

SEASON: January 6, 2025 - May 4, 2025 (Sessions 3 & 4).

## TEAMS:

- L1 Mini Novice (Faith & Kindness): Approx. ages 6-8 (Birth year: 2015-2018) \*2 Mini Novice teams
- L2 Junior Novice (Velocity): Approx. ages 9-15 (Birth year: 2009-2015)

\*Athletes born in 2015 will be placed on Junior Novice unless capacity is reached.

**TUITION**: \$190 session 1 & \$215 session 2 (session 2 is 9 weeks). 2 sessions are required to participate. Tuition includes team practice plus one tumbling class per week. Enroll in tumbling at your location's front desk.

## ADDITIONAL FEES:

- \$225 Competition Fees \*Includes cheerleader's competition entry, music charge, choreography.
- \$35 Yearly Registration Fee
- \$75 Uniform Rental \*Due every fall/spring session.
- \$20 Competition T-Shirt
- \$15 Competition Bow
- \$120 Shoes: Varsity Ascend Air Required
- \$49 USASF Membership Fee Paid to USASF

## PRACTICE INFORMATION:

- Faith: Thursday 5:00-6:30pm. Plus tumbling class of your choice.
- *Kindness*: Monday 5:00-6:30pm. Plus tumbling class of your choice.
- *Velocity*: Wednesday 7:00-8:30pm. Plus tumbling class of your choice.

**PRACTICE ATTIRE**: Any athletic practice gear that is within the T&S Guidelines can be worn to practices.

Twist & Shout Dress Code:

- Maintain a well-groomed appearance and good personal hygiene at all times.
- No jewelry is to be worn at any T&S class, practice, camp, or competition.
- Shirts must be worn at all times in practice. No sports bra only. Hair must be up & out of face.
- Please always be sensitive to your appearance when wearing the T&S logo and representing the gym.

**EVENT SCHEDULE**: All events are required for participation.

- April 6 ASC Spring Express Nationals: Mabee Center (Tulsa, OK)
- April 12 Rockstar POP! OKC: OKC Convention Center (OKC, OKC)

## **QUESTIONS**:

- Billing & Accounting Contact the T&S Front Desk: <u>edmondts@shouterspirit.com</u> or 405-775-9491.
- Team & Practice Contact the All-Star Location Director or team coaches: bekka@shouterspirit.com.
- Competition & Uniform Contact Lyndsey Kang: lyndsey@shouterspirit.com.

HOW TO ENROLL: Sign up at the front desk. Contact your location's front desk soon, before all spots are gone!