



# Your Roadmap to Success... You can get there from here!

***Each day, each practice, each step takes you and your team closer to the goal....***

*Tryouts are over and it's time to look ahead and see what lies ahead for our Twister teams as they focus on the upcoming competition season. What's going on at practices now? Is there a plan? What direction are we going in? Have faith in your coaching staff – there IS a plan and our Twisters are right on track.*

**From Tryouts to Choreography Camp:** Teams have been formed. The coaches are experimenting with the teams and individual positions within the squad. Strengths and weaknesses are identified. Stunt groups are working together and are getting comfortable with what each other can do. Bonds are beginning to form. Girls are getting to know each other with socials and other team building activities. This is an important time for each squad because with each practice, teamwork and trust gets a little bit stronger.

**July: Choreography Camps!** At this time, the teams have had a chance to bond and there is a fair amount of confidence in each girls' position and ability to perform in her unique role on the squad. **Camp is absolutely crucial** ...it is at choreography camp where a strong foundation is laid for the performance routine that the squad will work on and perfect for the rest of the season. It's hard work – it can be frustrating, tiring, and yes, so much fun. Because it is so important to get it right, our Twisters will have an experienced, proven, award-winning top notch choreographer come in and design exciting and energetic performance routines that are unique to the Twisters. He will closely work with the team to make sure the design "fits. Each girl will get her chance to contribute to and be a part of the design. Camps don't last long. They don't need to – because the work done during camp is intense and very focused. Those few days of camp are the **most important part of the entire season** because it is here that the roots are planted for successful future performances.

**August – November – Time to Build!** You have your tools and now you just need to start building! Now that camp is over, time is on your side. But just for a little bit. You, your coach, and your teammates now have the time to work with the routine you've just learned, polish it up, work it a bit, revise it if you need to, and make it into a winning performance. **You only have five months. Don't let discouragement set in...everything is hard before it becomes easy.** Keep working it and practicing and you will find that around November, the magic will begin to appear! And practicing your performance will become more fun than you ever imagined! Social activities are occurring during this time to add some real fun outside the gym.

**December – March: Bring It On! Competitions Begin!** Everything you and your team have worked for are now ready to be put to the test against all the other all-star teams who have been doing exactly the same thing. They are just as nervous as you might be but not half as nervous as your parents! It's time to travel, time to check out other teams, and time to be there for each other. It's a fast, fun, and furious pace. Enjoy these few months because it will be over before you know it.

**March – Friends & Family:** Is it really over? Unfortunately, it is. But before your team disbands, you have one final performance! You and your team are ready to showcase your performance routine to "Family and Friends" in a festival-like atmosphere at Haydens Gym! Balloons, music, photographers are all a part of the scene but you and your team are in the spotlight! It is the final time you and your team will have to get together, remember the season, and celebrate your success. Our graduating seniors will bid their final farewell to the program and team awards will be presented. Lots of fun,, photographs, laughter, tears, and memories in one final event wraps up the season for our Twisters.

*So that's the roadmap for our All Star Twisters for the 10-11 season! It's going to be fun and challenging but don't worry too much about anything more than your next practice! Your coaches will guide you through the season and will give you the information you need to know when you need to know it. Your job is to work hard to be the best you can be – for yourself, for your teammates, and for the family who is supporting you and your team every step of the way.*

**DREAM IT....SEE IT....BELIEVE IT.... AND THEN ACHIEVE IT... GO TWISTERS!**

