



TWISTERS ELITE 2009 SUMMER WORKSHOP REGISTRATION FORM

Twisters Elite 1600 N. Milwaukee Ave. Ste. 501-508 Lake Villa, IL 60046 Ph 847-445-5956 Fax 888-762-3296

Child's Name: _____ Grade: _____ Age: _____ Parent's/Guardian's Names: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phones: _____ Email: _____

Workshops are \$35 Each. Please Circle the Workshop You are Registering for.

Amount of Classes Registering for: _____ x \$35 = \$ _____ Payment Information: _____

Workshop Descriptions

- Back Handspring Workshop** Prerequisite for Workshop: Athletes must be able to do a back walkover AND a round-off with NO spot in order to attend this workshop.
- Back Tuck/ Layout Workshop** Prerequisite for Workshop: Athletes must be able to perform round-off 3 back handsprings AND at least 2 standing back handsprings with NO spot in order to attend this workshop.
- Twisting Workshop** Athlete's must show a clear understanding of how to twist before being spotted on the spring floor. Prerequisite for Workshop: Athletes must be able to perform round-off back handspring hollow layout and/or single twisting layout AND 2 standing back handsprings tuck and/or layout with NO spot in order to attend this workshop.
- Core Conditioning, Back Walk Over and Cartwheel Workshop** There is NO prerequisite for this workshop.
- Front Tumbling Workshop** ALL variations of front tumbling. Those included are front handsprings, fly-springs, punch fronts, front layouts, front fulls and arabians. Prerequisite for Workshop: Athletes must be able to perform a back handspring AND round-off back handspring tuck with NO spot in order to attend.
- Specialty Pass Workshop Level 1, 2 and 3** Round off back walkover 1/2 turn hurdle round off back walk over, or round off 1/2 turn hurdle roundoff back walkover Level 2 - Round off back handspring step out multiple back handsprings, or front walkover round off multiple back handsprings, or front walkover round off back handspring step out 1/2 turn round off multiple back handspring. Level 3 - front walkover round off back handspring step out 1/2 turn round off back handspring tuck, round off back tuck 1/2 turn round off back handspring step-out back handspring tuck. Prerequisite for Workshop: Athletes must be able to perform round off back walkovers, round off back handsprings and/or round off back handspring tuck in order to attend.
- Specialty Pass Workshop Level 4 and 5** Punch front round off back handspring whip back handspring layout, punch front multiple back handsprings to a layout, round off back handspring tuck back handspring layout. Level 5 - punch front to round off multiple back handsprings to full, round off whip back handspring full, whip whip fulls, whip doubles, etc. Round off arabian round off back handspring back handspring full, round off back handspring to knee back handspring full or double. Prerequisite for Workshop: Athletes must be able to perform layouts and/or fulls with NO spot in order to attend.

Workshop Schedule

Dates	Monday	Wednesday	Thursday
June 15th - June 19th	Back Handspring Workshop 10am-12:30pm	Back Tuck/Layout Workshop 10am-12:30pm	Twisting Workshop 10am-12:30pm
June 22nd - June 26th	Core Conditioning, Cartwheel and Back Walkover Workshop 10am-12:30pm	Front Tumbling Workshop 10am-12:30pm	Specialty Pass Workshop Level 1, 2 and 3 10am-12:30pm
June 22nd - June 26th	Back Handspring Workshop 10am-12:30pm	Back Tuck/Layout Workshop 10am-12:30pm	Twisting Workshop 10am-12:30pm
July 6th - July 10th	Core Conditioning, Cartwheel and Back Walkover Workshop 10am-12:30pm	Front Tumbling Workshop 10am-12:30pm	Specialty Pass Workshop Level 4 and 5 10am-12:30pm
July 20th - July 24th	Back Handspring Workshop 10am-12:30pm	Back Tuck/Layout Workshop 10am-12:30pm	Twisting Workshop 10am-12:30pm
July 27th - July 31st	Core Conditioning, Cartwheel and Back Walkover Workshop 10am-12:30pm	Front Tumbling Workshop 10am-12:30pm	Specialty Pass Workshop Level 1, 2 and 3 10am-12:30pm
August 3rd - August 7th	Back Handspring Workshop 10am-12:30pm	Back Tuck/Layout Workshop 10am-12:30pm	Twisting Workshop 10am-12:30pm
August 10th - August 14th	Core Conditioning, Cartwheel and Back Walkover Workshop 10am-12:30pm	Front Tumbling Workshop 10am-12:30pm	Specialty Pass Workshop Level 4 and 5 10am-12:30pm
August 17th - August 21st	Back Handspring Workshop 10am-12:30pm	Back Tuck/Layout Workshop 10am-12:30pm	Twisting Workshop 10am-12:30pm

Parental Consent to Participate & Media Release:

I hereby give authorization for my child to participate at the Xtreme Spirit Cheer Dance Tumble Training Center. I understand that all payments made to Xtreme Spirit are non-refundable. I also understand that my child can be removed from the any class or team for continued problems with behavior from my child and/or any family member of the child. I allow my child's photos to be used in all Xtreme Spirit media including websites, commercials, flyers, and ads.

Parent or Guardian Signature: X _____ Date: _____