and our gym owner, Rebekah Chait. Because we must earn these invitations/bids the cost cannot be predicted and are NOT included in your annual payment plan and as such, will be payable upon declaration of awarded bid.

The athlete's competition fee is included in your payment plan. Spectators will be required to pay an entry fee which has historically ranged from \$10 per day to \$75 per weekend.

When attending or participating in a competition, please remember you are a representative of Knoxville Twisters. Please follow facility rules and regulations regarding attire, signs, staging and performance viewing.

During competitions, your primary contact is your team mom. **DO NOT** attempt to call or text a coach or Rebekah Chait. Your team mom will handle any matters and it is she who will decide if the issue requires the attention of the coach. You MUST remember, our coaches' focus must remain on the team currently in warm-ups or on the stage. Each team **DESERVES** this courtesy!

On competition day, our athletes need your support and encouragement. Please remain positive and supportive. This will allow them to perform at their absolute best.

TENTATIVE

All teams **will not** attend all events.



Date	Where
November	Twisters Jamboree
November	Universal Spirit (Franklin)
December	Deep South (Pigeon Forge)
December	UCA (Sevierville)
January	Athletic Championship (Chattanooga)
February	Cheersport Nationals (Atlanta)
March	American Royale (Sevierville)
April	One UP (Louisville)
**April Possible	US Finals or Deep South *additional fees
**May Possible	Youth and D2 Summit – TBD - will update as season progresses *additional fees

ATHLETE/FAMILY EXPECTATIONS



PRACTICE DRESS CODE

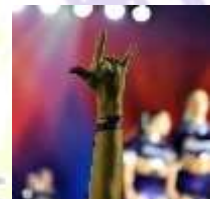
Athletes **must wear the correct practice clothes and/or themed clothes and cheer shoes at every practice.** If an athlete does not have on the correct practice clothing, he or she is required to purchase the correct practice clothing which it will be charged to your Twisters account. Practice shorts should NOT be rolled up excessively. If you are a flyer, bloomers may be required under your practice shorts. Hair must be pulled up, out of your face, in a high ponytail, with the appropriate bow to match that day's practice clothes. Short hair may be worn pulled back with a headband that will not fly out or may be worn half up/half down. If a bow is not in the hair, you must purchase one or it will be charged to your Twister account. Sports bras are encouraged instead of regular bras under practice tops to provide extra support. NO jewelry is permitted. Appearance should be neat, athletes must maintain proper hygiene including use of deodorant and for the safety of teammates, nails should be worn short.

Athletes have two dress code options that may be worn at competitions - Full uniform or Twisters warm-up. Warm-ups are a required part of your uniform. All hair and make-up must be COMPLETE before entering the competition venue. We will announce specific hair style the week before the competition. When arriving to a competition, you may wear your uniform top with a jacket over it. You may wear your skirt **under your pants (under no circumstances ever may you wear your skirt over your pants).** The only Twister shirt allowed to be worn over you uniform will be the assigned Twister shirts or the competition shirt which will be approved by Rebekah Chait. You must always wear athletic shoes at the competitions. (No UGGS, or flip flops, etcetera are allowed while in uniform. Nails must be short with light polish. NO jewelry is permitted.

COMPETITION DRESS CODE

GOLDEN RULE

- Treat fellow teammates, coaches, staff, and parents with respect at all times.
- DO NOT participate in Gossip. This includes internal gossip about other Twister's athletes and external gossip about other cheerleading programs and their athletes. Problems should be addressed and resolved directly, and parents should not listen, participate, or instigate any idle, worthless gossip.
- Always show good sportsmanship and class.
- No use of profanity and/or abusive language.
- As a representative of Knoxville Twisters your behavior in the community and your social media presence must be appropriate and acceptable to all ages.
- Prior to our first competitions, no one can post any Twisters all-star music, choreography, routines, stunts, etcetera on any website without permission of the owner of Twisters. This includes but is not limited to "Facebook," "Twitter" or "You Tube". Once we compete at the first competition, you may post!
- No one can yell onto the floor or try to make contact during practices. This is very distracting to all.
- During practice, you opinion does not count. All routine decisions are left up to the coaching staff.
- Athletes should be able to manage schoolwork and All-star practices, homework is not an acceptable excuse for missing practice. ***Withholding a child from practice or competition should never be used as punishment.***
- There will be no arguing or questioning a coach's decision at any time.
- Any questions or concerns regarding practices and conditioning will NOT be addressed following practices. If you have a concern, please call the gym to schedule an appointment.
- The owner may change, add, or subtract any rule at any time.



MISCELLANEOUS & MISSION



As a representative of Knoxville Twisters, the Athlete is required to maintain appropriate and acceptable behavior, both personally and regarding social media post. Inappropriate actions and postings will be addressed with the athlete, the parent and the coach as needed. This will include requesting removal of inappropriate post.

With regard so social media.... please DO NOT post any part or our routines/stunts/uniform/music prior to our first competition.

SOCIAL MEDIA

TRADEMARK & COPYRIGHT

The name "Knoxville Twisters"/ "Knoxville Twisters Cheer and Tumbling"/ "Knoxville Twisters All-Stars" and all its affiliate names and logos are the property of Knoxville Twisters Cheer and Tumbling and are federally registered trademarks that are protected under law. Permission is required from Rebekah Chait before anyone may create, design, sell or barter any product or service that involves, uses, or displays our name or logo. All sales and creation of any design involving Knoxville Twisters merchandise must go through Rebekah Chait, or you will be subject to fees/fines. We have spent years carefully developing our brand and are very particular about how it is presented. We appreciate your compliance!

ANNUAL FUNDRAISER

Annual Gym Fundraiser – MANDATORY participation!
Each family will be required to purchase one \$25 gift card of your choice. Gift cards will be due by October 1st.

Your team mom will assemble a gift card basket. Each athlete will then be required to sell 10 - \$10 raffle tickets between October 1 and November 1st. Raffle winners will be announced at our Showcase event!

MISSION STATEMENT



To foster a love for the sport of competitive cheer while emphasizing the importance of safety, conditioning, tumbling, discipline, and teamwork.

To provide a fun, yet challenging, environment that encourages, supports, and drives the individual athlete!

To teach teamwork, dedication, self-confidence, positive attitude and a love for the sport.

It is our goal to be the absolute best All-Star program in the country!

ACCEPTANCE & SIGNATURES



ATHLETE: _____

My signature below indicates that I agree to comply with the All-Star team requirements as detailed above.

I/We agree to prioritize our commitment to our team.

I/We agree to accept placement decisions with respect for the process based on the skills/age rubric.

I/We accept commitment to attend practices and competitions on time and as scheduled.

I/We accept all attendance requirements including any fees and/or suspensions for unexcused absences.

I/We agree to proper, well fitting, supportive and assigned practice and competition wear. For female athletes this will always include a ponytail and bow.

I/We understand and accept the Early Termination Policy and all fees assessed.

I/We agree to all financial responsibilities as indicated. Including keeping a valid debit/credit card on file.

I/We understand that failure to pay in a timely fashion will result in late fees and possible suspension.

I/We understand that the expenses noted are not inclusive and ancillary cost such as shoes, make-up, spirit wear and post season competition fees may be incurred.

I/We understand that the competition schedule is subject to change.

I/We agree to Knoxville Twisters "Golden Rule" and will strive to uphold the pillars of character and sportsmanship.

I/We agree to refrain from negative or inappropriate social media post.

I/We agree to keep proprietary information such as uniform changes, music, routines confidential until after our first competition. Simple stated I/We will not post any part of our routines prior to our first competition.

I/We agree to the Trademark and Copyright restrictions set forth by Knoxville Twisters Cheer & Tumbling.

I/We agree to allow the coaches to coach and will not coach from the sidelines or openly challenge a coach's decision or changes. If I/We have issue, we will schedule a conference to discuss the situation.

I/We grant Knoxville Twisters staff permission to administer first aid/medication as deemed appropriate

I/We agree to support Knoxville Twisters and all its athletes, to always be a team player, to always TRY even when discouraged and to perform with dedication and determination!

Athlete Signature: _____ Date: _____

Guardian Signature: _____ Date: _____

ATHLETE/PARENT INFO



All athletes must have an online account. Please go to www.knoxvilletwisters.com.
Click registration. Create a parent account, then add athlete name and birthdate.

Cheerleader Name _____

Street Address _____

City _____ St _____ Zip _____

School _____ 23-24 Grade _____ Do you cheer for your school _____

Birth Date _____ Birth Year _____

Medical Conditions/Allergies _____

Cheerleader Cell _____ E-Mail _____

Mom name _____ Cell _____ E-Mail _____

Dad name _____ Cell _____ E-Mail _____

EMAIL addresses are mandatory and MUST be legible.

I, _____ authorize KNOXVILLE TWISTERS CHEER & TUMBLING to charge tuition and/or fees and/or merchandise to the debit/credit card indicated below. To ensure payments are received by the specific due date, my card will be charged up to 3 days prior to due date, thus allowing for weekends and holidays. I agree to notify Knoxville Twisters in writing of any changes in my account information or termination of authorization at least 30 days prior to the next billing date. I certify that I am an authorized user of this debit/credit card and that I will not dispute the scheduled payments with my debit/credit card company provided the transactions correspond to the terms indicated in the authorization form.

Billing Address _____ Phone # _____

City, State, Zip _____ Email _____

Account Type: Visa MasterCard Discover American Express

Cardholder Name: _____

Account Number: _____

Expiration Date: _____

CVV Code (3- or 4-digit security code located on the back of your card): _____

Signature _____ Date: _____

EVALUATION FORM



All wishing to enroll into the All-Star program at Knoxville Twisters Cheer & Tumbling need to first, create an account at www.knoxvilletwisters.com. Next, complete the top portion of this form.

Incomplete forms or forms without photos attached will not be accepted.

Returning All-Stars DO NOT need a photo attached!

Turning in your form indicates members that you are ready for your athlete to be placed on a team(s) and for your account to reflect All-Star fees.

Try-out Fee is \$50 due on or before tryout day!

Returning All-Stars DO NOT need to pay fee, it is part of your current May tuition.

REQUIRED DOCUMENTS:

- Online registration completed
- 2x3 photo attached

PROGRAM PREFERENCE:

- PLEASE CIRCLE
- All-Star Elite
 - All-Star Half-Year

Athletes Birth YEAR: _____

Crossover?

Parent Email: _____

Willing to be on multiple team?

Contact #: _____

PLEASE CIRCLE

YES

NO

Athletes Name: _____

CATEGORY	LEV 1 Prep/Tiny/Mini	Lev 1 Youth/Jr/Sr	Lev 2	Level 3	Level 4	Level 5	Rating
Flexibility							
Required Stand Tumbling							
Optional Standing Tumbling							
Required Running Tumbling							
Optional Running Tumble							
Jumps							
Previous Comp Level							

NOTES:

KNOXVILLE TWISTERS ALL-STARS



KNOXVILLE

TWISTERS

ALL-STARS