



BELIEVE IN BLUE

Welcome to the ICT Cheer Legacy Family

This is the official Tryout Packet for ICT Cheer Legacy.
We appreciate your interest in our Program and wish
you the best while deciding if this is the gym for
YOU and YOUR FAMILY.

ICT Cheer Legacy, Inc.
2668 N Greenwich Ct.
Wichita, KS 67226
316-267-5867

(Located inside the Wichita Sports Forum)

TRY-OUT PROCESS

Try Outs for the 2018-2019 Season will be held the MONTH OF MAY.

Try Out Evaluations: May 8th, 9th, and 10th (CLOSED)

- Athletes will sign up for an evaluation time at the parent meeting.
- Athletes will be evaluated on their current skills:
 - Standing tumbling, running tumbling and jumps.

May 12th

- Athletes will be placed in a level to practice with for the next 2 weeks.

***Athletes must have Majority of the following skills in order to be placed on a current level. All prospective team members MUST attend the Evaluation and Tryout process for one of the following skill levels. In order to attend a skill level, athletes must be proficient in the skills listed below. This means they must be able to land each skill on their feet, unassisted, multiple times in a row without a spot. **Tumbling skills are not the final determination regarding team placement. Many factors go in to choosing teams. Our goal is to create the strongest teams across the board.

<i>Level</i>	<i>Standing Tumbling</i>	<i>Running Tumbling</i>	<i>Note</i>
Level 1:	<ul style="list-style-type: none">• Cartwheel• Front or Back Walkover• Walkover Series	<ul style="list-style-type: none">• Specialty Pass• Round-Off Back Walk-Over	Straight legs, pointed toes
Level 2:	<ul style="list-style-type: none">• T-Jump Back Handspring• Back Walk-Over BHS• BHS Step out Round-Off BHS and BWO BHS	<ul style="list-style-type: none">• Front Walk-Over to BHS Series• Step-Out to Series• Specialty Pass	Straight legs, feet and legs together, pointed toes
Level 3:	<ul style="list-style-type: none">• 3 Jumps to 2 BHS• Standing 3 BHS• Toe BHS Step out RO BHS BT• BHS Step out to tuck• Toe BHS Toe BHS	<ul style="list-style-type: none">• Round-Off Back Tuck• Round-Off BHS Back Tuck• Specialty through to Tuck• Punch Front(optional)	Proper set technique and height of tucks, straight legs, good speed, and legs together in BHS
Level 4:	<ul style="list-style-type: none">• Multiple Jumps to BHS Tuck• Standing Tuck• 2 BHS to Layout	<ul style="list-style-type: none">• Round-Off BHS Layout• Specialty through to Layout• Whips(optional)	Standing tuck with feet together, all layouts with proper set technique and straight body position
Level 5:	<ul style="list-style-type: none">• Jump Back Tuck• Standing Tuck• 2 BHS to Layout/Full	<ul style="list-style-type: none">• Round-Off BHS Full• Arabian• Specialty to Layout	Standing tuck with feet together, all layouts and fulls with proper set technique and straight body position

Leveled Practices: Beginning May 14th

Athletes will attend 2 weekly practices (4 total). During this time they will work Level appropriate stunt techniques, jumps and tumbling, and will learn a Mini Routine that will include: standing tumbling, running tumbling, jumps, and choreography. The entire group will perform mini Routines throughout the month of June. Our Main Goal is to see what the team will look like as a whole. It is important to understand you will possibly see athletes moving up or down levels, as coaches see fit.

Final Evaluations: May 29th and 30th (CLOSED)

Athletes will be evaluated with the entire group on their mini routine and stunts. Teams will be announced Saturday, June 2nd by 5PM. Season Practices start June 4th

USASF LEVELS

- All-Star Teams Levels 1-5: Mini - \$115 per month / Youth-Senior - \$140 per month
- Half Season Teams – (starting in September): \$60 - \$80 per month

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. Athletes will be placed on teams based upon their abilities in the above-mentioned categories as well as their mental/emotional mindset. 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.

****Please keep in mind that in today's industry, basic skills aren't always enough.*

All Star Competitive Cheer Age Divisions Options:

- Mini: 5-8 Years of age as of August 31st, 2018
- Youth: 6-11 Years of age as of August 31st, 2018
- Junior: 8-14 Years of age as of August 31st, 2018
- Senior: 11-18 Years of age as of August 31st, 2018
- Open: 14 years and older as of December 31st 2019

TEAM PLACEMENT

All teams at ICT Cheer Legacy are built based upon each team having the ability to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc. at a level that will enable them to maximize the score sheet. You're RESPECT and TRUST in the ICT Cheer Legacy Staff is very important! We build OUR teams to be successful in the competition arena for all Events.

It is important to understand that TEAM comes first. This means, in the event that an athlete's position is changed, 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.

USASF DIVISIONS - Division I and Division II are now the new terminology for Small Gym (Division II) and Large Gym (Division I). A Division II Gym is defined as having 125 athletes or less for the 2018-2019 Season. ICT Cheer Legacy's Division will be based on the number of athletes we have at tryouts! Please understand there is a chance we will only take 125 athletes in the program this season, if we see this being the best option for success.

***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!!*

ATTENDANCE

Competitive Cheerleading is a sport that takes a lot of commitment. ICT teams typically practice 2-3 times per week for a total of 5 hours. The number of time/length of practice sessions is subject to change. However, it is the expectation of each athlete to adhere to the set practice schedule. During the competition season extended or additional practices may occur at the team coaches' discretion. Holidays and other prescheduled closing dates can be found below.

Attendance is very important to the team; therefore each athlete is held to the strict policy for tardiness and absences. All practices and competitions are mandatory. When possible, an absence request form is available online or at the front desk and should be filled out to be considered for an excused absence. Absence request forms must be turned in 14 days prior to the absence. If absence occurs due to medical emergency, a Dr. Note is required.

As stated before, excessive missed practices or tardiness by an athlete can lead to being replaced by an alternate team member, being replaced for an upcoming competition, pulled from one or more competitions, or in extreme cases removed from the team completely. In the event an athlete is unexpectedly not going to be at practice, it is the responsibility of the parents to contact the office staff, prior to practice, so we can plan accordingly. Failure to do so before practice will result in an unexcused absence. Any athlete that has an unexcused absence or is more than 5 minutes tardy, will be required to stay after practice, or make-up with extra conditioning conducted by their coach.

The coaching staff will work with your other commitments as long as it is reciprocated, otherwise you may have to choose. **Any practice missed 2 weeks prior to a competition for any reason may temporarily or permanently change an athlete's position within the routine.** If you are sick (non-contagious) or injured you are still expected to attend practice. You will not be required to participate, but will be expected to watch.

ABSENCE POLICY - We will be enforcing a strict attendance policy.

Competition Season -

- **We will allow 3 missed team practices. This will start the month of September and continue through the end of the season. 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 throughout the entire season.**

****Inclement Weather:** Reasonable attempts will be made to maintain regular business hours. However in the event of severe weather conditions notification of any changes will be relayed through either social media, email or via website announcement, and TV news stations for cancellations.

HOLIDAYS/GYM CLOSINGS and SPECIAL EVENTS:

- ★ May 14th: 2018/2019 Open Level Practices Begin
- ★ May 25th – May 28th: Memorial Day
- ★ May 29th – 30th: Final Evaluations
- ★ June 30th – July 6th: Summer Break
- ★ July 7th – 10th: Choreography Camp
- ★ Aug 31st - Sept 3rd: Labor Day
- ★ October 31st: Halloween
- ★ Nov 21st – Nov 25th: Thanksgiving Break
- ★ Dec 19th - Jan 2nd: Christmas Break
- ★ Spring Break: TBA

CHOREOGRAPHY CAMP

July 7th-10th

We will be bringing in a Dynamic DUO (2 choreographers) to work with our All-Star Teams on creative and innovative stunts and pyramids; at this time teams will learn their routine choreography - for the 2018-2019 Season. They will then come back for a second choreography session in October to complete dances and to do any touchups or changes to the routine that we would need at that time. We are incredibly excited for this change and cannot wait for you to meet the new Choreographers!!

ATHLETE RULES OF CONDUCT

- Under no circumstances will the use of profanity or abusive language be acceptable.
- **No cell phone use during practice!**
- Commitment to working through mental blocks is expected.
- Extracurricular activities are not to interfere with mandatory practices or competitions. Repeated issues may require you to choose which activity you will continue.
- Athletes are expected to show good sportsmanship and conduct themselves in a respectable manner at all times.
- Athletes WILL NOT be EXCUSED from any Competitions!!! These are MANDATORY for ALL

Social Networking and other media outlets - Facebook, Twitter, Instagram and other media outlets will be treated as a direct representation of ICT Cheer Legacy. All members (athletes and parents) of ICT will be held RESPONSIBLE for all comments posted and anything perceived to be negative towards the program, staff, parents or other athletes is not acceptable. In addition trash talking, bad mouthing, or disrespecting other gyms or competition companies will not be tolerated and you will be required to remove such comments as a member of ICT.

There is Zero Tolerance for this behavior.

GYM DRESS CODE AND CONDUCT

- Athletes will be REQUIRED to wear assigned ICT practice gear and adhere to set schedules of what to wear. Regardless of the reason, any athlete that attends practice outside of set clothes he or she will condition as set forth by their team coach. In the event an athlete loses their practice wear, it will be their responsibility to contact the ICT office to replace missing items.
- Athletes are required to pick up all personal items and trash in the gym. ICT Cheer Legacy is a place of business and must be a presentable facility at all times.

COMPETITION DRESS CODE

- Athletes are required to be in complete uniform at all times. This can include warm ups when approved by team coaches.
- Athletes are expected to attend all award ceremonies in full uniform.
- Athletes must be in Warm-Ups or Competition T-shirt at competitions when not on practice or performance mats.
- Athletes are expected to remove all jewelry, hair ties, etc. prior to reporting to the warm up area --Coaches are NOT RESPONSIBLE for jewelry or other personal items.

PARENT RULES OF CONDUCT

- Good Sportsmanship is expected at all competitions towards staff, parents, athletes, and other gyms.
- Parents are not allowed in practice areas during practice times or warm up areas at competitions.
- Communication from viewing area to athletes during practice time is not acceptable. The same rule applies at competition venues.

- Siblings are not to be left unattended at any time. Children and parents must remain off of the practice floors at all times. Parents please make attempts to keep additional noise levels to a minimum..
- The expectation is that gossip about athletes, coaches, or other programs will not become a distraction. In the event this happens, practices will be closed at the ownerships discretion.
- **Parents are encouraged** to approach their athlete's team coach with questions in a respectable manner.
- Parents are expected to be aware of activities and events that involve their athletes. Information will be relayed in a timely manner by squad moms, coaches, or gym owners.
- Under no circumstances is a parent to approach a competition official (judge, linesmen, etc)
- Parents are expected to respect decisions made by the coaching staff and ownership.
- Parents are expected to read all emails from ICT in order to stay up to date with the latest information and any changes.

Practice Viewing Guidelines

These are outlined below and must be followed by anyone viewing practices. Please keep in mind that our seating/viewing area is not only open but very close to the practice mats as everything that goes on the coaches and athletes notice.

- VIEWING AREA IS LOCATED in the BLEACHERS.
- Registered Athletes ONLY allowed inside the gym.
- Spectators are not allowed on the practice floor for any reason.
- Athlete's bags and waters must be in the storage area and not blocking the walkway.
****Athletes are not allowed in the viewing area during practice.**
- Ramp into the gym must be cleared at all times.
- There will be no communicating or gesturing toward athletes while they are in practice.
- Noise Level and Distractions must be kept to a minimum during practices
 (This includes the teams preparing for practice)
- Coaches and Staff ONLY permitted behind the front desk.
- Please pick up after yourself!!! Water bottles, clothing, trash etc. This goes for Our Gym and the entire facility: bleacher area, bathrooms, and the upstairs seating area.

FOCUS DAY: We are opening all other practices (exceptions- choreography and special clinics) for parent viewing and encourage parent to come in, get involved and meet your fellow cheer parents!!! Please understand that these guidelines have been put in place for the success of your Athlete and Our Teams. We will be enforcing each and every guideline listed above. If everyone cannot follow these guidelines, then practices will be closed until further notice. ICT will be a successful program if the parents, athletes, and coaches all understand their roles and expectations. Again, we love the support and want our families to be involved in everything that goes on at ICT.

INJURIES

If your athlete has a legitimate injury a Dr. Note is required from a primary care Physician or specialist. Athletes may be removed from the routine and or positions changed until we receive a release from the Doctor.

LOGO AND USE OF BRANDING - Any and all apparel or items made using the ICT logo, name and or anything affiliated with our ICT Cheer Legacy brand must be sold and or approved through ownership. Please understand that this is our brand and we have an image and look that we want to maintain. We will not tolerate individuals creating or making apparel or items for individual sale or use.

PARKING LOT

- Please be aware the parking lot is full of children at all times and safety is of the upmost importance. Please slowdown in both arriving and departing the gym.
- The expectation is that athletes are picked up on time following classes and practice time.

CONCERNS AND FEEDBACK

- Feedback is always encouraged in either verbal or written form when presented in a respectable manner.
- Parent meetings are scheduled periodically throughout the year when necessary, and are designed to discuss new information and explore concerns and suggestions for improvements.

PRIVATE LESSONS - Private lessons are an excellent opportunity for an athlete to fine tune and grow their skills. It is vital for the continued success of private lessons that they are conducted in the following manner. All privates must be set up based on the individual instructor's schedule.

Payments for Privates are to be made in cash and given directly to the instructor prior to the lesson.

Carrying an outstanding balance of any kind following the 1st of any given month will result in an athlete not being allowed to have private lessons until balance is paid in full. Cancellations MUST be made 24 hours in advance or charges will be assessed. NO REFUNDS. COST FOR PRIVATES - \$25 for 30 minutes.

HOTELS AND TRAVEL

There will be approximately 6-8 out of town competitions, which will require a 1-2 night hotel stay. We will select hotels to be reasonable, and costs will vary from \$95.00 - \$160.00 depending on city and location. ICT Cheer Legacy will select the "TEAM HOTEL" and reserve a block of rooms. Parents will receive the information to contact the hotel to reserve a room. Hotels are booked individually by all parents via personal credit card. For some events this may require you to stay both Friday and Saturday nights. Several competition companies will require a "Stay To Play" hotel. In this case the team Hotel will be REQUIRED.

It is the parent's **option** to stay with family or at another hotel at any competition. However, all starting points, ending points, end of the day meetings and spontaneous practices will be held at the "Team Hotel." Staying in an alternate location will not be an excuse for missing any of these events.

*****EXCEPTION***** Athletes will be required to stay at the team hotel for any Stay -to -Play Events!!

Bus Travel - ALL Athletes will be required to ride the BUS to NCA Dallas

ADDITIONAL END OF THE YEAR COMPETITIONS

In addition to our regular scheduled competitions there is the possibility of teams earning bids to different events such as US finals and or the D2 summit held in Orlando Florida. In the event that a team receives a bid to any of these events we will have a team meeting discussing the costs and opportunity to attend these Additional events. As a staff, we strive to send the teams that we feel will

be successful to make it worth the cost/time involved. We will not accept wildcard bids to the D2 summit. If an at-large bid is received a meeting will be held with that individual team.

COMMUNICATION

I-Class Pro: This assists in communication between parents and the ICT office. It is vital to keep all athletes' information up to date, so we can ensure you receive all information and updates as quickly as possible. Monthly statements are available for each athlete regarding current fundraising and billing. Questions regarding Tuition and ICT payments will be directed to: ictcheerlegacy@hotmail.com

FACEBOOK/TWITTER/Instagram:

ICT Cheer Legacy has a Facebook, Instagram, and Twitter page. We communicate updates and important information utilizing social media. Please "LIKE" and "FOLLOW" the ICT Cheer Legacy pages. We will also utilize **TEAM PAGES** on Facebook throughout the season (*this is our Primary way for Communication*) as it is a quick and easy way to communicate with the teams.

E-MAIL SYSTEM:

Please insure the ICT office has correct e-mail addresses. E-mail is helpful for questions, comments and constant communication with your team & the Staff.

MONTHLY CALENDARS: Please post these on your family fridge to stay current with important dates for each month. The Newsletter is sent out at the beginning of every month with all pertinent information for that month. ***PLEASE READ CAREFULLY EVERY MONTH***

TEXT BLAST: In case of closings due to weather, important last minute reminders and other issues that may occur, a text blast will be sent to parents who provide a cell phone number which allows texts messages to be sent to their phone. This is the quickest and most efficient way to reach our parents when these types of situations arise.

PARENT MEETINGS: Meetings will be scheduled as needed throughout the season. These meetings will be used to communicate information about upcoming events and schedules.

WWW.ICTCHEERLEGACY.COM: Check for closings & Cancelations due to weather. The members' section will have all handout, e-mails, and calendars.

**Please understand these concepts will only work if we have full cooperation of parents, cheerleaders and the staff. We will be using several means of communication and we urge you to take full advantage of each of these to make this year better than ever.*

Emily Donahue Contact Information:

edonahue@ictcheerlegacy.com

Cell # - (316) 734-8582

Kristin Mountain Contact Information:

kmountain@ictcheerlegacy.com

Cell # - (316) 519-7600

Kristin and Emily Joint Account: ictcheerlegacy@hotmail.com

AUTO WITHDRAWAL

ICT Cheer Legacy REQUIRES 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. Auto Debit forms will be available upon joining and a valid credit card is required to be on file.

Annual Registration Fee: \$45.00 per person due at time of registration -\$60.00 for a family

Monthly TUITION:

Tuition will be pulled on the 1st of every Month.

Competitive All-Star Teams:

Mini	\$115.00 per month: <ul style="list-style-type: none">➤ 2 practices each week / 3 hr. per week➤ 1 hr. of tumbling per week
Youth-Senior	\$140.00 per month: <ul style="list-style-type: none">➤ 2 practices each week / 4 hr. per week➤ 1 hr. of tumbling per week

Half Season Teams:

Tiny	\$60.00 per month - 1 hr. per week
Mini – Senior	\$80.00 per month - 1.5 hrs. per week
Special Needs Cheer (All Ages)	\$20.00 per Month

****Half Season Teams:** These teams will not start their season until September 1st. We will hold a team placement evaluation in late August for all Show/Prep Teams. Teams will be created based on the ages and skill level of athletes.

IMPORTANT NOTES:

- Auto Pay through your i-class Pro 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 cancelled or missed practice.

TUITION DISCOUNTS:

- Second Family Athlete
50% off of second family member and all others after that for tuition ONLY

LOYALTY PROGRAM (NEW)

As we begin our fifth competitive season at ICT Cheer Legacy we want to give back to the families that have been loyal to us over the years.

Although it is not much we want to show our appreciation to you for your continued support and loyalty to our program.

****5 Year Loyalty Discount- \$10.00 off monthly Tuition for the entire 2018-2019 season**