



ELITE

Handbook

2025-2026

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OUR MISSION

At ICT Cheer Legacy our goal and mission is for every athlete that comes to our program to be taught, trained, and developed to become a better athlete and competitor as well as a better person. At ICT we know how important it is to have core values. You will find our core values posted in the gym, and these values will be followed and represented by the owners, the staff, the parents, and the athletes.

OUR VISION

WHERE NEW SKILLS ARE DEVELOPED, VALUABLE LESSONS ARE LEARNED,
AND LEGACIES ARE CREATED

MISSION STATEMENT

WE'RE COMMITTED TO THE SUCCESS OF YOUR CHILD!

CORE VALUES

- PASSIONATE COACHING STAFF
- EXECUTING A COMPETITIVE PROGRAM
- CREATING LIFELONG RELATIONSHIPS
- BUILDING CHARACTER THROUGH THE VALUE OF INTEGRITY

Welcome to the
ICT FAMILY

TRYOUT DATES

April 1st - 7:30pm Tryout Informational Parent Meeting

April 30th – Gotta Have IT Clinic (Register Online)

5:30-6:45 Back Walk Over

5:30-6:45 Tuck / Layout

6:45-8:00 Back Handspring

6:45-8:00 Specialty / Twisters

Tryout Dates

May 1st - Mini Routine Workshop

(Optional but is included in your tryout fee)

5:00-6:30 Level 1 & 2

6:30-8:00 Level 3 & 4

8:00-9:30 Level 5 & 6

May 6th - Stunt Workshop

(Required)

5:00-6:30 Level 1 & 2

6:30-8:00 Level 3 & 4

8:00-9:30 Level 5 & 6

Individual Assessments

May 7th

(Required)

5:30-7:00 Level 1 & 2

7:30-9:00 Level 5 & 6

May 8th

5:30-7:00 Level 3 & 4

May 13th – 21st - Color Group Assessments

(Required)

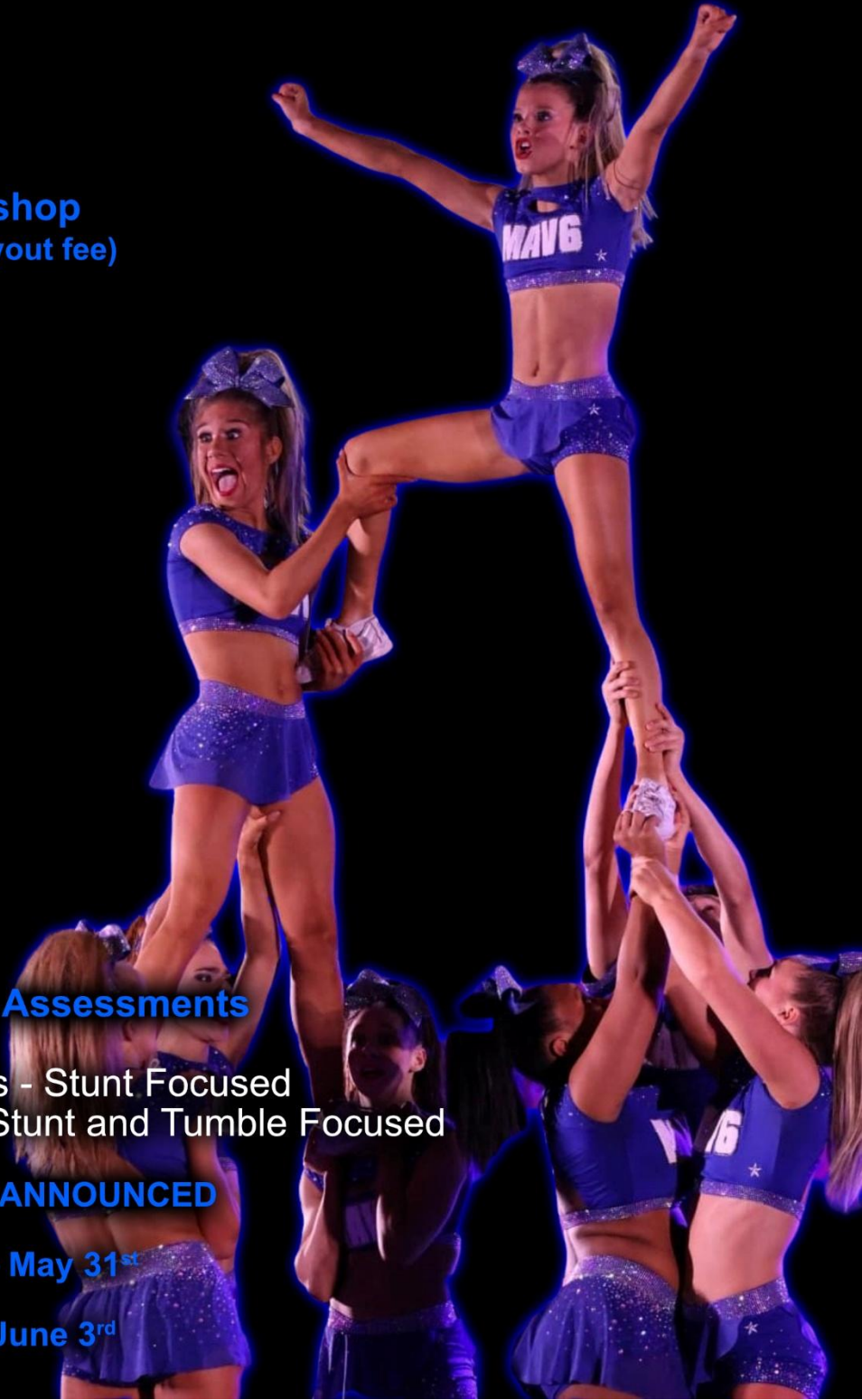
13 & 14 - 2 Practices X 1.5 hrs - Stunt Focused

20 & 21 - 1 Practice X 2 hrs – Stunt and Tumble Focused

May 23rd – TEAM PLACEMENTS ANNOUNCED

GYM IS CLOSED May 25th – May 31st

2025-2026 Season Starts June 3rd



TRYOUT PROCESS

How are Tryouts being run this year?

This year's Tryout process will be much different than years past and consist of the following two parts:

Individual Assessments May 7-8

Athletes must access the videos of our Mini Routines "Levels 1-6 Routines" and learn the routine for the level they wish to be considered.

Athletes will need to attend the day and time that matches with the level of tumbling they are trying out with in the mini routines.

During this session, athletes will perform the Level Appropriate Mini Routine and be evaluated on the difficulty and execution of their **STANDING TUMBLING, RUNNING TUMBLING, JUMPS, MOTIONS, DANCE, AND SHOWMANSHIP** as well as their physical strength & endurance, and mental capacity to remember and perform their skills in a "routine" setting. For the most accurate assessment athletes should showcase the **MOST** difficult skills they can **SAFELY** perform **WITHOUT** assistance **AND** with near perfect to perfect execution. . At the conclusion of this session, athletes will receive an email by May 9th to attend a 'Color-specific' group for their second round of tryout.

Color Group Assessments May 13 - 22

Group Assessments: Athletes must attend the time slots that correspond with the color-specific group they received at the end of their Individual Assessment. During these sessions, athletes will be grouped according to levels, ages and be evaluated on all their skills again. Extra emphasis will be placed on stunting and group tumbling. Athletes may be asked to perform different stunting positions with various stunt groups to get the most comprehensive assessment of their abilities. Athletes may even be asked to switch color groups depending on what puzzle pieces the coaches feel are missing throughout the program.



TRYOUT Q & A

Q&A

What Mini Routine Level should my Athlete attend?

Athletes should attend the level that corresponds with their lowest tumbling skill set.

Example: If you athlete chooses to perform standing 3 backhand spring (Level 3 Standing) and a Running Layout (Level 4 Running). They will attend a Level 3 Mini Routine workshop and the individual Assessment at that level.

What Level Stunt workshop should my Athlete Attend?

The guidelines below will help determine which level of stunt workshop your athlete attends

- Attend the same level based on your Mini Routine Evaluation
- Attend the same level you competed the previous season

What skills should my athlete be demonstrating during their Individual assessment?

Athletes should only show skills they are comfortable and confident in performing. No spots, mats, or other equipment besides the spring floor will be allowed during evaluations.

If my athlete has different level of standing and running tumbling what would you like to see them evaluate with?

Your athlete should show their highest level of tumbling skills in both standing and running during their individual assessment. even if the skill levels do not match.

How will team placements be announced?

Team placements will be announced via email on Friday, May 23rd by 8:00 PM. Please note that placements are subject to change at any time throughout the season.

What is the Tryout Fee?

Early Bird Registration (February) - \$145.00

Pre-Registration (March) - \$165.00

On time Registration (April 1st or Later) - \$175.00

Are there any important dates I should be aware of after evaluations?

Please mark these important dates on your calendar:

June 1st – First Tuition & Registration Fee Payment Pulled

June 3rd - Team Practices Begin



TEAM PLACEMENTS

ELITE ALL STAR COMPETITIVE TEAMS

All-Star cheerleading is broken down into competitive divisions by age and skill level. Team Scores are based upon the execution of tumbling, jumping, dancing, motion technique, tosses, stunting, and performance. All of these components are vital in putting together a successful team.

TEAM PLACEMENT

All teams at ICT Cheer Legacy are built based upon each team having the ability to Hit their routines and Max out their Scoresheet. Your RESPECT and TRUST in the ICT Cheer Legacy Staff is very important! Please understand that TEAM comes first. Teams will be formed based on the talent and skills executed by athletes, as well as, the number of athletes at tryouts. This assures that your athlete will be placed on a team that best represents his or her age and skill level, thus forming strong and competitive teams.

In the event that an athlete's team placement or position is changed mid-season, it must be understood that the coach has made the decision to do so based on what is best for the team. All parents and athletes must respect the ICT staff's decision. Athletes will be placed on teams based upon their abilities in the above-mentioned categories as well as their mental/emotional mindset. Once teams and levels are established, there is a possibility that they can change throughout the season. If your child's skills diminish or if they lose skills performed at tryouts, they can be moved down at any point in the season. If athletes' skills have increased over the course of the year and a spot is needing to be filled on a higher-level team, we will consider moving athletes up throughout the season as well. Please note these decisions are up to the ICT Staff and what is most beneficial for ALL ICT TEAMS!!

ICT Cheer Legacy retains the right to:

- Place its athletes on the team(s) it feels will best suit the athletes and the program.
- Decide if an athlete may participate on more than one team. If chosen to be on more than one team crossover fees will apply.
- Decide the roles and/or positions an athlete will have/play on their team(s). For example: flyer, base, backspot, tumbler, alternate.
- Request that an athlete/team take additional classes to improve their skills.
- Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, or competitions if deemed necessary.
- Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances, parent conflicts, etc.

REGISTRATION

REGISTRATION

In order to be eligible to register, Athletes must have a birthday between June 1, 2006 - 2018

Registration is OPEN and can be completed now through May 6th. After May 6th you must email ictcheerlegacy@hotmail.com for a private placement time.

Please be prepared for the following fees to be assessed during online registration:

Team Placement Registration Fee:

\$175: April 1st or Later

How Do I Register?

First

Visit our website www.ictcheerlegacy.com to register! Click the Login and Registration Tab and CREATE an ACCOUNT. Follow the steps and make sure you add your athlete to the account.

Second

Set up AUTOPAY information and Agree to ALL Terms and Conditions Forms. This REQUIRED for all athletes.

Last

Request enrollment in the **ALL Star Elite Tryout Registration**. At this time, it will require you to pay the \$175 Tryout fee. Once Payment is complete your athlete will be registered online.



TUITION & FEES

TUITION & FEES

Tuition and Fees will be automatically charged to your card on file in our Parent Portal. Monthly Tuition for Elite Teams is billed from June 1st 2025 - April 30th 2026 on the first of each month. Additional fees are listed on the fees page and will be billed per our Fees Schedule. Monthly payment is not based upon a certain number of practices or hours in the gym. Prior to competitions, extended and additional practices may be added. These hours & practices are mandatory. There will be no additional charge for extended or additional practices, and no make-ups for canceled or missed practice.

Late Fees and Program Removal:

If a payment does not go through on the 1st or 15th for any reason we will try to pull the payment again on the 5th for tuition and the 20th for fees. A \$25 late fee per charge will be added on the 5th of the month for tuition and the 20th of every month for fees that do go through causing a past due amount. There will be no refunds made to anyone who is asked to leave the program or that quits the Team. **Athletes with past due balances may be expected to sit out until balance is paid.**

Exit Fee:

If for some reason your athlete leaves the program after team have been named you will be required to pay to pay an EXIT FEE.

Team Placement - September: \$250 Exit fee

October - April: \$500 Exit Fee Plus the remaining Monthly tuition for the season. Which will continue to be pulled on the 1st of each month.



TUITION & FEES

(CONTINUED)

ICLASSPRO

ICT Cheer Legacy REQUIRES an online account set up with auto withdrawal for all tuition and fee payments. All members will be required to have a valid credit card, debit card or bank account on file in iClassPro.

Annual Registration Fee: \$50.00 per person due at time of registration
\$70.00 for a family

Monthly Tuition:

Tuition is due and will be pulled on the 1st of every Month

Elite All-Star Teams:

\$150.00 per month: **2 practices each week / 4 hours total**

NEW THIS SEASON - Highest Level Team

\$170 per month: 3 practices each week starting when Fall Schedule begins / 5 hours total
Sunday - Monday - Wednesday

Full Season Prep Teams:

\$120.00 per month: 1 practice each week / 2 hours total

Half Season Novice Teams:

\$100.00 per month: 1 practice each week / 1.5 hours total

Important Notes:

- Auto Pay through your iClassPro Account is REQUIRED for ALL Registered ICT Athletes.
- Monthly payment is not based upon a certain number of practices or hours in the gym.
- Prior to competitions, EXTENDED AND ADDITIONAL PRACTICES may be added. These hours & practices are mandatory. There will be no additional charge for extended or additional practices, and no make-ups for canceled or missed practice.
- If for some reason your athlete leaves the program after choreography has been completed you will be required to pay the exit fee.

Tuition Discounts:

- Level UP Program - \$50 per month for All-Star Athletes
- 50% off of all-star tuition – 2nd family member and all others after that

FEES SCHEDULE

May 28, 2025

Practice Clothes - \$195
(Boys - Shirts Only) - \$55
Shoes - \$115
Practice Bows x2 - \$40
\$350

June 15, 2025

**Stunt Camp &
Choreography - \$315**
Total : \$315

July 15, 2025

Uniform Payment # 1
\$320est
Total : \$320

Aug 15, 2025

Uniform Payment # 2
(Leo Included)
\$350est
Total : \$350

Sept 15, 2025

Music - \$115
Competition Bow - \$45
Total : \$160

Oct 15, 2025

Competition Jersey - \$50
Coaches Fees - \$175
Total : \$225

Nov 15, 2025

1st Competition
Registration - \$300 est
Total : \$300

Dec 15, 2025

2nd Competition
Registration - \$300 est
Total : \$300

Jan 15, 2025

3rd Competition
Registration - \$300 est
Total : \$300

Required Pony: All Female athletes will be required to wear a pony. These MUST be purchased Individually from either:
Bella Pony or Amazon.com : Girly Curls Straight Ponytail Cheerleader Hairpiece 16" : Beauty & Personal Care



PRACTICES & SKILLS



Hours Of Practice:

Each Team will have 4 mandatory hours of practice per week. In the Fall Sunday practices will run 2.5 hours until the 1st competition of the season.

Level 6 Extra Practice:

MAV6 will have an additional practice each week on Mondays from 8:30-9:30 (directly following their REQUIRED tumbling class). Starting in August tuition will go to \$170

Flyer FLeX - REQUIRED FOR FLYERS

Any FLYER who is flying on an Elite All Star Team will be REQUIRED to be in a Flyer Flexibility Class. This will be a 30 minute required class for Flyers.

Maintaining Skills

Athletes are expected to maintain the skills that placed them onto their team and level. We understand that Athletes will have struggles with skills and this is part of the learning process. To keep our Teams competitive and our Athletes safe and progressing, we will adhere to the following policy:

1. If an Athlete loses a skill thrown at evaluations/ placements, there will be communication directly from the Coach to the Parent/Family/and ICT Office immediately. This includes tumbling, flexibility, etc.
2. Athletes will be required immediately to take an additional class and/or one private lesson per week until the skill is regained.
3. If after 30 days, the Athlete is not completing the skill, ICT Staff will determine if it is in the best interest of the Athlete and the Team to move them to a different Team if availability allows.

ATTENDANCE POLICIES

We understand that cheer can't always be LIFE and many of us enjoy spending time away with our families on vacations and/or holidays. We want to make certain you can do that! To similarly ensure the progress and success of our teams we will use the following guidelines for attendance and absences.

Absences should be addressed AHEAD OF TIME, never the day of. Please try to plan your vacations during our scheduled closing dates. In the event that your athlete will miss for vacation, school event, etc. please email the office in advance so we can plan accordingly.

Missing for events like birthday parties or family in town is not advisable. We truly Thank you in advance for helping us teach your athlete, the importance of commitment.

Absences will be limited to the following:

June 3, 2025 through Aug 15, 2025 –

Up to but not more than 4 total absences for any reason.

Aug 16, 2025 through April 30, 2026 –

Up to but not more than 2 total absences for any reason.

Competition Season

October and November are crucial months leading up to competition season. It is the most important time of the season for the success of your athletes' team. We ask that you limit extended travel during the competition season (October to April) when possible and always check ahead of time for gym closure dates around the holidays. Practice the week of and the week prior to a competition or performance are 100% mandatory. Athletes not in attendance will be removed from the team for that competition or for the season.

All PRACTICES must be made a priority. In order to have a successful team we have to have the same commitment from ALL team members. Athletes MUST ATTEND all scheduled or rescheduled competitions and practices throughout the entire season.

CLOSED PRACTICES

All Team Practices will be closed to Parent Viewing. Please understand that these guidelines have been put in place for the success of your Athlete and Our Teams. ICT will be a successful program if the parents, athletes, and coaches all understand their roles and the expectations set forth. We appreciate your cooperation in this matter.

COMPETITION & TRAVEL

COMPETITION WEEK INFORMATION

First draft detailed itineraries with meet time, locations, performance time and awards come out on from the ICT office the week of the event. This itinerary is very likely to change. Schedule changes, last-minute updates, etc will be updated via email.

Please block off the FULL DAYS of the competition. Plan on each competition taking the entire day from approximately 7AM-10PM as we do not receive schedules of performance times until the week before the events in most cases. At most competitions, all ICT Athletes are expected to be at each ICT performance.

All competitions are REQUIRED (for respective Teams going to each competition). NO EXCEPTIONS.

It is important to give our entire Blue Crew a positive competition experience where Athletes get to compete at prestigious events and have the opportunity for bids to end-of-the-year events. We always take into consideration venues that are great experiences for family viewing, hotel-booking, travel distance, and more!

We try to have approximately ONE to TWO competitions a month for most Elite Teams from December thru April, plus the possibility of Summit and The Cheerleading Worlds. NEW THIS SEASON: Earning a bid to an end of the year event, is a significant achievement; however, it does not guarantee participation in the event. To be considered, teams must demonstrate a high level of competitiveness within their division throughout the season. Selection for end of the year events will be based on overall performance, consistency, and competitiveness. The decision on which teams will attend will be made with careful consideration.

A detailed competition schedule is typically released by august. to provide our athletes and families with the best possible experience, we will gather all information as it becomes available before finalizing our competition schedule for the 2025-2026 season.

PLEASE TENTATIVELY BLOCK OFF the following weekends as these are incredibly important practice dates for the teams and could be competitions for the upcoming season.

(Additionally plan that an event could be any weekend December - April)

November 30, 2025

December 7, 2025

December 14-15, 2025

January 29 - February 1, 2026

February 14-17, 2026

February 27- March 1, 2026

April 12, 2026



COMPETITION EXPECTATION

ICT Family Pride

When your athlete joins a team at ICT Cheer Legacy, they became part of a family. Every athlete deserves to feel equally valued and celebrated when they step onto the competition floor. One of the things that sets our program apart is the incredible energy and enthusiasm we bring to the stands—we are known for being loud and proud!

To help with this, we will send out all of the teams' music so that athletes can start learning the lyrics and sing along to support each other. Let's make sure every team feels the love and encouragement from our entire ICT Cheer Family.

- Carefully read your itineraries
- Be at the meet spot on time
- Be in the arena to support the teams they are expected to cheer on.

Last Season we had 170 + athletes to keep track of. Our staff was absolutely amazing with their organization, but at the end of the day our coaches' main focus must be on each team's success—not tracking down athletes who are not where they are supposed to be. Please understand that we truly do our best to accommodate schedules and break up long competition days but, it is important that we all do our part to show up and bring the energy when its time.

To ensure accountability, teamwork, and a strong commitment to our program, we have implemented a strike system. Our goal is to reinforce the expectations that help our athletes and teams succeed while maintaining the supportive and disciplined environment that makes ICT Cheer Legacy so special. Our Strike System is detailed on the next page.



STRIKE SYSTEM

ICT Elite Team Strike System

At ICT Cheer legacy we have implemented a strike system to ensure accountability, teamwork, and a strong commitment to our program for the 25-26 season . Our goal is to reinforce the expectations that help our athletes and teams succeed while maintaining the supportive and disciplined environment that makes ICT Cheer Legacy so special.

Athletes will receive strikes for the following:

- Wearing incorrect practice clothes to practice (including practice bows, and shoes)
- Being late to practice without communication from parent to coach
- Missing Practice without communication from parent to coach
- Being late to competition meet times
- Not being competition-ready at their scheduled time
- Not being in the arena to support other teams
- Not checking out with a coach at the end of a competition

Coaches will be keeping track, and we will follow a three-strike system:

- **1 Strike:** A required meeting will be scheduled with the athlete and their parents.
- **3 Strikes:** The athlete's position on the team may be jeopardized. A parent meeting will be required to discuss the future with our program.

Our goal is not just to enforce rules, but to encourage responsibility, teamwork and pride in our program. We want every athlete to succeed and thrive in this program, and this system is designed to do just that. We appreciate your support in helping us uphold these standards as we finish the season strong!

ATHLETE EXPECTATIONS

2025-2026 Expectations for ICT Cheer Legacy Elite Team Athletes

As an Athlete at ICT Cheer Legacy, I am expected to:

1. Respect my teammates and the coaches at ICT Cheer Legacy.
2. Commit to my teammates and the success of our team.
3. Make my team a priority using good time management.
4. Possess mental and physical toughness so I can thrive in the competitive atmosphere.
5. Take accountability for my actions and behaviors.
6. Communicate with my coaches, teammates and parents.
7. Put in additional work outside of practice to stay in good health and maintain required skills.
8. Work with my team to overcome challenges.
9. Control my emotions, showing good sportsmanship and conducting myself in a respectable manner at all times.
10. Take pride in my team's accomplishments and celebrate the small victories.
11. Remain loyal to my team by refraining from gossip (including social media) or any form of verbal or physical confrontation/abuse.
12. Understand the hard work and dedication this sport takes.
13. Trust my coaches in their decisions to help us succeed.



PARENT EXPECTATIONS

2025-2026 Parent Code of Conduct – ICT Cheer Legacy

As a valued member of the ICT Cheer Legacy community, parents are expected to uphold the following standards of conduct to foster a positive and respectful environment for all athletes, coaches, and families:

Active Engagement: Parents are responsible for staying informed about their athlete's activities and events.

Respect for Leadership: Decisions made by the coaching staff and ownership must be respected.

Communication: Parents should read all emails and team Facebook pages from ICT Cheer Legacy to stay updated on important information and any changes.

Sportsmanship: Good sportsmanship is required at all times, both in and out of the gym.

Positive Environment: Gossip regarding athletes, coaches, ICT Cheer Legacy, or other programs is not tolerated.

Respectful Communication: Parents are encouraged to address any questions or concerns with their athlete's team coach in a respectful manner.

Viewing Area Etiquette: The parent viewing area (when open) must remain a positive space. Those who cannot maintain a respectful attitude may lose access.

Supportive Conduct: Parents should be mindful of their words and actions regarding ICT Cheer Legacy and its staff, particularly in the presence of their child and other athletes.

Competition Guidelines: Parents are not permitted in the warm-up areas at competitions.

*****Apparel Policy:** Because of the hard work we have put into creating our brand and logo **NO apparel and or items** of any sort should be made by individuals or ordered from outside resources with but not limited to the use of our logo, gym name, team names etc.

We pride ourselves in creating a unified look within our program and would appreciate your respect with this policy.

IMPORTANT DATES

May 2025	May 1-21: Elite All Star Tryouts May 14: HAPPY BIRTHDAY ICT CHEER LEGACY May 23-31: Gym is Closed – Memorial Day
June 2025	June 3: 1st practice of the season
July 2025	July 1 - 6: Gym is Closed for 4 th of July Break
August 2025	August 4-5: MAV6 Choreography August 12-14: Gym is Closed Back to School Break August 17: Fall Schedule Starts
September 2025	August 30 – September 1: Gym is closed - Labor Day
October 2025	
November 2025	November 26 – 29: Gym is closed for Thanksgiving Break
December 2025	December 21 - January 3: Gym is closed for Christmas Break
January 2026	January 4: Gym reopens for Practices and Classes
February 2026	
March 2026	March 14-21: Gym is closed for Spring Break
April 2026	April 5: Gym is closed for Easter