

East Texas Twisters

Tryout/Information Packet

2024-2025



East Texas Twisters Show Team Info

Show team ages range from 3 yrs old - 6 yrs old.

No experience required for this team. This team is designed for athletes to learn the sport and grow in skills. The coaches will be on the floor during competitions, but the goal by the end of the season would be for the athletes to be competing the routine independently.

Practice days are Sundays and 1 weekday.

| PROGRAM | SEASON | Competition Per Season | PRACTICE HOURS PER WEEK | TUITION | UNIFORM | Makeup |
|-----------|----------|------------------------|-------------------------|---------|---------|--------|
| Show Team | June-May | 6-7 | 1.5 Hrs | \$100 | \$400 | \$30 |

Show Team Extras

| | |
|------------------|------------|
| Practice Clothes | \$85 |
| Competition Fees | \$475 |
| Music | \$50 |
| Hair Accessory | \$25 |
| Choreography | \$50-\$100 |



AllStar Extras Options

| | | |
|-----------------------|------------------------------|-----------------------------|
| Paid in Full | Before June 30 th | \$685-\$735 |
| 3 Month option | July/September/November | \$228.34-\$245 per month |
| 6 Month option | July-December | \$114.17-\$122.50 per month |

East Texas Twisters Novice Info

Novice ages range from 5 yrs old - 13 yrs old.

Beginner experience encouraged for this team not including Tiny Novice. Novice teams are designed to work on perfecting technique and showmanship on placement level. Unlike prep and elite divisions novice performs for rankings rather than placements.

Practice days are Sundays and 1 weekday.

| PROGRAM | SEASON | Competition Per Season | PRACTICE HOURS PER WEEK | TUITION | UNIFORM | Makeup |
|---------|----------|------------------------|-------------------------|---------|---------|--------|
| Novice | June-May | 6-7 | 2 Hrs | \$115 | \$400 | \$30 |

Novice Team Extras

| | |
|------------------|-------------|
| Practice Clothes | \$85 |
| Competition Fees | \$475 |
| Music | \$60 |
| Hair Accessory | \$25 |
| Choreography | \$100-\$150 |



AllStar Extras Options

| | | |
|-----------------------|------------------------------|-----------------------------|
| Paid in Full | Before June 30 th | \$745-\$795 |
| 3 Month option | July/September/November | \$248.34-\$265 per month |
| 6 Month option | July-December | \$124.17-\$132.50 per month |

East Texas Twisters Prep Info

Prep ages range from 5 yrs old - 18 yrs old.

Experience encouraged for this team. Prep teams are designed to perfect technique on placement level while working more upper-level skills. Stunting and tumbling included.

Practice days are Sundays and 1 weekday.

| PROGRAM | SEASON | Competition Per Season | PRACTICE HOURS PER WEEK | TUITION | UNIFORM | Makeup |
|---------|----------|------------------------|-------------------------|---------|---------|--------|
| Prep | June-May | 7-8 | 3 Hrs | \$135 | \$425 | \$30 |

Prep Team Extras

| | |
|------------------|-------------|
| Practice Clothes | \$85 |
| Competition Fees | \$600 |
| Music | \$75 |
| Hair Accessory | \$25 |
| Choreography | \$250-\$350 |



AllStar Extras Options

| | | |
|-----------------------|------------------------------|-----------------------------|
| Paid in Full | Before June 30 th | \$1,035-1,135 |
| 3 Month option | July/September/November | \$345-\$378.34 per month |
| 6 Month option | July-December | \$172.50-\$189.17 per month |

East Texas Twisters Elite Info

Elite ages range from 5 yrs old - 18 yrs old.

Experience encouraged for this team. Elite teams are designed to have perfect technique and confidence in showmanship. Elite teams need to have well rounded athletes in all areas of the levels below their placement level.

Practice days are Sundays and 1 weekday.

| PROGRAM | SEASON | Competition Per Season | PRACTICE HOURS PER WEEK | TUITION | UNIFORM | Makeup |
|---------|----------|------------------------|-------------------------|---------|---------|--------|
| Elite | June-May | 7-8 | 4 Hrs | \$175 | \$425 | \$30 |

Elite Team Extras

| | |
|------------------|-------------|
| Practice Clothes | \$85 |
| Competition Fees | \$600 |
| Music | \$90 |
| Hair Accessory | \$25 |
| Choreography | \$350-\$400 |



AllStar Extras Options

| | | |
|-----------------------|------------------------------|--------------------------|
| Paid in Full | Before June 30 th | \$1,150-1,200 |
| 3 Month option | July/September/November | \$383.34-\$400 per month |
| 6 Month option | July-December | \$191.67-\$200 per month |

Important Dates

Mabank Tryouts: May 23rd

- All ages and skills: 6:00pm-8:00pm

Canton Tryouts: May 24th

- Beginner-Back handspring: 4:00pm-5:30pm
 - Tuck and up: 5:30pm-8:00pm

Mineola Tryouts: May 25th

- Beginner-Back walkover: 1:00pm-3:00pm
 - Back handspring: 3:30pm-5:30pm
 - Tuck and up- 6:00pm-8:00pm

Team Announcement: May 28th

- Team placements will be released via email by 6:30pm
 - First Fundraiser will be released

Contract Signing Day: June 2nd

- Times will be sent out with team placements on May 28th
 - Sizing for uniforms and practice wear will be available

Any questions can be answered by emailing our AllStar Director, Coach Madi, at:
allstars@ettwisters.com

We look forward to seeing everyone at tryouts and we can't wait to have an AMAZING season!!

Skill Sheet Guide

LEVEL 1

- Forward roll
- Backward roll
- Backbend
- Bridge kick-over
- Front limber
- Back walkover
- Front walkover
- Valdez
- Cartwheel
- Roundoff

LEVEL 2

- Standing back handspring
- Roundoff back handspring
- Back walkover back handspring
- Cartwheel back handspring
- Front handspring
- Roundoff back handspring series
- Front walkover roundoff back handspring

LEVEL 3

- Punch Front
- Aerial
- Roundoff back handspring tuck
- Standing back handspring series
- Jump back handspring series
- Front handspring punch front
- FWO Aerial
- FWO roundoff back handspring tuck
- Aerial roundoff back handspring tuck
- Punch front roundoff back handspring tuck
- RO BHS step out ½ turn RO BHS Tuck

LEVEL 4

- Standing tuck
- Back handspring tuck
- Back walkover tuck
- Jump back handspring tuck
- Roundoff back handspring Layout
- FWO roundoff back handspring layout
- Punch front roundoff back handspring layout
- Roundoff back handspring whip back handspring layout
- Roundoff back handspring whip layout

LEVEL 5

- Jump standing tuck
- Back handspring series layout
- Back handspring whip layout
- Front full
- Roundoff back handspring full
- FWO roundoff back handspring full
- Punch front roundoff back handspring full
- Roundoff back handspring whip back handspring full
- Roundoff Arabian roundoff back handspring full
- Front handspring front full

Meet our Staff!



Coach Haylie



Coach Madi



Coach Morgan



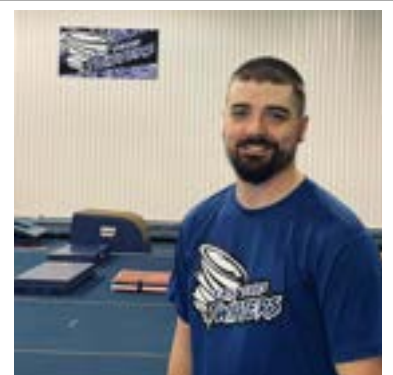
Coach Kristien



Coach Bryan



Coach Kenzie



Coach Tanner

2023-2024 Teams



#ETNHGBA