



LEGENDARY

CHEER & TUMBLING

**PARENT
HANDBOOK**

2024-2025

Season 4

Gym Owners

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Welcome to Legendary Cheer & Tumbling All-Star Cheer! We take great pride in our All-Star program, and we are thrilled to have you as a part of our family! Being part of an All-Star Cheer team is a great experience. Our vision is to provide a fun, safe, and positive environment for athletes to develop and nurture their cheer and tumbling abilities while learning important life skills. It is our goal to help all athletes build self confidence as they also learn to work with and encourage teammates.

This handbook will explain the general guidelines and policies for the season and includes forms required for the 2024-25 Cheer Season. All handbook rules apply to participation at the gym and at all other venues. This includes competitions, clinics, and any other activity attended by the Louisiana Legends All-Star Cheerleaders.

We look forward to a fun, positive, and rewarding season! Thank you in advance for your dedication to making this a successful program for everyone involved!

PLACEMENT/EVALUATIONS

There are 2 pre-placement skills sessions for each athlete trying out for Prep and Elite teams prior to final placement. Following the evaluations, Legendary staff will meet to assemble the tentative team rosters for the upcoming season. Legendary will assemble teams with the best possible chance of a successful competitive season. **Team placements are made based on the needs for the team as a whole.** All athletes will be notified of their team assignment via parent email by May 20th.

PREP & ELITE EVALUATIONS:

Evaluation dates/times for the 2024-2025 season will be as follows:

- LEVEL 1 Tryouts: Tuesday, April 30th- 5:30-8:30 PM (tumbling, jumps, dance)
- LEVEL 2 Tryouts: Wednesday, May 1st- 5:30-8:30 PM (tumbling, jumps, dance)
- LEVEL 3 Tryouts: Thursday, May 2nd- 6:00-8:00 PM (tumbling, jumps, dance)
- LEVEL 1 Stunt Evaluations: Monday, May 6th- 5:00-8:00 PM
- LEVEL 2/3 Stunt Evaluations: Tuesday, May 7th- 5:00-8:00 PM

*Athletes will be evaluated on tumbling, jumps, stunts, and dance. Athletes should only perform skills at evaluations that they are comfortable with and can execute without a spot.

*The dance for evaluations will be posted online. Athletes will learn it on their own and should practice and have it ready to show coaches at evaluations.

*For evaluations, athletes should wear form-fitting athletic clothing, cheer or tennis shoes, and hair pulled up in a ponytail with a bow.

SHOW AND NOVICE TEAMS:

There are no evaluations for show and novice teams. Athletes will be placed on teams within each division based on their age. Coaches will put teams together to create full teams with the right amount of each stunting position. Make sure to sign up early as we have limited spots for these teams.

FINANCIAL OBLIGATIONS

- All fees are non-refundable and non-transferable.
- You commit to pay all fees and tuition on the first of every month for the term of the contract:
 - Show- June through February*
 - Novice- June through March*
 - Prep/Elite- June through April*

*Any athlete who quits during the season will still be required to pay the tuition through the end of the contract. All fees assessed will still be due before your child will be eligible for any future services at Legendary Cheer & Tumbling. Any athlete who quits during a season will not be permitted to cheer at Legendary the following season.

- Participation fees must be paid by **cash or check only** and will include entry fees and coaches' fees for all competitions except for any end of season championships added on after the schedule of competitions is released. Any competitions added on for Prep & Elite teams will require the additional entry fees and coaches' fees to be paid at the time of registration for such competition(s). Participation fees also include choreography and music.
- Full uniform payment must be paid by cash or check only and is due at the time of uniform fittings.
- Any extra uniform pieces, i.e. practice uniform, bows, etc., will not be released until paid in full.
- Lost, misplaced or damaged clothing must be replaced at your expense.
- USASF Membership Fees must be paid to USASF.
- Transportation and accommodations while traveling to and from competitions are the responsibility of the parents. If parents cannot attend, they must make other arrangements for their athlete (carpool, etc):
 - Show/Novice teams do not travel outside of the Shreveport/Bossier City area.
 - Prep teams will not travel more than 6-8 hours from Bossier City.
 - Elite teams do not have any distance restrictions for travel.
- Athlete gifts given to teams must be approved by management prior to purchasing the gifts. Any gifts must be a donation from the parent(s) wishing to provide the team with gifts. Parents are not to require other parents to pay any fees for athlete gifts unless first approved by Legendary management.

LATE PAYMENT POLICY: Per Legendary's late payment policy, a late fee of \$10 will be assessed on the 10th of each month that your account balance is not paid in full. If you are a month or more behind on paying your balance on your account, you will not be permitted to purchase any "extras" (anything not required for cheer, including private lessons at Legendary Cheer & Tumbling or any private lessons with a Legendary Cheer & Tumbling instructor and tumbling classes). If you reach 3 months without paying off your balance, your child will be removed from the team. All fees assessed will still be due before your child will be eligible for any future services at Legendary Cheer & Tumbling.

Legendary expects both parents/guardians to agree on all of the obligations before they commit to our program. Both parents/guardians must work together to ensure all standards are met. Financial agreements must be made beforehand between custodial parents and non-custodial parents. The parent/guardian signing this contract will be responsible for all financial agreements and standards.

ATTENDANCE

Cheerleading is a TEAM sport, and the team suffers and cannot practice fully if even one member is absent. Attendance is important and required! These attendance policies are in place to respect the time and financial investment of each parent/athlete. Practice times usually remain consistent throughout the season and are only changed as needed. During important times of the season, extra practices may be scheduled and all athletes are expected to attend. Practices range from 1- 2 hours a day, 1-2 times a week.

- **ALL** athletes must adhere to the attendance policy:
 - Show Athletes may miss up to 5 practices before October 13th. After October 13th, show team members may miss up to four practices, unexcused.
 - Novice Athletes may miss up to 5 practices before October 13th. After October 13th, attendance is **mandatory** for all practices (one unexcused absence will be permitted)
 - Prep Athletes may miss up to 5 practices before October 13th. After October 13th, attendance is **mandatory** for all practices (one unexcused absence will be permitted).
 - Elite Athletes may miss up to 10 practices before October 13th. After October 13th, attendance is **mandatory** for all practices.
- **ALL** absences must be submitted through the absence request form at least 7 days prior to the absence. The request will be evaluated, and you will be informed as to whether it will be excused or unexcused.
- Unexcused absences (after the allotted are depleted) will be \$25 per unexcused absence. After three paid unexcused absences, no more unexcused absences will be allowed. An unexcused absence can result in being pulled from your child's position in a routine. Athletes are required to know any and all changes when returning to practice. *Elite team members must make up their time missed to their team

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- **NO MISSED PRACTICES THE WEEK OF A COMPETITION.** If an athlete does miss a practice the week of a competition, they may not perform at the competition.
- Attendance for all team competitions/performances is **MANDATORY**, even if not performing.
- Choreography Dates are **MANDATORY!!**
- Missing practice/events due to other sports will be **UNEXCUSED**.
- A school function that results in a grade or a death in the family is an acceptable absence. If we believe an athlete or parent is being dishonest, documentation will need to be shown. Athletes may be removed immediately if a request is falsified.
- Illnesses and sicknesses will be handled on a case to case basis. We understand that sometimes your child may need rest due to a slight fever or stomach ache and it is difficult to provide a doctor's excuse every time your athlete is sick. Alternates may fill in if your athlete is not at practice. An athlete's position will always be in jeopardy if they are absent and may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. We highly recommend athletes coming to practice if the illness is not contagious so they are able to observe any changes being made to the routine.
- Routine Doctor/Dentist/Orthodontist appointments are not excused absences. Please schedule them around practice time.
- An athlete with an extended sickness/injury that requires them to sit out or miss more than one practice must provide a doctor's note with detailed information regarding the illness/injury, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit an athlete from participating. We will choreograph routines based on the athlete's injury and length of recovery. Once the athlete has fully recovered, he or she may or may not be choreographed back into the routine. It is the coach's discretion in replacing such individuals for the rest of the season. The athlete must provide a doctor's release with a return date and activities cleared for in order to return to practicing/competing.
- If an athlete is to miss a competition (excused absence, injury, sitting for a competition, etc), practice attendance is still mandatory during this time.

PRACTICES

- Practices begin in June and continue through the end of the final month tuition is drawn (see financial obligations)
- Optional practices may be scheduled during school breaks when the gym is not in regular session.
- Attendance at practice is required even if not performing in an upcoming competition/performance.
- Athletes must arrive at all practices on time (no more than 10 minutes prior unless cleared by a coach). Good sportsmanship, polite manners, and good disposition are expected. Leaving early/arriving late may count as an unexcused absence.

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- For safety reasons, no jewelry or gum is allowed during classes, practice or competition. We are not responsible for lost jewelry or items that are left behind.
- Hair must be pulled back during practice.
- Fingernails must be kept short and trimmed. Excessively long fingernails/acrylic nails are a safety hazard for all athletes. This is for the safety of your athlete and for athletes either flying or basing who might be injured as a result.
- Athletes are expected to follow their teams practice wear schedule. Lost, misplaced or damaged clothing must be replaced at your expense. Any athletes late or dressed incorrectly will be held accountable.
- Practices will be closed practices. Your child's head coach may, from time to time, allow parents to come in to watch parts of a practice. Every minute of practice time is valuable, and it is our intent to have as few distractions as possible so that each team may make the most of each and every practice.
- If you have a concern about something that happened at practice, please refrain from reaching out to the coach until the next day. Coaches are not always available immediately after practice, and oftentimes a cooling down period may be needed if anyone is upset.
- Please be on time to pick up your child after practice. No athlete should be dropped off or picked up more than 10 minutes before or after the set practice time.
- No phones will be allowed in practice. If you need to get a message to your child, please go through the front office or direct message the coach (only if it is an emergency).
- If your child requires medication due to a chronic illness (asthma, allergic reactions, etc.) we require that all medications be provided before practice or any event.
- In the event that an athlete is injured, please notify us as soon as possible. All injuries are treated on a case by case basis. If an athlete has a minor injury on any part of the body but is able to participate, please ensure necessary accommodations are made prior to their scheduled practice/meet time. For example, if a minor sprain needs to be taped before activity, please ensure they are taped up before their practice starts.

COMPETITIONS

- Attendance for all team competitions/performances is **MANDATORY**, even if not performing.
- Subs for competitions must pay full entry price for said competition. In the event that your child needs a sub for a competition (due to approved absence, injury, etc), your athlete will be expected to allow the sub to borrow your athlete's performance uniform.
- Athletes are required to be at the designated report area for a competition/event on time. Tardiness to report time for 2 competitions will result in an unexcused absence, resulting in a \$25 fee. There will be a 10 minute grace period.
- Any athlete missing a competition/performance will sit out a future competition of the coaches choosing.

- Awards ceremonies at competitions are **MANDATORY!!** Athletes **MUST** be in uniform for awards and will not be allowed to leave before awards unless cleared by their coach. Any athlete not at awards is not guaranteed to receive a medal.
- NO CELL phones allowed during performances or awards.
- Coaches will NOT be responsible for holding any personal items; any and all items should be left with a parent or guardian.
- All athletes and families must uphold the highest standard of courtesy and sportsmanship.
- We encourage all teams to stay to support and cheer on the other teams in our program, even if they are done with their performance.
- Competition information is posted when event producers have released FINAL schedules for the event. This information is conveyed through GroupMe. We have no control over performance times. Report times will vary based on these times.
- Some out-of-town competitions may require team members to miss a day of school.
- The purpose of the out-of-town competitions is for cheer competitions, and it is the expectation that Legendary cheer teams receive first priority for these “trips.” Athletes are required to be in attendance for all team events for the weekend (practices, team meetings, team meals, etc), and any plans not involving Legendary Cheer will need to be cleared ahead of time with the head coach.
- No videos of performances or practices are allowed to be posted at any time during the cheer season
- Legendary will not allow negative comments or bad reviews on any event producer’s social media page. Communication with any 3rd party is the sole responsibility of the management at Legendary. Parents are not permitted to contact any 3rd party/company (event producers, uniform company, choreographers, etc) or judges.
- Parents/spectators are not allowed in the warm up area or any other prohibited area at a competition/event.

COMMUNICATION PROCEDURES

- It is the parents’ responsibility to read all GroupMe announcements, emails, informational materials, etc to stay up to date on gym events and news.
- Communication with coaches can be made through email or groupme if you have communication needs about the squad. If you have communication needs for tumbling or anything else, please go through the front office. You can email the front office at legendarycheerllc@gmail.com or visit with someone in the front office during operating hours.

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- As a courtesy, please do not attempt to address any cheer needs with the coach immediately before, after, or during practices and competitions unless it is related to an urgent medical condition, safety concern, or an injury to your athlete. This takes away from the team having full attention of the coaches.
- Coaches' decisions are made with the best interest of the ENTIRE team. Stunt positions, formations, etc are not to be questioned. You may, however, ask your child's coach what your child can do to improve in specific skills. Not every athlete can be a flyer, and not every athlete can be at the front of a formation. Every single spot on the team is important, and your child will not believe that if you are not stressing that at home. Unless you feel like your child is in physical danger, please refrain from questioning the coaches' intentions/decisions.
- We ask that you be respectful of our personal time away from the gym. While our staff is devoted to you and our program, we ask that you allow us 24 hours to respond to you. Questions needing more immediate answers can be placed in the Groupme, Email, or presented to the front desk.

BEHAVIOR/SPORTSMANSHIP

- Creating or being involved in bullying, gossip, cliques, profanity, or drama will not be tolerated. Such behavior can result in the removal of your child from our program. If you have an issue or concern, please address it with the coach, all-star director, or front office. Talking about it with other parents or anyone else will not solve the problem, nor can we solve any problems without being made aware of them.
- Be encouraging and positive to your child. Be careful of comparisons because each child is an individual with different talents and capabilities.
- Encourage your child to handle frustrations with their teammates in a positive manner and as a team. Legends will work TOGETHER, or nothing will work at all.
- Athletes, parents, and other family members are always expected and encouraged to show respect for the sport, the gym, our athletes, as well as other programs and their athletes, and competition event producers. Rude, belittling, or negative comments about the gym or anyone who is a part of the gym will not be tolerated.
- The highest standard of sportsmanship is expected from athletes and families, regardless of the outcome of any competition.
- Athletes and family members should not use social media to post negativity about a fellow cheerleader, coach, parent, or Legendary.
- Athletes may not wear their uniform outside of Legendary events without permission from coaches prior to the occasion.
- Any parent group chats are held to these same standards of behavior/sportsmanship

COPYRIGHT of LEGENDARY CHEER & TUMBLING LOGO/NAME

Please respect the name and logo of Legendary Cheer & Tumbling by not duplicating it on merchandise such as sports bra, bows, t-shirts, warm-ups, socks, caps, jackets, etc.

Legendary owns the copyright of their name and logo, and these cannot be used without Legendary express permission. We provide many apparel and accessory items to support the program, and work with Team Moms/Reps to allow a limited use of our logo/name for team gifts.

Legendary Cheer & Tumbling maintains the right to refuse services at any time. The director or owner may change, add, or subtract any rule at any time. All consequences and disciplinary measures for inappropriate conduct will be at the discretion of the director and owner. Failure to adhere to these policies set forth in this handbook may result in removal from Legendary Cheer & Tumbling. Any athlete removed from a cheer team will not be permitted to be placed on a cheer team at Legendary the following season.

*I attest that I have read and agree to the 2024-2025 Legendary Cheer team guidelines.

*I attest that I have read and agree to the 2024-2025 Handbook and agree to the time and financial commitments.

Athlete Name

Parent/Guardian Name

Athlete Signature Date

Parent/Guardian Signature Date

This signed agreement and a copy of your athlete's insurance card are due to the Legendary office by the registration deadline, along with your completed online registration. Deadline is April 29th.