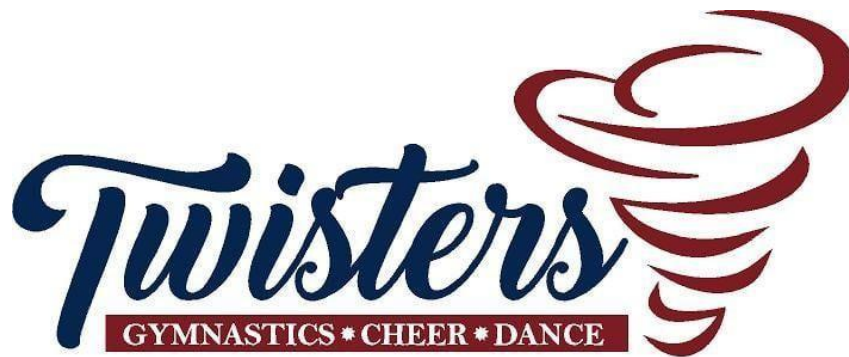




Fall 2026

MEMBER HANDBOOK

Strasburg Parks & Recreation District
1932 Burton Street, Strasburg, CO 80136
(303) 622-4260 phone
twisters@strasburgparks.org
www.strasburgparks.org

July 24, 2026

Dear Twisters Family,

Thank you for being part of the Twisters family! We appreciate the opportunity to work with your children and are looking forward to another great season. We have some exciting changes coming up!

New 16-Week Session: Beginning this fall, Twisters will move from 12-week sessions to 16-week sessions. This new schedule will align with the traditional school semester and reduce the number of times families need to register throughout the year. Fall Semester Dates: August 24 – December 19, 2026

Registration is NOW OPEN – Important Registration Dates:

- Class Evaluations: August 12, 2026
- Early Registration: August 16, 2026
- Late Registration: August 23, 2026

Class Evaluations: We will be hosting an open practice on August 12, from 6:00–7:00 p.m. to evaluate gymnasts for class placement. This is a great opportunity to ensure your gymnast is registered for the appropriate level. **Attendance is required** for any gymnast wishing to move up a level, including: gymnasts advancing out of Bronze and anyone interested in pre-Team. If you would like your gymnast to be evaluated, please RSVP to twisters@strasburgparks.org.

Important Staff Update: I also wanted to let everyone know that I will be out of the office for approximately three (3) months beginning August 24, while I recover from a major surgery. During this time, I will not be available, but Twisters will continue as scheduled, and our amazing coaching staff will keep everything running smoothly. You will be in great hands! During my absence, please call the office (303-622-4260) with any questions, or contact:

- Leah Sir-Vandewerken – Rec Gym, Cheer, and Dance Coordinator
- Shalin Zuther – Competitive Gym Coordinator
- Jessica Loveless – Registration & Payments; (303) 622-4260; jessica@strasburgparks.org

Thank you for your continued support of the Twisters program. We appreciate your patience during this time and look forward to another fun and successful season!

Sincerely,

Tina Connely

Twisters Director

GOALS & OBJECTIVES

The goal of the Twisters Club is to provide a safe, effective environment in which the members can participate in gymnastics, dance, and cheer activities under the guidance of appropriately qualified coaches. Members can choose from recreational classes or competitive team programs. Each class is carefully constructed to motivate your child in a fun and progressive environment with the primary emphasis on safety and proper training methods for injury prevention and physical growth.

Twisters is very proud of our experienced, dedicated coaching staff. Many of the coaches have also been Twister's athletes. Our coaches are required to complete a Spotting Clinic each year. In addition, all coaches (over the age of 18) complete a Background Check. Lead coaches are all CPR certified, AED trained, and have completed concussion protocol and mandatory reporter training.

PROGRAM SCHEDULE & CLOSURES

Students must be enrolled through Strasburg Parks & Rec District (Active Network) to participate in classes.

- **FALL SEMESTER DATES:** August 24 – December 19, 2026
- **CLOSED DATES:** September 5-7, 2026 and November 23-28, 2026
- **TALENT SHOWCASE & PIN CEREMONY:** Week of December 14, 2026

****NOTE:** If Strasburg School District closes for adverse weather – the gym will also be closed**

COMMUNICATION

We understand your time is valuable, so it is our goal to provide you with the most accessible, up to date information. Because classes are scheduled back-to-back, the instructor will not have time to meet with parents before or after class, so please communicate through InstaTeam. Or if need be, schedule a time outside of regular class time. Please also join our Facebook page TWISTERS ATHLETICS.



The primary communication tool will be through InstaTeam (app). At the first class, you will receive instructions on how to join InstaTeam. The app is free to download and you can download it from the App Store or Google Play.

CLASS VIEWING OPTIONS

Due to lack of space and for safety reasons, no parents are allowed inside the training area during any class, unless specifically asked by a coach on duty (exception: Parent/Tot class). It has been proven that a much better response from children is possible when a parent is not present.

GYMNASTICS: Parents are invited to wait in the Parent Lounge during class. Gym classes are live-streamed to the parent waiting area at the Rec Center and there will be a Talent Showcase scheduled each December.

DANCE: Parents are invited to attend class during the first and last meeting and periodically throughout the session (at the end of class). In addition, there will be a Talent Showcase scheduled in December.

CHEER: Parents are invited to attend class during the first and last meeting and periodically throughout the session (at the end of class). In addition, performances at local sporting events and/or parades will be scheduled.

PICK-UP/DROP-OFF PROCEDURES

GYMNASTICS: 1932 Burton Street, Strasburg

****Enter & Exit from the NORTH door at the Rec Center****

To ensure the safety of our students and instructors, the front (west) glass doors to the Rec building will be locked at 5:00pm. The curb area along the north side of the Rec Center is designated for loading and drop-off for your convenience. Do not leave your car unattended, but please use it as a quick pickup/drop-off area. This is also a designated red zone for emergency vehicles. Ample parking is available in the North Parking Lot as well as limited parking in the main Rec lot.

CHEER/DANCE: 56423 Westview Avenue, Strasburg

****Enter & Exit from the EAST door at the Legion Hall****

PREPARING FOR CLASS

- In the interest of safety, students are strictly prohibited from using equipment within the Gym, other than for gymnasts during their designated class time.
- Hair should be neatly tied back for both classes and competitions. Please ensure all children have used the restroom prior to class time.
- Students should NOT enter the facility prior to their class commencement; this is imperative for the successful running of all classes as it leads to disruption to the class in progress. A member of staff will invite them in when it is time for their class to begin.
- Twisters and Rec staff are not responsible for students waiting outside of the facility, outside of their own designated class time. Students should arrive 5 minutes before class begins, no earlier please because space is limited.
- No student is to leave the building before a parent has arrived for collection. Children finishing a class may wait quietly inside the hall or waiting area until a parent has arrived.

- Your child should bring their own water bottle. Chewing gum or any food product is not allowed.
- GYMNASTICS ATTIRE: Please ensure your child attends in appropriate attire. Jeans or skirts ARE NOT suitable for class. Shorts, fitted t-shirts, and training leotards are suitable for rec classes. Gymnasts training at competition level need to attain club's competition attire. Please contact the Director for more information.
- CHEER ATTIRE: Students should wear leggings/tights or athletic wear to classes (t-shirts, sweatshirts, exercise pants/shorts, etc.). Please no clothes that are restrictive or difficult to move in. CLEAN shoes that have not been worn outside are required. Additional uniform information will be provided by instructor.
- DANCE ATTIRE: Ballet students must wear a leotard and ballet slippers. Jazz and Hip-Hop students may wear athletic clothing with their preferred shoes. There are no requirements for Music & Movement, just comfortable clothing. Additional uniform information will be provided by the instructor.

PIN CEREMONY & SHOWCASE

For Gymnastics, once a student achieves the next level, they will receive a certificate and a star pin representing the level they have passed. These pins can be attached to backpacks, gym bags or kept to display at home. They show the accomplishment of passing a recreation level! Showcases are scheduled twice during the year (December and May), so that family members can see the progress your young gymnast is making.

REFER-A-FRIEND

Referrals are the highest compliment you can give us! Each time you refer a friend or family member and they enroll in a class for the first time, we will give you a "\$10 off" coupon to use in the Twisters Apparel Store. This "thank you" gift is unlimited so the more you spread the love of Twisters, the more DISCOUNTS you will earn!

BIRTHDAY PARTIES

Celebrate your birthday with Twisters Gymnastics! Parties are typically held on Saturdays and Sundays. Please call to reserve a date and time. Party Fee is \$200 and includes 2 hours of FUN! Children should wear comfortable clothes to the party that will allow them to move freely. Call (303) 622-4260 to schedule your birthday party.

POLICIES

By registering your child for Twisters at Strasburg Parks & Recreation District, you agree to the following:

LATE ENROLLMENTS: A \$25 registration fee will be charged for enrollments after the Early Bird deadline.

REFUNDS: Classes are staffed according to enrollment at the beginning of the session; therefore, the session fee is non-refundable. Refunds for class tuition will not be given under any circumstances.

PAYMENTS: Twisters runs on a strict, no payment-no participation policy, so failure to pay fees on time will affect your child's training. A late payment fee in the amount of \$25 will be assessed for late payments after the second notice. Students with outstanding fees may be removed from classes and may be placed on our waiting list once the balance has been cleared.

ABSENCES: To offer high quality and consistent instruction, when you choose a class day/time for your student you are purchasing a consistent spot in that class which will not be filled by any other student. We also understand that family schedules are busy and there are times students may miss a practice. For that reason, you may make up a class during the designated day each quarter.

ILLNESS: Students may not attend class if they exhibit any symptoms of illness. This includes but is not limited to fever, flu-like symptoms, sore throat, ringworm, lice, rash, etc. If your child has been diagnosed with a contagious illness, do not attend class and notify your instructor. If your child is quarantined due to a Covid exposure, do not attend class.

PHOTO/VIDEO: Twister's members may be photographed or videoed when necessary for the purpose of coach training, or for use on the club website or newsletters, display boards, or any other relevant club event or occasion. Please contact the Director if you do not consent.

We feel very strongly that your child's well-being is of the utmost importance. Thank you for your cooperation and support regarding these policies. Please see the full Code of Conduct attached.

QUESTIONS?

- Tina Connely, Twisters Director, twisters@strasburgparks.org
- Jessica Loveless, Office Coordinator and Payments, jessica@strasburgparks.org
- District Office: (303) 622-4260, admin@strasburgparks.org



STRASBURG METRO PARKS & RECREATION DISTRICT CODE OF CONDUCT

By registering your child, or yourself, for a SMPRD program, you have implicitly agreed to this Parental (Spectator) Code of Conduct for all activities, practices, and competitions to be held on site, or at other locations.

VIOLATIONS

- Yelling or distractive noises intended to negatively impact participating athletes.
- Disrespectful comments or derogatory gestures.
- Criticizing officials in any way; display of temper with an official's call.
- Use of profanity or display of anger.
- Physical or verbal threats or actions directed at any player, referee, coach, parent, fan, or employee.

All spectators, coaches and players must conform to all SMPRD and school district regulations and rules. Improper behavior (in the judgement of the supervisor on duty) will not be tolerated.

Spectators who display unacceptable behaviors as listed above will be warned or asked to leave immediately. Failure to leave the facility when directed will result in suspension of participation and/or forfeiture of the game. All players, coaches and spectators will abide by the official's decision, including a decision concerning the team's conduct.

Any individual ejected from a game and/or event **MUST** exit the area immediately upon request. Failure to leave may result in suspension of the game and/or forfeiture of the game as well as potential suspension from SMPRD programs and facilities.

Anytime that, in the judgement of a SMPRD employee, umpire or referee, a game gets out of hand, the supervisor on duty has the authority to terminate the game and/or event.

Drugs, alcohol, smoking, vaping products are not allowed on SMPRD property. This applies to spectators, coaches, and players. Any individual that is under the influence of alcohol or illegal drugs should not attend games.

Officials and/or district staff will rule upon situations that may arise and are not covered by this agreement as needed.

CONSEQUENCES

- Strike One: Immediate ejection (from game and/or facility).
- Strike Two: One game/event suspension and possible suspension for the remainder of the season/session.
- Strike Three: Suspension from program/facilities for one year, or lifetime ban depending on severity of situation and approval from SMPRD Board of Directors.

Questions? Call 303-622-4260, or email admin@strasburgparks.org.
