



**LEGACY ELITE  
ATHLETICS  
ALL STAR HANDBOOK  
2026 / 2027**

# OUR MISSION



At **Legacy Elite Athletics**, our mission is to help athletes reach their individual and team goals while developing a lifelong love for the sport of cheerleading. We are dedicated to building confident, resilient, and compassionate athletes by emphasizing the values of Confidence, Character, Consistency, Compassion, and Commitment.

We believe these core values help shape not only successful athletes, but strong individuals both on and off the mat. Through quality coaching, positive mentorship, and a supportive atmosphere, we strive to create an environment where every athlete feels valued, challenged, and empowered to succeed.

At **Legacy Elite Athletics**, we take pride in fostering a culture that is positive, inclusive, safe, and fun—one where athletes can grow, build lasting friendships, and create memories that extend far beyond cheerleading.

# IMPORTANT PRACTICE DATES

JUN 15	SUMMER PRACTICES BEGIN	MANDATORY FOR ALL TEAMS
JUL 4-6	INDEPENDENCE DAY BREAK	NO PRACTICE OR CLASSES
JUL 7	FULL PRACTICES BEGIN	MANDATORY FOR FULL YEAR TEAMS
AUG 1-2	DYNASTY CHOREOGRAPHY	MANDATORY FOR DYNASTY
AUG 8-9	BLACK DIAMONDS CHOREOGRAPHY	MANDATORY FOR BLACK DIAMONDS
SEPT 5-7	LABOR DAY BREAK	NO PRACTICES
OCT 31	HALLOWEEN	NO PRACTICES
NOV 1	HALF YEAR BEGINS	MANDATORY FOR HALF YEAR
NOV 14	SHOWCASE	MANDATORY FOR ALL TEAMS
NOV 25-27	THANKSGIVING BREAK	NO PRACTICES
DEC 24-26	HOLIDAY BREAK	NO PRACTICES
DEC 31-JAN 1	NEW YEAR BREAK	NO PRACTICES
MAR 28	EASTER	NO PRACTICES
MAR 29 - MAY 9	NO PERSONAL TRAVEL ALLOWED	MANDATORY FOR ALL TEAMS

# **ATHLETE EXPECTATIONS**

## **PRACTICE WEAR AND APPEARANCE**

All athletes are expected to arrive at practice fully prepared and ready to go.

This includes:

- Hair: Clean, styled in a high ponytail, with no flyaways
- Jewelry: All jewelry must be removed before practice
- Practice Wear: Athletes must wear the designated practice wear (schedule will be shared by coaches via the team BAND)
- Footwear: Black socks and black cheer shoes only
- Water: Bring a full water bottle to every practice
- Hygiene: Athletes must maintain clean personal hygiene, including trimmed nails and the use of deodorant

These standards help ensure a safe, professional, and team-focused environment.

## **PUNCTUALITY AND READINESS**

All athletes are expected to arrive on time to practice with their cheer shoes on, hair styled appropriately, and jackets removed, ready to begin.

## **CELL PHONE POLICY**

Cell phones must be turned off or silenced and placed securely in the athlete's bag for the duration of practice. Coaches and staff reserve the right to collect phones if necessary to ensure focus and safety. In case of an emergency, parents should contact the team coaches directly, not the athlete.

## **CHOREOGRAPHY**

During choreography, athletes will learn routine formations, transitions, stunt and tumble sequences, and timing/counts. Attendance is critical, as this sets the foundation for the team's entire season. Choreography is mandatory for all athletes on teams receiving a professionally choreographed routine. Sessions may range from 3 to 5 hours and can take place over multiple days.

## **NUTRITION AND PERFORMANCE**

An athlete's diet plays a crucial role in their stamina, focus, and ability to safely and effectively perform skills during practices and competitions. Athletes are expected to fuel their bodies with nutritious foods and beverages that are rich in vitamins, minerals, protein, and electrolytes. Making healthy choices supports strength, endurance, recovery, and overall performance—on and off the mat.

## **INJURIES**

Cheerleading is a highly physical sport, and while our coaches and staff take every precaution to ensure safety, injuries can still occur. If an athlete becomes injured, they are still expected to attend all practices and competitions, unless medically advised otherwise. Staying present allows the athlete to support their team, remain updated on routine changes, and continue learning from the sidelines.

## **ATTENDANCE POLICY**

- ALL practices are mandatory
- Excused absences include contagious illness, graded school events, and family emergencies
- Coaches are to be notified of an absence 2 weeks prior to the date of an un-excused absence and a vacation form is to be filled out and handed into coaches
- Practices the week of a competition are mandatory in order for the athlete to compete
- Athletes who miss more than 1 practice due to illness or injury will be required to get a doctors note to return to practice

# CODE OF CONDUCT

## SOCIAL MEDIA

All parents and athletes affiliated with **Legacy Elite Athletics** are expected to represent the program with integrity, respect, and professionalism—both inside and outside of the gym, including on social media.

Parents and athletes must refrain from posting:

- Explicit or inappropriate content
- Foul language or offensive gestures
- References to drugs or alcohol
- Negative or harmful comments about other athletes, parents, or programs—including those outside of **Legacy Elite Athletics**

By upholding these standards, we help maintain a positive, inclusive, and respectful environment for our entire community.

## SPORTSMANSHIP

Every parent and athlete affiliated with **Legacy Elite Athletics** is expected to treat all coaches, staff members, athletes, and families with respect at all times. At competitions, this same standard applies—all parents and athletes must show kindness and good sportsmanship toward competition staff, judges, and members of other programs. Representing **Legacy Elite Athletics** with class, respect, and integrity is a responsibility we all share, both on and off the mat.

## LOGO AND MERCHANDISE POLICY

The **Legacy Elite Athletics** name, logo, team names, and branding are the exclusive property of **Legacy Elite Athletics** and may not be used, reproduced, modified, or distributed without written permission.

To ensure brand consistency, all apparel, merchandise, and promotional items featuring **Legacy Elite Athletics** branding must be purchased through **Legacy Elite Athletics** or an approved vendor.

The unauthorized creation, sale, or distribution of any merchandise bearing **Legacy Elite Athletics** branding is strictly prohibited and may result in the loss of program privileges and the removal of unauthorized items.

## BULLYING AND HARASSMENT

At **Legacy Elite Athletics**, we have a zero-tolerance policy for bullying, harassment, or any behavior that threatens the safety or well-being of others. Coaches and staff reserve the right to take immediate disciplinary action in response to any incidents, which may include suspension or removal from the program. We are committed to providing a safe, supportive, and inclusive environment for every athlete and family.

## DISCIPLINARY PROTOCOL

At **Legacy Elite Athletics**, our coaches and staff are committed to resolving issues in a respectful and constructive manner. While most situations can be addressed through communication, some cases may require further action. The following steps outline our standard disciplinary process:

### **Step 1: Communication with Athlete/Parent**

Our first priority is to address concerns directly and promptly. Coaches or staff will communicate with the athlete and/or parent to discuss the issue and work toward a solution.

### **Step 2: Parent Meeting & Formal Warning**

If the issue continues, a private meeting will be scheduled with the parent(s) and athlete. A formal warning will be issued, and expectations for improvement will be clearly outlined.

### **Step 3: Removal from the Program**

If the problem still persists after steps 1 and 2, the athlete may be removed from **Legacy Elite Athletics** for the remainder of the season. In such cases, the family will remain financially responsible for all tuition, fees, and any re-choreography expenses necessary due to the athlete's removal.

# COMMUNICATION

## BAND

Following your athlete's completion of team placements, you will receive an invitation to join both the **Legacy Elite Athletics** Main BAND and your athlete's Individual Team BAND.

BAND is our primary form of communication. It is essential that all families regularly check both groups to stay informed.

The Main **Legacy Elite Athletics** BAND will include updates on:

- Important dates
- Gym-wide announcements
- Competition Schedules
- Gym closures

**SCAN THE QR CODE TO  
JOIN THE LEGACY ELITE  
ATHLETICS MAIN BAND**



The Individual Team BAND will include:

- Team-specific reminders
- Practice updates
- Routine Information
- Communication from your athlete's coach

Staying active on BAND ensures you don't miss any critical information throughout the season.

## 24 HOUR RULE

Should a question or concern about your athlete or team arise, we kindly ask that you wait 24 hours before reaching out to a coach or staff member. This pause allows for a calm, thoughtful approach and ensures respectful, solution-focused communication. We also ask for your patience in return—coaches and staff are given 24 hours to respond to messages sent via BAND, as they may be in training, at work, or managing multiple teams.

# FINANCIAL AGREEMENT

## TUITION AND TEAM FEES

Participation in **Legacy Elite Athletics** includes a yearly contract covering the full cost of the 2026–2027 season. This total cost is divided into monthly payments for convenience, but it is important to note that it is not a monthly service fee—it represents your athlete’s full-year commitment to the program.

### **Tuition**

Tuition covers your athlete’s training, coaching, and time spent in the gym throughout the season. If circumstances such as weather, gym closures, or cancellations impact regular training schedules, refunds will not be issued, as tuition supports the overall training experience, not specific dates.

### **Team Fees**

Team Fees cover expenses paid directly to vendors on your athlete’s behalf (e.g., uniforms, choreography, music, competitions). These fees are estimated at the beginning of the season and may vary slightly (within 5–10%) based on actual vendor costs.

## PRACTICE WEAR AND UNIFORM

All athletes are required to purchase official practice wear to be worn at practice and a uniform to be worn at competitions. If an athlete has previously purchased either item, they will not be required to repurchase, unless design changes or updates have been made to the attire for the new season. To make the cost more manageable, payments for both practice wear and uniforms will be divided into multiple installments throughout the season.

# FUNDRAISING

At **Legacy Elite Athletics**, we understand that all star cheerleading is a significant financial commitment for our families. To help offset costs, we offer a variety of fundraising opportunities throughout the season, with support from our Booster Club, **Raising Royalty**. You can find all fundraising information such as deadlines, order forms, and fundraiser prizes in the **Raising Royalty** Booster Club BAND.

## **Optional Monthly Fundraisers**

Each month, families will have the opportunity to participate in optional fundraisers. All funds raised will be applied directly to your athlete's account and can be used toward tuition and team fees.

## **Mandatory Fundraisers**

We will also hold mandatory fundraisers periodically throughout the season. These events help raise money for the gym to purchase new equipment and resources that directly benefit our athletes.

## **Annual Booster Fee**

The athlete's annual booster fee helps support the operations and mission of the Raising Royalty Booster Club, including fundraising programs, volunteer coordination, and athlete support initiatives.

Families who prefer not to participate in mandatory fundraisers may choose the "opt-out" option by paying the designated fee instead.

**SCAN THE QR CODE  
TO JOIN THE RAISING  
ROYALTY BAND**



## COMPETITIONS AND TRAVEL

Please be advised that competition schedules are subject to change. We strongly recommend consulting with us prior to making any travel arrangements. When proceeding with bookings, we kindly urge that all reservations be fully refundable to accommodate any unforeseen adjustments.

Please note that certain competitions operate under a 'stay-to-play' policy. These events will be communicated in advance via BAND. Due to limited booking windows, it is imperative that you secure accommodations immediately upon notification.

## ADDITIONAL COSTS

Families are financially responsible for additional costs such as:

- Sneakers
- \$49 USASF membership fee per athlete — paid online
- \$19 Zorts membership fee per athlete — paid online
- Choreography & Music Fees

Covers professional routine choreography and custom music creation

- Placement Fees (Registration & Deposit)

Paid at the time of team placement to secure your athlete's spot for the season.

- Other Potential Expenses

This may include travel costs, extra training sessions, replacement gear, last-minute competition add-ons, or other program-related needs that may arise throughout the season.

# ATHLETE AND PARENT CONTRACT

## ATHLETE ACKNOWLEDGEMENT

I have read and fully understand the policies and protocols set forth by **Legacy Elite Athletics** as written and communicated. I agree to adhere to and abide by all guidelines for the duration of my time as an athlete and representative of the program.

I understand that my actions reflect on the team, and I commit to upholding the values, expectations, and standards of **Legacy Elite Athletics** at all times.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

## PARENT/GUARDIAN ACKNOWLEDGEMENT

I have read and fully understand the policies and protocols established by **Legacy Elite Athletics** as written and communicated. I agree to support and uphold these expectations throughout the duration of my athlete's participation in the program.

I understand that as a parent/guardian, I play an important role in maintaining a positive and respectful environment for all athletes, coaches, staff, and families. I will represent **Legacy Elite Athletics** with integrity and ensure my athlete does the same.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_