

Legacy Extreme Tryout Packet

2010-2011



Welcome to Legacy Extreme Allstars! We're thrilled you're interested in joining our program. In this packet, you will receive information about our :

- History
- Staff
- Tryout information
- Code of Conduct
- Financial overview
- Commitments
- And much more

Our mission is to build the character and enrich the lives of our athletes through the sport of competitive cheer. Our goal is to teach confidence, leadership, determination & discipline while also creating a high moral standard to our cheerleaders.

Our History:

Legacy Extreme began in May 2008 with 6 cheerleaders. They competed in the senior level 1 division and won a National Championship title. Katie & Micah joined the staff in February 2009 and in their 1st year in charge of the squad it grew into 17 girls who competed in the senior level 2 division.

Our Staff:

Katie Lamb- cheer director
832-425-1266
LegacyExtremeCheer@gmail.com

Micah Kerr- cheer director

Tryout Information:

If you are interested in trying out for our 2010-2011 competitive season, you are required to come to a parent meeting on Thursday, April 8th at 7pm in the preschool gym. You will not be

allowed to tryout without the information at that meeting. If there is a conflict with your schedule, please contact the gym office PRIOR to the meeting by calling 281-482-9300, 832-425-1266 or email at legacyextremecheer@gmail.com . We will discuss this packet in detail, sign cheerleader contracts and sign up for tryout times.

Everyone will make a team; The # of teams and level they compete will be based on the ability level of the group as a whole. This decision will be made in the few weeks following tryouts. This is also when the practice schedule will be released. Everyone will tryout individually and show their tumbling (standing and running) & jump skills, as well as their flexibility. If you have a desire to be a flyer, you must tryout for this position. You will only be considered if you can perform your left and right splits, and can perform a heel stretch, scorpion and scale on the ground. Tryout dates will be April 10 & 11 and will be individual tryouts by appointment only. We recommend you have a slot but walk-ins will be evaluated if time allows. Following tryouts, there will be a **MANDATORY** parent meeting on Tuesday, April 27th at 7pm in the preschool gym to discuss practice days and fee schedules.

Below is a chart of tumbling skills required for each ability level:

Level	Skills
1	Cartwheels, round-offs, front & back walk overs
2	Round-off flip flops, front handsprings, standing flip flops
3	Round off flip flop back tucks, standing 2 flip flops, toe-touch flip flop
4	Round off flip flop layouts (or layout step-outs), standing back tucks, standing flip flop back tuck
5	Standing 3 flip flops to a full, triple toe touch back tuck, round-off flip flop full

Policies:

These policies are designed to teach our athletes discipline and also to maximize our practice time, improve our focus and help everyone to have a positive experience. Any violation in a policy can result in a demerit. Excessive demerits could result in participation in performances and are at the coach’s discretion.

- Tardiness- you are considered tardy if you aren’t on the practice floor with your shoes tied and hair pulled up when practice begins. You will only be excused if you call either the coach or the gym as soon as you think you’ll be late. No phone call will result in a demerit.
- Absences- All practices and events scheduled by the coaches are considered mandatory. School functions that count as a grade are excused as long as the coaches receive ample

notice. Other absences may be approved by a coach with proper notice- these will be evaluated on an individual basis. In the event of an unexcused absence, it is the athlete's responsibility to learn any missed material BEFORE the next practice. Coaches reserve the right to schedule additional practices as they feel they're needed.

*Between May and September you are allowed up to 4 absences; Between September and March you are allowed 3 absences- not including school functions that result in a grade (documentation may be required). Exceeding these guidelines may result in demerits.

- Practice Attire- You must wear the designated practice outfit at all times. If no outfit has been designated, you may wear cheer shorts-WITH SPANKY'S- any cheer shirt (preferably Legacy) and cheer shoes.
- Hair/Jewelry- Hair must be pulled out of your face at all times. No jewelry is allowed with the exception of stud earrings. Absolutely no visible jewelry is allowed at competition.
- Sportsmanship- Our athletes are expected to act with integrity at all times. This includes exhibiting sportsmanship and encouragement to other teams and more importantly with each other.
- Communication- It is the parent's responsibility to know what is going on with their daughter's team. You should check your email regularly and pay attention to handouts that are sent home. Please feel free to call or email coach Katie if you have questions.
- Parent Politics- There is absolutely no gossiping allowed at practice, competition or any other scheduled event. If you have a concern, bring it to a coach's attention privately before or after practice either in person or by email or phone call. Any decision regarding squad placement, competition level or anything else pertaining to the competition routine is solely at the coach's discretion.

Commitments:

As a member of Legacy Extreme you will be expected to commit to a year-round commitment. After choreography camp in August, the season officially starts. We will compete at 4-7 competitions from September to April. By signing the enclosed commitment, you promise to remain a member of the squad for a full year.

Cost Overview:

- \$45 annual enrollment fee (per family)
- \$150 monthly tuition
- Competition Uniform & accessories- \$250

- Warm ups- \$60-\$80
- Practice clothes- \$40-\$60
- Competition Fees- \$500-\$700
- Competition Music-\$300 per team- divided between team members
- Travel Expenses- vary per trip

Again, Thank you for your interest in our program! We look forward to a GREAT year!

Tentative Competition Dates- 2010-2011

This year we will attend Varsity Brand events. The reason for sticking with one brand is that each competition production company scores the routines differently. To ensure that we receive the highest possible score, we will stick with Varsity because they have a standard scoring scale for difficulty. The most known companies in the Varsity Brand are CheerPower, NCA, UCA and CHEERSPORT.

We will attend 5 or 6 of the below competitions.

Dates	Production Company	Competition Name	Location
10/2/10	Cheer Power	Schlitterbahn Championship	Galveston
November	NCA	Lonestar Small Gym Classic	Houston
12/11/10	Cheer Power	Christmas Open Championship	Houston
1/22-1/23/11	Cheer Power	Wild West Mini Nationals	Houston
2/12-2/14/11	Cheer Power	Southern Nationals	San Antonio
3/6 OR 3/12 2011	Cheer Power	St. Patty's Open OR Texas State Open	Houston OR Galveston

Legacy Extreme Cheerleader & Parent Contract

I, _____, and _____,
(cheerleader) (parent)
have read the policies and agree to adhere to them with no exceptions. I understand that if I do not comply with the policies I may be asked to leave the team or sit out from a performance.

By initialing below, you acknowledge that you have read and promise to comply with each of the policies.

(cheerleader) (parent) _____ Tardiness/Absences

(cheerleader) (parent) _____ Practice Attire

(cheerleader) (parent) _____ Hair/Jewelry

(cheerleader) (parent) _____ Sportsmanship

(cheerleader) (parent) _____ Communication

(cheerleader) (parent) _____ Parent Politics

(cheerleader) (parent) _____ Commitments

(cheerleader) (parent) _____ Cost Overview

Cheerleader Printed Name Parent Printed Name

Cheerleader Signature

Parent Signature

Date Signed

Date Signed