

#### **Pricing List for School Cheerleading:**

We know every school and program is different, therefore we offer flexible training times and prices based on what you and your team need!

#### \*NEW\* 1 hour \*NEW\* \$40.00 per month

(This hour is provided on a weekly basis at our facility or yours, where our staff will help your squad on stunting abilities)

1 ½ hours \$50.00 per month

### 2 hours \$55.00 per month

(These hours are provided on a weekly basis at your school, where our staff can help build your squad tumbling and stunting abilities.)

Game Ready Camp \$79.00 per participant (3 days)

Choreography Camp \$110.00 per participant (2 days)

Private lessons are available for gym members.

# For information on anything happening at our gym...



#### **About Us**

Owned and operated by Kellie Alvarez,
American Twisters is a proud participant in
Power Tumbling, Cheer (both competitive and
recreational), Dance, Trampoline, and is a
proud supporter of Homeschoolers and
Daycares in Montgomery County. Having had
several of her students compete across the
globe, Kellie is proud to bring her skills and
qualified staff to the area. Servicing students of
all ages, our staff looks forward to instructing
your child!

Phone: 931-572-0089
Email: info@clarksville-tumbling.com
Web: www.clarksville-tumbling.com



## School Cheerleading



TUMBLING + TRAMPOLINE

"Building Self Esteem Through Movement"

438 Kelly Lane Clarksville, TN 37040

We offer schools in Montgomery,
Robertson, and Cheatham County the
following:

Game Ready Camps
Choreography Camps
Tumbling Instruction
Stunting Instruction

If you are a school coach, please take this brochure to find out how we can help your program!

#### **Dear Cheer Sponsor...**

We understand that your time is very valuable, and we would like to make *your* job a little easier! Our staff is prepared to assist your squad in any way that you need; from developing routines, tumbling instruction, cheer skills, stunting instruction, and custom music, we do it all!

#### Why should you choose American Twisters?

We are the largest gym available in the area, and we are also the most competitively priced. Our staff goes above and beyond of any other gym, offering count sheets, game plans, and other helpful organizational skills to make your job as easy as possible. Currently we serve 12 school cheer programs; from middle school to high school, from JV to Varsity, and from noncompetitive to competitive teams.

#### Where should you train?

Whether it is at our state of the art facility, or at your school, our staff will do their best to push your squad to achieve goals and improve individually and as a team. With that said, we always recommend to train at American Twisters, where we have safer equipment, more staff, and ample space for maximum improvement. It is no extra charge to train at our facility or yours, so it's up to you!

#### What We Offer

#### **Game Ready Camp:**

3 Training Days5 hours each day

At our "Game Ready" camps, your team will learn everything they need to prepare for half-times and time-outs for football and basketball season. We typically provide 3 dances with music, and 3 half-time cheers, however, our staff will work with you to determine what's best for your team to learn!

#### **Choreography Camp:**

2 Training Days5 hours each day

For our choreography camps, we provide one of our all-star coaches to choreograph your routine, giving you and your team the competitive edge they need for competition season! This includes a routine, approximately 2:30 minutes long, that will include jumps, standing tumbling, running tumbling, stunts, a pyramid, and dance. Our staff will provide music for the routine, as well as count sheets if you wish!

If you are a competitive team who wants game material as well, our staff is more than happy to provide a package deal that combines our 2 camp packages together!

#### **About Our Facility**

American Twisters offers the largest tumbling and cheer facility in Clarksville, as well as middle Tennessee. We offer:

- 2 Competitive cheer spring floors for routines and running tumbling
- 1 carpet bonded foam school floor for stunts and standing tumbling
- Ample equipment for skill-building, such as:
  - ⇒ Wedge mats for back handsprings and tucks to progress
  - ⇒ Panel mats for round-offs, conditioning techniques and bridge-kick overs
  - ⇒ Front-walkover/back walkover mats.
- 60 foot tumble track (trampoline) with 12 foot air track catcher for progressing running and standing skills
- "Dead floor" for preparing skills for a football field or basketball court
- 2 rod floors for running tumbling progressions

If you decide to train at our facility, in addition to all of our state of the art equipment, you will have 2-3 staff members with your team, allowing each student to reach their maximum potential!

Please call or email us today to have your school train with the best:

American Twisters!