



# 2023-2024 Team Manual

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## Overview

Congratulations on being selected to be a member of EPIC Twirl's competition team. Each student was chosen based on their performance in their classes, their hard work, good attitude, and commitment to our group. Participating in our competition teams is a much bigger commitment than participating in our recreational program and this handbook is meant to set realistic expectations for the upcoming season. Please carefully review the entire handbook and return your signature page to Mrs. Cheri at the next practice. If you have any questions or concerns, please do not hesitate to contact Mrs. Cheri via email (epictwirlers@gmail.com).

## Placement

Placement on teams will be based on the following criteria: specific skill level requirements, technique, commitment, enthusiasm, attitude, behavior in class, attendance, stage presence, and overall performance at tryouts. Team members may be placed on one of the four team levels based on ability, not necessarily on age. We place students together in groups that we feel will work the best together in rehearsal and performance. Team members will be chosen and placed by the Director.

## Level Requirements

These are our basic requirements for our team levels. These are subject to change and are meant to be a guideline, not a rule. Team placement is at the discretion of the Director. From time to time, we may combine levels to create larger teams. In this case, twirlers will need to meet the requirements of the lower level of the two combined teams.

<b>Diamond</b> (Ages 13+)	<b>Sapphire</b>	<b>Emerald</b>	<b>Ruby</b> (1st year)
<b>Tricks</b>			
3 Spin	2 Spin	1 Spin	Thumb Flip
H. 3 Spin	H. 2 Spin	H. 1 Spin	Flash
Spin Illusion	Toss Illusion	Beginning Illusion	H. Toss
H. Spin Illusion	H. Illusion	Left Catch	Beginning Finger Twirls
Adv. Low Flips	Int. Low Flips	Back Hand Catch	Loops
Walkover/cartwheel	Blind Catch	Finger Twirls	Two Hand Spin
All Catches	Int. Finger Twirls	Double Flash	Figure 8s
Adv. Finger Twirls		Headswing	Neck Wrap
<b>Rolls</b>			
Continuous Elbows	3 Elbows	2 Elbows	Elbow Roll
Mini Monster Roll	2 Elbow Behind Back	2 Arm Rolls	Arm Roll
Cutbacks	Angel Roll		
<b>Dance</b>			
Right Fouettes	Right Pirouette	Illusion	Step-ball-change
Right Split	Right Leap		
Right Leg Lift			

## **Attendance and Time Commitment**

Just as sports teams require all players to attend practices, we expect our team members to attend all practices, rehearsals, and performances. Absences negatively impact the entire team. Each twirler is allowed up to **3 absences** from practices per season. Exceptions will be made in the following situations:

- Serious illness or death in the family
- Graded school commitments
  - A note from the teacher will be required to excuse the absence

Exceptions will not typically be made in the following situations:

- Homework
- Minor injury
  - If the twirler can attend school, they can attend practice even if it is to watch and listen to corrections.
  - Example: broken bones/sprains
- No ride
  - You are welcome to post on our Facebook group and ask if someone can pick up your twirler and bring them to practice. Someone is almost always able to help out.
- Social events
- Vacations
  - It is okay to miss class due to vacations, however, it will count as one of your absences.

Part of participating in this kind of activity is to help your child learn responsibility. They have made a commitment and are required to honor their commitment. After too many missed practices, the twirler may become an alternate to the team or be dismissed from the team altogether.

In addition to attending classes, rehearsals, and performances, it is imperative that twirlers arrive to all events on time. Being late can negatively impact each and every member of the team and coaching staff.

Students may be required to attend practices during school vacation weeks if there is a competition on the weekend following the vacation week.

From time to time, there will be a need for special exceptions. In those cases, the Director will determine a plan of action that works for all parties involved. Exceptions will be made on a case by case basis. If you'd need to request a special exception, contact the Director. These arrangements are not open to discussion with uninvolved parties.

## **Weekly Practices**

Practices are held every Monday night as follows: Emeralds 6-7:15 p.m, Emerald/Sapphire/Diamond team building from 7:15-7:30 p.m., and Sapphires/Diamonds 7:30-8:45 p.m. On occasion, we may go later, depending on the progress of the team but never later than 9 p.m. We will give you advanced notice in those cases.

Stretching will start promptly at 6:00 p.m for Emeralds and 7:30 p.m. for Sapphires and Diamonds. All students are required to participate in team building from 7:15-7:30 p.m. Emeralds are dismissed after team building and Sapphires/Diamonds will go immediately into stretching. All students must be in the gym and in place to begin on time. Walking in the gym right at your scheduled class time is considered late.

## **Additional Practices**

During competition season, we will periodically have weekend practices. Dates will be posted and all students are expected to attend. There are no additional charges for these practices.

## **Homework**

All students will be assigned homework each week at class. Assignments will also be posted on our Facebook group by the following evening. All homework will be due the following Sunday evening. Students will receive feedback after most homework assignments. Each twirler will receive a personal Dropbox link where they will upload their homework each week. Students should make every effort to do their routines just as they would during a performance.

Homework is mandatory every week that it is assigned. Students who do not submit their homework will be required to have a 30-minute private lesson with an assigned coach for \$15 to make up for the missed assignment.

## **Communications**

You will receive a competition team email in addition to the weekly EPIC Twirl newsletter email that the entire group receives. In addition, important information will be posted on our team Facebook page. Please check this page regularly as we often post last minute items or changes there. We ask that students and parents do not post excessively in this group so that important information does not get lost. The group can be found at the following link:

[EPIC Twirl Competition Team 2023-2024](#)

In addition, all families will need to download the [Remind App](#). We will use this occasionally for last minute or urgent communications. We will also use the Remind App for competition and performance day communications.

Official communication with Mrs. Cheri should be done via **email** ([epictwirlers@gmail.com](mailto:epictwirlers@gmail.com)).

Official communications include:

- Letting us know about absences or pre-arranged vacation days
- Ordering items
- Payment questions ([payments@epictwirl.com](mailto:payments@epictwirl.com))

Please do not use Facebook messenger, comments in a Facebook group, and/or texting as a form of official communications unless the Director asks specifically for a response. Texting should only be used in emergency or urgent situations such as running late to class/performance. No texts or phone calls should be made to the Director after 7 p.m.

## **Community Performances**

Our competition teams are an extremely important part of our group. As such, we expect all twirlers to attend each event that we participate in including but not limited to parades and showcases. Our

competition teams are featured in every performance and their absence at community events is detrimental to the group.

### **Competitions**

Competitions are mandatory. We provide a tentative schedule well in advance. Missing a competition can lead to immediate dismissal from teams. Competition rules require us to submit a team roster and a missing student can cause the entire team to be disqualified. If you anticipate a conflict, we must know as soon as our full schedule is released/confirmed. Exceptions will only be made in the event of a serious family emergency.

We attend numerous competitions throughout the year. All competitions are typically held on weekends, apart from Nationals. These competitions are a full-day and sometimes full-weekend commitment. Typically, competitions start promptly at 8:00 am and we require team members to be there by 7:00 am. Most competitions are out of town.

### **Disney's Twirl Mania**

Twirl Mania is one of our most important competitions of the year and is mandatory for all competition teams. All previously mentioned competition attendance policies apply. As this contest is expensive, we will do an additional fundraiser. More information will be provided closer to the competition date as it becomes available to us.

### **Nationals**

Nationals will vary by year. Information will be provided to parents as soon as it is available to us.

### **Team Summer Camp**

All competition team students are required to attend Summer Camp each year. This is a great opportunity to prepare for Nationals.

### **Summer Practices**

There will be a one week break in practice after the end of the year Showcase. When classes resume, the attendance policy for the next season will be in effect and students will be expected to be at class every week. Missed days due to vacations will count as an absence for the season. For the three weeks leading up to Nationals (if it applied), classes will be absolutely mandatory. If the student intends to miss one of those practices, they must let us know in advance.

## Tentative Season Schedule

\*ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE AS MORE INFORMATION BECOMES AVAILABLE.  
Not every event will be required for all students.

LHS Band Performance	October TBD	LHS Football Stadium
Pumpkin Patch	October 21, 2023	Titusville, FL
UCF Majorette Day	November 25, 2023	Orlando, FL
Leesburg Christmas Parade	December 3, 2023	Downtown Leesburg
TwirlFest	January 20	Titusville, FL
Georgefest Parade	February TBD	Umatilla, FL
AAU Presidential World Cup	February 16-18, 2024	Orlando, FL
Fruitland Park Day Parade	March TBD	Fruitland Park, FL
NBTA All Star Classic	March TBD	Orange Park, FL
Beach Bash	April TBD	Davie, FL
AAU Regionals	April TBD	Orlando, FL
Fruitland Park Day Parade	April TBD	Fruitland Park, FL
NBTA Miss Majorette of FL	April/May TBD	TBD
Twirl Mania	May 9-12, 2024	TBD
USTA State	May TBD	Titusville, FL
EPIC Showcase	May TBD	LHS Gym
USTA SE Regionals	June TBD	TBD
USTA Nationals	July 9-13, 2024	Fairborn, OH

## Dress Code

Team members must wear appropriate practice clothing to every practice. Forgetting clothes, shoes, hair being down and/ or wearing inappropriate clothing is unacceptable. The dress code for all practices is as follows:

- Tank top/sports bra
- T-shirts that are easy to twirl in
- Softe style/athletic shorts with biker shorts underneath, sweatpants, capri athletic pants, or yoga style pants
- Tennis or baton shoes
- Hair must be in a tight bun with hair pins

Except for shoes, all twirlers are required to wear EPIC black clothing to practice. EPIC yellow, gray, and white on black clothing is acceptable. Having consistency in clothing helps visualize what the routines will look like in costume.

The following are not acceptable for practice:

- Jeans, sweatshirts, excessively baggy clothes that hinder twirling, sandals, skate shoes (Converse, Vans, etc.), jewelry of any kind

If students are unable to adhere to the dress code, the following steps will be taken to address the issue:

- Warning
- Sent home

Breaking this rule and being sent home excessively will result in dismissal from teams.

### **Outside twirling opportunities**

From time to time, we partner with other teams to participate in bigger opportunities for our twirlers. If an opportunity becomes available for your twirler(s), we will provide additional information as we receive it. This may include performing on a Large Show Corps with other twirlers from around Florida. To be considered for these types of opportunities, your account must be in good standing and you must exhibit great attitude, sportsmanship, and attendance. Skill evaluations will be required.

### **Individual Competition**

We have several coaches who offer private lessons. If there is an outside choreographer that you would like to work with, you must notify the Director and get permission and provide the following information: when the scheduled lessons are and what routines/choreography will be worked on. In addition, you will be required to book a follow up lesson with one of our EPIC coaches to review. We have worked to establish great relationships with other coaches and choreographers over the past 35 years and, in the interest of keeping those relationships intact, all outside coaches must be approved.

Your account must always be current if you are participating in individual competition. We will not provide private lessons to students who have not paid their monthly tuition, team fees, costume fees, or any other additional fees.

Students competing individually must have at least one (1) private lesson per month with an EPIC private coach. All new choreography is to be recorded and uploaded to the student's individual Facebook group. If choreography is not completely memorized by the time of the student's next lesson, they will be required to learn it on their own during their lesson time without the assistance of their coach. If this occurs, you will still be responsible for the full cost of the lesson even if a portion of the time was spent with the student relearning their choreography.

Parents are not permitted to change choreography at any time. We cannot be responsible for routines that have been modified in any way. The only person authorized to change an individual routine is the student's private coach or Mrs. Cheri. No exceptions.

At competitions, all individual students are required to stay with their fellow individual teammates until awards are complete and will take photos with the team following awards. We will support all of our teammates before, during, and after awards even if we are disappointed with the results. Any unsportsmanlike behavior towards other individual competitors will not be tolerated.

Following a competition where a student has competed individually, a video and picture of the scoresheet from each performance will be uploaded to their individual Facebook group. The student is required to comment on the post and list three (3) specific things they feel that they did well and three (3) specific things that they will work on for next time.

Private lessons will be paid for before the lesson begins via cash, PayPal, Venmo, CashApp or check. If you'd like, we can also charge the card on file for the lesson.

While at competitions, the student cannot be taken away from team practice to work on individual routines. The team cannot practice properly if one of the members is missing. This applies to all individuals no matter who their private coach is.

EPIC Private Coaches available: Cheri, Kristen, and Leah (via Zoom/FaceTime).

### **Conduct and Behavior**

We will not tolerate any rude or disrespectful actions and/or comments made by any of our students, parents, coaches, and/or outside choreographers. This policy extends to any comments made on any social networking sites.

We asked that parents that post mature content on their social media pages please consider refraining from adding students. In addition, we will not condone students posting vulgar or inappropriate things on public social media accounts. Each student is a representative of EPIC Twirl and a role model to younger students and we expect them to carry themselves that way. We will speak to a student's parents if we see something that we feel is inappropriate or dangerous. If we continue to see the same types of posts, the student may be dismissed from teams.

### **Sportsmanship**

At all times, parents and students are expected to exhibit good sportsmanship. This extends to teammates, competitors, coaches, judges, parents, and contest directors and staff.

Judges' decisions are final and will not be argued. We participate in a very subjective sport and the judging often reflects that. If there is a serious concern about an error in judging, this can be discussed with Mrs. Cheri. If she feels that an error has been made, she will handle it. Otherwise, we will accept the judge's decision.

If a parent or student exhibits bad sportsmanship, their family may be removed from teams. This includes but is not limited to crumbling scoresheets, throwing things, using profanity, leaving trophies, walking out of an awards presentation, being rude to the winner, and/or crying in the gym. Our students work very hard and we understand the disappointment they feel when their hard work isn't rewarded the way that we thought it should. Still, this is not an excuse to show poor sportsmanship. We celebrate our teammates' and friends' victories just as we would celebrate our own. Please note that this policy applies to parents as well. Your child is likely to mirror your reaction. We request that parents set a good example. Students are welcome to privately vent their frustrations after the competition to their parents once they have left the competition.

We have always been complimented on the great sportsmanship of our team members and parents. In fact, we won an award for this at Twirl Mania in 2018.

### **Practice Area**

Parents, siblings, and friends may not remain in the practice area once class has started. No exceptions.

### **Resolving Issues**

If you do ever have a concern, we are more than happy to talk to you to get it resolved. All issues should be brought immediately to the Director so that we can quickly handle or resolve them. We simply cannot address what we are not aware of. Please do not wait until a situation has escalated.

If you have an issue with another student in our group, it is never acceptable for a parent to approach that child to attempt to resolve the issue. Please speak directly with the Director.

### **Financial Commitment**

#### **Tuition**

Tuition will be charged the first week of each month for the upcoming month and will be:

- \$75 for one child
- \$115 for two children in the same household

#### **Costumes**

Each competition team student will be required to purchase the following costumes:

- Dance Twirl costume
- Show Team costume
- Additional costume if needed

We try to keep costume prices as low as possible, but parents should plan to spend \$65-85 per costume.

In addition to costumes each child will be required to purchase the following:

- Warm-up Suit
  - We encourage you to choose a size that will fit the student for at least two seasons.
- Team earrings
- Team tights
- Baton shoes
- Jazz shoes
- Two batons

These additional items will not need to be purchased every year. We will purchase and distribute all of these costumes and items. Each costume and item will be charged the card on file by the due date unless it has already been paid for prior to the due date. We will give you notice prior to charging the card.

## **Fees**

The following fees will be combined. A deposit of at least  $\frac{1}{3}$  will be due by October 6, 2023 and the balance will be due by January 5, 2024. Total costs will be posted ASAP and charged directly to your account. These fees are non-refundable.

- **Competition Fees**
  - Competition fees can range from \$30-60 per competition depending on the number of routines your child is in and are generally due two weeks prior to the competition. This does not include Twirl Mania or Nationals fees.
- **Coaches Fee**
  - Coaching fees cover the costs to ensure that coaches expenses are covered to be at each competition.
- **Prop Fee**
  - This will be a shared expense for all families to be able to purchase props for Show Twirls.

## **Fundraising**

We provide fundraising opportunities for costumes and Nationals. We encourage you to raise as much money as you can during our costume fundraiser. All students will also have the opportunity to get sponsors. 95% of the sponsorship amount will be credited directly to your account. Any funds above and beyond your costume expense will be applied to your account and can be used for tuition.

## **Payments**

All competition team accounts will be required to have a card on file prior to the start of the school year. No exceptions. All team tuition will be charged on the 1<sup>st</sup> of each month. If there is an issue with the card on file, you must submit a new card right away. All accounts must remain up-to-date at all times to remain on teams.

## **Parent Committees**

Each family will be required to have one adult on a Parent Committee. The Parent Committees will help to make sure that everything in our group runs smoothly. We cannot do what we do without the parents and we appreciate your time and support in helping create the best experience for all of the students.

- Prop and Equipment Committee
  - These parents will be responsible for helping to make sure our props are brought on and off the competition/performance floor. They will also be responsible for helping transport props and equipment to and from competitions/performances.
- Parade and Community Performance Committee
  - These parents will be responsible for attending all parades and community events and assisting in getting all of the students ready and helping keep the students in order before, during, and after performances.
- Fundraising and Concessions Committee

- o These parents will be responsible for assisting with our fundraising efforts as well as helping plan and coordinate any concession stands that may arise.

### **Our Commitment to You**

With our 34 years of experience, we feel confident in our ability to make every child feel important and valued. We realize that all children learn differently and at different paces and are committed to making sure that each child feels comfortable and safe trying new things and growing in our environment. We will always strive to encourage your child and instill confidence in them. We know that there are many activities to choose from when it comes to your child and we are honored that you have chosen EPIC Twirl as a home. Our goal is that this will be a place that your child will not only twirl, but build lifelong friendships, learn invaluable life skills, and gain the confidence that they can accomplish anything in life. Thank you for being part of our family.

### **Agreement**

Both student and parent have read and understand all that is expected from them as a member of EPIC Twirl competition teams. We understand that this handbook is created to ensure the absolute best training and most positive and rewarding experience for all. We agree to adhere to the policies in this handbook and uphold our commitment.