

LEGACY ELITE STARZ

All Star Cheer & Tumbling



SEASON PACKET
2024-2025

Welcome Message



Chanel Little
Founder of Legacy Elite Starz

Welcome to Season 2 of Legacy Elite Starz All-Star Cheerleading & Tumbling, athletes, parents, and supporters. It gives me great pleasure as the founder to set off on yet another thrilling adventure with every one of you. We experienced amazing accomplishments, priceless moments, and a strong sense of community during our first season. I do not doubt that as we move into Season 2, we will build on our achievements and share even more incredible experiences.

This season, we are not just focusing on perfecting our skills and routines, but also on fostering growth, fellowship and sisterhood among our team members. We believe that through dedication, teamwork, and support for one another, we can achieve anything we set our minds to.

We are committed to helping you reach your fullest potential

I am excited to see what each of you will bring in Season 2 after watching the passion and tenacity each of you had on the mat in Season 1. Whether you are a seasoned member or a brand-new addition to the team, your commitment is extremely motivating. Together, let's take advantage of every chance, conquer every obstacle, and celebrate every victory. Cheers to an incredible second season full of endless possibilities, treasured connections, and life-changing events. Prepare to Shine Bright like a Star brighter than ever before!



Legacy Elite Team Placement

All-Star Cheerleading is a sport that demands dedication from athletes and their parents. Families need to know that athletes are assessed for the Legacy Elite Starz all-star program and not for a particular team. Legacy Elite places Athletes on teams where their skills will most help the team and program overall.

We want every member to represent the gym in a responsible, classy, and sportsmanlike manner. Any athlete or parent who violates the terms and conditions of the gym acts in a way that damages the Legacy Elite brand's name or reputation may face consequences, including program termination without a refund.

Evaluating Athlete's Skills for Placements

We want every athlete to have the opportunity to showcase their strength, confidence, and skill to be placed on a team. For this reason, we evaluate team athletes for several weeks before formally assigning them to teams. An athlete can perform differently depending on the amount of adrenaline and nervousness they are experiencing. So that every athlete can give it their all, we strive to make the evaluation process as stress- and injury-free as possible. Before teams are created, "An Evaluation Session" allows our staff to spend enough time with your child to ensure level-appropriate placement and a good season for everyone.

When evaluations take place, our organization aims to provide our staff with the safest and most accurate way to measure athlete talents.

On the first day, we assign the athletes to temporary teams after making the initial evaluations. Over the next few weeks, we'll keep switching up the athletes until we have the most accurate and effective team. Following that, at our June team ceremonies, our teams will be officially announced.

Technique-driven warm-up exercises, jumps, tumbling, stunting, and choreography will be the main areas of evaluation.

At the time of team formation, athlete placement will be determined by skill level and technique.

- Most athletes will be grouped based on age group and ability level. When placing crossover athletes, athletes with unique skill sets, or athletes who have aged out of a level, exceptions may be granted.

- Never is team placement set in stone. At any point during the season, athletes who either improve or regress in their skill performance may be transferred to another team.



The Legacy Family!

Practice time will be utilized to improve team dynamics and concentrate on regular elements when rosters are set. Team practice will not give much opportunity to improve tumbling abilities.

The main goals of team tumbling are technique and team coordination. There is some skill development, although athletes are urged (but not forced) to add more classes or individual instruction to their regimen.

FEATURES AND AGE ELIGIBILITY

At every phase of training, we celebrate your child's accomplishments in a secure and encouraging atmosphere. Athletes will develop character strength by learning important lessons in self-discipline, resiliency, teamwork, and dedication in addition to gaining the ability and confidence to compete at the top level.

Novice Program

The NOVICE program aims to expose newcomers to the competitive world of All-Star cheerleading. The only requirements are the capacity for active listening, a strong work ethic, and a desire to have fun. The basics of performance cheerleading will be taught to athletes, who will then perform their routine for judges to comment on. Although novice teams aren't truly rated against one another, there are occasions when the top team at that level can be determined.

Prep Program

Athletes with some cheerleading experience or general athletic ability are intended for the PREP program. For families that are either new to the sport or do not have the financial means to commit to the travel and expenses of an Elite team, prep teams provide the ideal "bridge" program. Prep athletes receive the same qualified coaching and skill development as our full-season Elite program, even though they practice and compete on fewer days. Every season, athletes have the option to rejoin the program or use their expertise to advance to our Elite program.



DIVISION	LEVELS	BIRTH YEAR	EVENTS PER SEASON
Mini3	1-2	2015 - 2018	4-5
Youth	1 - 3	2012 - 2017	5-7
Junior	1 - 4	2009 - 2016	5-7
Senior	1-4	6/1/05 - 2012 6/1/05 - 2011	2-4
U16	1 - 4	2008-2013	2-4

Teams may attend other post-season events like (US Finals, The One, or any Bid Final Event) if a bid is earned.

Legacy Elite Starz



Legacy Elite makes an effort to provide clear pricing that includes no additional costs. We recognize that you are investing a substantial amount of money, and you should have access to information as well as management over the cost of participating.

In the event of an unanticipated temporary closure, cancellation of events, or other unforeseen circumstances beyond our control, we assure you that we will do our best to deliver the anticipated program value while prorating costs fairly.

Payment Plan

Evaluation Fee \$75 (Begins July)

Exhibition Team Ages 3-4

TOTAL REG. SEASON (JULY-MARCH) \$1,515

PAY PLAN

\$100 Deposit at signup (July)

Total after paid deposit \$1,415

\$177/mo (July-March)

TINY NOVICE: AGES 5-6

Tuition \$990

One practice/week in July; Two practices/week August-March;
90-100 training hours per season

TOTAL REG. SEASON (July-April) \$2,270

PAY PLAN

\$150 Deposit at signup (July)

Total after paid deposit \$2,120

\$199/mo (July-April)/

AAU Member Fee (Sept. 15) \$20



Legacy Elite Starz

Payment Plans

MINI-YOUTH NOVICE: AGES 7-11

Evaluation Fee \$75

Begins June

Tuition \$1100

One practice/week in June; Two practices/week July-March;
2-hrs practice per week/150 training

TOTAL REG. SEASON (July-April) \$2,630

A deposit Fee of \$250 is due first day of practice (June)

PAY PLAN

\$250 at signup (June)

Total after paid deposit \$2,380

\$238/mo (July-April)

AAU Fee (Sept. 15) \$20

***Additional tuition and coaches fees will be charged.

Bid status will determine the competition fee, if any.

Optional - Warmup Jacket-\$135 (Aug 15th)

and Backpack \$125 (Aug 15th)

Post Season event if attending (April 1)* TBD



Legacy Elite Starz

Payment Plans

Prep/Elite Mini- Senior Ages 7-18

Prep/Elite Evaluation \$75

A deposit Fee of \$300 is due first day of practice in June

Annual Tuition: July-April (150-200 training hours) \$1540

TOTAL REG. SEASON (June-April) \$ 3,120

Pay plan

(\$300 Deposit) \$2,820

\$282/mo (July-April)

Additional Fees-(AAU, Optional Jacket and Backpack, Post Season)

Uniform (If Needed) \$300 due July 15th

AAU Member Fee (Sept. 1) \$20

Optional - Warmup Jacket-\$135 (Aug 15th)

and Backpack \$125 (Aug 15th)

Post Season event if attending (April 1)* TBD

***** Additional tuition and coaches fees will be charged.

***** Bid status will determine the competition fee, if any.

Legacy Elite Teams



Elite Teams

- Competitions Registration Fee \$675-800
- Choreography Fee \$300 (July)
- USASF or AAU Fee \$49 or \$20
- Uniform \$300-\$330 (New)
- Music \$75
- Coaches Travel \$250
- Competition Bow, Shoes \$130
- Practice Apparel \$150

Prep Teams

- Competition Fee \$675-\$800
- Choreography Fee \$300 (July)
- USASF or AAU Fee \$49 or \$20
- Uniform Fee \$300-\$330
- Music \$75
- Coaches Travel \$250
- Competition Bow, Shoes \$130
- Practice Apparel \$150

Novoice Team

- Competition Fee \$375-\$450
- Choreography Fee \$300 (June)
- USASF or AAU Fee \$49 or \$20
- Music/Choreo \$250 (deposit)
- Uniform & Bow \$330
- Practice Apparel \$150

Show/Exhibition -

- Competition Fee \$200-\$300
 - Choreography Fee \$200 (July)
 - USASF or AAU Fee \$49 or \$20
 - Uniform Fee \$175
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May 14- **Parent Info Sessions**

MAY 30- June 1st Team Evaluation — registration

June 12th **Uniform Sizing**

JUN 15th Team Placement Announced

June 17th **Parent Orientation (Brainerd Park)**

JUN 19th Team Signing Week — team registration and annual contracts due; team practices begin

JUL 3 - 7 Legacy Summer Break — NO PRACTICES

JULY 15-17th **Skills Camp — Mandatory Attendance**

AUG (TBD) **Team Choreography — Mandatory Attendance**

SEP 2 Labor Day — **NO PRACTICES**

SEP 3 In-Season Practices Begin

OCT 31 Halloween — **NO PRACTICES**

NOV (TBD) Season 2 Showcase — mandatory attendance

NOV 27 - 30 Thanksgiving break — **NO PRACTICES**

DEC 23 - JAN 3 Winter Break — **NO PRACTICES**

JAN 4 & 5 Practices Resume

APR 20 Easter Sunday — **NO PRACTICES**

Financial Obligations

Refunds

There are no refunds for any payments made. Management must be notified via email if you decide to exit the program. July 1st is the final day to leave the program without incurring a penalty. A \$250 drop fee will be assessed to athletes who withdraw between July 2nd and September 2nd. A \$500 drop fee is imposed on athletes who withdraw by September 3rd or later. Any purchased apparel that is not delivered to the gym at the time of drop-off is forfeited. To maintain their "spot," athletes who have a temporary injury yet want to rejoin their team must continue to make the required payments. A letter from a physician is required. Tuition and fees for the regular season are spread out evenly over 10 months, from June to April. Competition registration, coach travel, camps, costumes, choreography, and music are all included in the fees.

If necessary, additional fees will be billed on the specified day. There will be no fees for athletes who already have a uniform. In May, only athletes who participate in post-season events will be billed. The USASF and or the AAU only receives the member fee directly from that organization. You are unable to "opt-out" of Post

Seasonal events: The listed price includes tuition, apparel, regular choreography updates, and coaches' fees. Depending on the bid type (Paid, At Large), additional event registration fees may be required. These amounts will be paid to the event producer directly. A 3.5% processing fee will be applied to all electronic payments starting on June 1, 2024.

Our processing systems will automatically retrieve all payments.

Also not included in Team Fees: USASF or AAU Membership (Due September 1), Hotel & Airfare (when necessary), Parent & Sibling entrance fees & parking, Crossover Competition fees, and ALL End-of-season bid Events for teams that qualify.

Past Due Account

Please be sure to adhere to the payment due date. If your past due account is 30 days past due your athlete will be asked to sit down. If your athlete has a past-due balance, your athlete cannot participate in any Legacy practices, evaluations, classes, private lessons, etc. In addition, an athlete with a past-due account will not be permitted to participate in private/group tumbling.

The Legacy Family!



Choreography/Skills & Music

Each athlete must pay a Choreography Fee/Skill Camp Fee for their routine. For Season 2, the choreography and skills camp will be divided into two sections, both of which are mandatory. Section 1 (Skills) will take place in July. Section 2 will be scheduled in August.

Optional Items

Optional accessories include the Warmup Jacket, Leggings, Backpack, and other things that have been added to the ProShop. However, we strongly advise you to at least purchase a team cheer backpack for your athlete.

Parent Association/Club

For Season 2, we are excited to introduce the Parent Association/Club, dedicated to providing support for our gym, athletes, and coaching staff.

Rules & Regulations

Legacy Elite Starz prioritizes adherence to rules, regulations, and guidelines both on and off the mat, within our gym, and throughout our community.

A comprehensive Parent/Athlete Handbook will be provided upon registration, detailing all regulations in full.

Legacy Elite Starz Communications

We understand that it is not always easy to contact your team's coach before, during, or after practice. To maintain an open line of communication, we will give you many avenues to contact us with your concerns and suggestions and we will strive to continuously improve communication channels. Please speak to us directly or send an email to legacyelitestarz@gmail.com This allows you to voice your opinion, positively, express concerns for your athlete, give us new information that we may need to know, etc. You may indicate if you would like for someone to call you back or if you would like to make an appointment. We will try to get back to you promptly.

Attendance for Summer (June 3 – Sept. 2)

There can be up to four (4) vacation days. Attendance at all camp dates and choreography is required.

Attendance during the Fall/Winter season (September 3 – April 29)

There can be up to three (4) excused absences; however, any more than that could interfere with regular positions. We suggest reserving these for important life events (weddings, ceremonies, etc.) or sick days.

Required Competition Practices

Absences without permission are not permitted 14 days before any event. Absences, whether excused or not, are not permitted seven days before an event, including any extra practices that may be planned.

Following evaluation registration, a formal calendar will be sent to you via email. One of the following will happen if this policy is broken:

- Withdrawal from the competition (without refund)
- Permitted to participate, but excluded from all group portions of the performance, including stunts (only taken into consideration if the absence complies with the policies for excused absences and doesn't adversely affect the team)

Tumbling Skills

The following skills are examples for each level. While we take potential into consideration, most athletes will be able to consistently execute all the level appropriate skills, and many athletes will be able to execute advanced skills with proper technique to be placed on a particular level.

Level 01

- Standing
- Running
- ADV Standing
- ADV Running
- Handstand,
- Back Walkover (BWO),
- Front Walkover (FWO),
- Multiple BWO
- Advanced Running
- Cartwheel, BWO, FWO to Cartwheel, Cartwheel Half Turn to FWO
- Forward Roll,
- Backward Roll,
- Bridge Down
- Running Cartwheel,
- Round-Off (R/O)

Level

02

- Standing Back Handspring (BHS)
- Round off (R/O) BHS BWO BHS,
- BHS Step Out, BWO BHS
- FWO to R/O two BHS

Level

03

- Standing 3 BHS,
- Toe Touch two BHS
- R/O Back Tuck
- R/O BHS Back Tuck
- BHS Step out R/O BHS Back Tuck
- Toe Touch to Multiple BHS,
- BHS Toe Touch two BHS FWO R/O BHS Back Tuck, Aerial
- Aerial R/O BHS Back Tuck, Punch Front, Punch Front Pause R/O BHS Back Tuck

Season 2 Registration Check List

Thank you for your interest in Legacy Elite Starz All-Star Cheer & Tumbling. If you have any further questions regarding this packet and/or our program. You are welcome to reach out to me at legacyelitestarz@gmail.com or 773-600-8186



Read the Packet in its Entirety



Register

Log in to the website at www.legacyelitestarz.com
Click register now, fill out the registration form & pay the registration fee.

This will be available on May 1st



Attend Tryout Clinics

Attend tryout clinic dates May 30th- May 31st.



Attend Tryout

Attend tryouts on June 1st. Times TBA

Attire: solid black tank, t-shirt or sports bra,
black bottoms, athletic/cheer shoes, white bow, and hair
must be secured out of the face.
