



ELITE/PREP

Handbook

2026-2027

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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

MAY 5TH

5:30-7:00 PREP & LEVEL 1 ELITE

*****FOLLOWING THIS EVALUATION ATHLETES THAT MEET THE ELITE LEVEL 1 CRITERIA WILL BE INVITED TO ATTEND ELITE LEVEL 1 TRYOUTS STARTING MAY 15**

MAY 13TH

5:30-7:30 ELITE LEVEL 3 - 4

7:30-9:30 ELITE LEVEL 5 - 6

MAY 15TH

5:30-6:15 FLYER EVALS ALL LEVELS ELITE

6:30-8:30 ELITE LEVEL 1 - 2

MAY 19TH

5:30-7:30 ELITE LEVEL 3 - 4

7:30-9:30 ELITE LEVEL 5 - 6

MAY 20TH

5:30-7:30 ELITE LEVEL 1 - 2

7:30-9:30 ELITE LEVEL 3

MAY 21TH

5:30-7:30 ELITE LEVEL 4

7:30-9:30 ELITE LEVEL 5 - 6



May 22nd – PREP & ELITE TEAM PLACEMENTS ANNOUNCED

GYM IS CLOSED May 25th – May 31st

2026-2027 Season Starts June 1st

REQUIREMENTS

SKILLS

2026-2027

ATHLETES SHOULD ATTEND CURRENT TEAM LEVEL UNLESS THEY CAN CONFIDENTLY DEMONSTRATE EVERY SKILL FOR THE HIGHER LEVEL

LEVEL 1

PREP:

BACK WALK-OVER
ROUND-OFF
HANDSTAND FORWARD ROLL

ELITE:

BACK WALK-OVER
BACK WALK-OVER SWITCH
FRONT WALK-OVER
CARTWHEEL 2 BACK WALK-OVERS

LEVEL 2

BACK WALK-OVER BACK HANDSPRING
STANDING BACK HANDSPRING
BACK HANDSPRING STEP OUT

ROUND OFF BACK HANDSPRING
ROUND OFF BACK HANDSPRING SERIES

LEVEL 3

STANDING BACK HANDSPRING SERIES
BACK HANDSPRING STEP-OUT BWO 2 BHS

ROUND OFF BACK HANDSPRING TUCK
BONUS: SPECIALTY R/O BHS TUCK
PUNCH FRONT OR AERIAL

LEVEL 4

STANDING TUCK OR 2 BHS TO TUCK
1 BHS TUCK

R/O BACK HANDSPRING LAYOUT
BONUS: SPECIALTY THROUGH TO LAYOUT

LEVEL 5

STANDING 1 OR 2 BHS TO LAYOUT
JUMP TO TUCK

ROUND OFF BACK HANDSPRING FULL
BONUS :SPECIALTY TO FULL

LEVEL 6

STANDING TWO BHS TO FULL
ONE BHS TO FULL

SPECIALTY BHS TO FULL
BONUS: DOUBLE
STANDING FULL



**TUMBLING SKILLS WILL ONLY BE CONSIDERED IF THEY ARE EXECUTED STRONG ENOUGH TO BE CHOREOGRAPHED IN A ROUTINE. IF PASS IS NOT PERFORMED AT THAT LEVEL IT WILL NOT COUNT AS A SKILL.

REGISTRATION

REGISTRATION

In order to be eligible to register, Athletes must have a birthday between June 1, 2007 - 2019

Registration is OPEN and can be completed now through May 5th. After May 5th you must email owner@ictcheerlegacy.com for a private placement time.

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

Team Placement Registration Fee:

Elite - \$125

Prep - \$65

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 26-27 Elite/Prep Tryout Registration. At this time, it will require you to pay the Tryout fee. Once Payment is complete your athlete will be registered online.



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.

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 tryouts, 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.

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 2026 - April 30th 2027 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.

Exception: End of the season events may require additional practices and additional charges may be assessed.

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 teams have been named you will be required to pay to pay an EXIT FEE. The exit fee is implemented to ensure commitment to both the program and the team. When an athlete leaves a team, it not only requires finding a replacement but also involves additional gym time, increased staff compensation, and the re-choreographing of routines.

Elite

Team Placement - Before Choreography: \$250 Exit fee

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

Prep

Team Placement - Before Choreography: \$150 Exit fee

After Choreography - April: \$300 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 June 1st
\$70.00 for a family

Monthly Tuition:

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

Elite Teams:

\$150.00 per month: 2 practice each week / 2 hours total

Sept - Dec

Team Tumbling will be added and required for all Elite Athletes

This will take place on Monday evening for most teams starting in Sept and run through Dec. Starting Sept 1st through Dec an additional \$50 will be billed and pulled for this required tumbling class.

Prep Teams:

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

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.
- 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:

- 50% off of Team tuition – 2nd family member and all others after that

ELITE FEES SCHEDULE

May 27, 2026

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

June 15, 2026

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

July 15, 2026

Uniform Payment # 1
Total : \$320

Aug 15, 2026

Uniform Payment # 2
(Leo Included)
Total : \$355

Sept 15, 2026

Music - \$120
Competition Bow - \$45
Total : \$165

Oct 15, 2026

Competition Jersey - \$50
Coaches Fees - \$180
Total : \$230

Nov 15, 2026

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

Dec 15, 2026

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

Jan 15, 2027

**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



PREP FEES SCHEDULE

May 29, 2026

Practice Clothes - \$130
(Boys - Shirts Only) - \$30
Practice Bow - \$20

Total : \$150

June 15, 2026

Shoes - \$50
Choreography - \$150

Total : \$200

July 15, 2026

Uniform Payment #1

Total : \$155

Aug 15, 2026

Uniform Payment # 2

Total : \$130

Sept 15, 2026

Music - \$75
Competition Bow - \$35

Total : \$110

Oct 15, 2026

Coaches Fees - \$95

Total : \$95

Nov 15, 2026

1st Competition
Registration - \$160 est

Total : \$160

Dec 15, 2026

2nd Competition
Registration - \$160 est

Total : \$160



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 or in to January if needed.

Team Tumbling:

Sept - Dec: Team tumbling will be REQUIRED for all ELITE team athletes. This will likely take place on Monday evening starting in Sept and run through Dec. Team tumbling may extend through Jan if need for individual teams. Starting Sept 1st through Dec/Jan an additional \$50 will be billed and pulled.

Level 6 Extra Practice:

MAV6 will have an additional practice each week on Mondays from 8:30-9:30 (directly following their REQUIRED Team tumbling class). Starting in September tuition will go to \$175

****NEW THIS YEAR : The Cat Haley Method (Gym Program) REQUIRED FOR ALL ELITE 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 45 minute required class.

Cost \$30

This year, we are excited to introduce the Cat Haley Method for all elite flyers in our program. This training consists of two structured 10-week, pre-recorded series designed to enhance flexibility, strength, and overall flying technique. Each series includes guided deep stretching, targeted drills, strength and conditioning workouts, instructional videos, expert tips, and easy-to-follow progress charts.

The two series we will be utilizing are Needle Mastery and Front Body Positions. Each series is priced at \$125 per athlete, bringing the total seasonal investment to \$250 per elite flyer. Athletes will be required to follow this program closely and log in the Cat Hayley website to compete weekly lesson in addition to Flyers Flex Class

These sessions are a required component of our program and will be completed as additional at-home training. Each video ranges from 35 to 45 minutes, providing athletes with consistent, focused opportunities to improve their skills throughout the season.



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. All absent requests need to be email to requests@ictcheerlegacy.com

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

Absences will be limited to the following:

June 1, 2026 through Aug 15, 2026 –

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

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

Aug 16, 2026 through April 30, 2027 –

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

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

Unexcused Absences If an athlete reaches the limit of absences and absence fee of \$25 will be charged and pulled from the account. If an athlete has more than two absences over the allotted amount, the athlete may be at risk of being removed from the team.

Choreography Camp DATES: August 4 -7th

Choreography is MANDATORY for ALL athletes there will be NO EXCEPTIONS this year!

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). All performances and competitions are 100% mandatory.

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.

Black-Out Date Blackout dates are set on the calendar. Attendance on these dates is absolutely mandatory.

CLOSED PRACTICES All Team Practices (Including Team Tumbling) 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 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 180 + 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.



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!

Elite: 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. Typically we accept end of the season bids every other year. However if a teams is highly competitive in a division we may consider take them even if it is an off year.

Prep: Will attend a total of 4 competition each season.

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 2026-2027 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 15, 2026 ** (Possible Showcase Date)

November 29, 2026

December 6, 2026 **

December 12-13, 2026

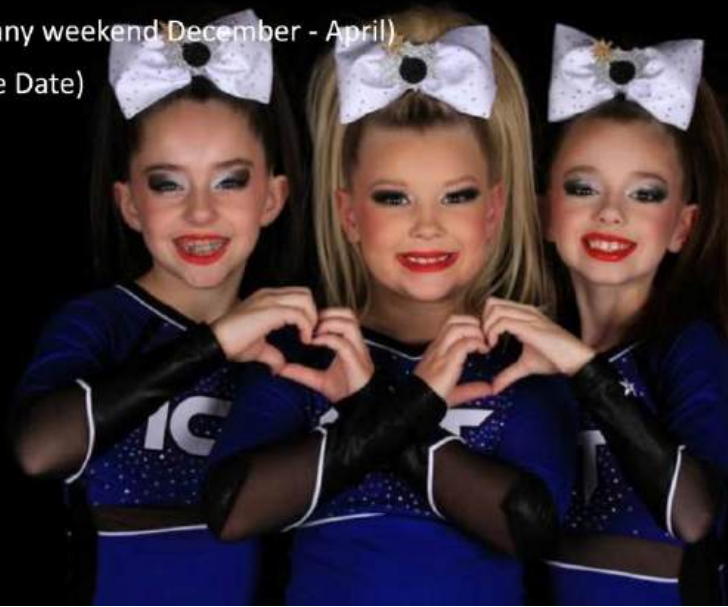
January 17, 2027 **

January 29 - 31, 2027

February 12-15, 2027

April 12, 2026 **

**Prep Teams as well



COMMUNICATION

Communication Guideline

Open communication between parents, athletes, and staff is extremely important to the success of our program. To ensure timely and effective communication, ICT staff and families will utilize the following methods:

Email

Regular communication with ICT owners should be directed to owners@ictcheerlegacy.com. Please allow up to 24 hours for a response during the work week. Emails sent on weekends, holidays, or competition weekends can expect a response by 5:00 PM on the next business day.

iClass Pro

iClassPro will be utilized for communication, account billing, and enrollments throughout the season. Important information and updates will be sent via email through iClassPro. In addition, we will use text message blasts through the system to quickly communicate time-sensitive information and reminders.

Requests

All absence requests, financial questions, past due accounts, and attendance-related inquiries should be sent to requests@ictcheerlegacy.com.

This email will be managed by our new HR Manager, who will oversee all policies, procedures, accounts, and absences throughout the season.

Please do not text a coach directly regarding absences.

Business Phone

The ICT business phone number is 316-267-5867. If a voicemail is left, please allow up to 24 hours for a response during the work week. Messages left on weekends, holidays, or competition weekends will be returned by 5:00 PM on the next business day.

Text Messages & Social Media

Direct communication with owners and coaches through personal text messages or social media (Facebook, Instagram, etc.) is not an ideal form of communication, and responses are not guaranteed. If a coach provides their personal phone number for private lessons, please use it only for that specific purpose.

Facebook

Team Facebook pages will be used for updates, reminders, and additional communication throughout the season. Please ensure you are added to your athlete's team page.

GroupMe

Many teams will utilize GroupMe for parent communication, including team gifts, bonding activities, and fundraising efforts.

PARENT EXPECTATIONS

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.

ATHLETE EXPECTATIONS

As an Elite All Star 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.



IMPORTANT DATES

MAY 2026	May 5: Elite & Prep Level 1 Tryouts May 13 – 21: Elite Tryouts May 14: HAPPY BIRTHDAY ICT CHEER LEGACY May 22: Team Placement Announcements May 25-29: Gym is Closed – Memorial Day
JUNE 2026	June 2: 1st Elite practice of the season June 4: 1st Prep practice of the season
JULY 2026	June 29 – July 3: Gym is Closed for 4th of Summer Break
AUG 2026	August 4-7: Choreography August 12-18: Elite & Prep Back to School Break August 19: Fall Schedule Starts
SEPT 2026	September 6 -7: Gym is closed - Labor Day
OCT 2026	
NOV 2026	November 15: Elite & Prep Showcase November 25 – 28: Gym is closed for Thanksgiving Break November 29: ELITE PRACTICES
DEC 2026	December 20 - January 2: Gym is closed for Christmas Break
JAN 2027	January 3: Elite Practices start back up
FEB 2027	
MARCH 2027	March 14-20: Gym is closed for Spring Break March 21: Elite Practices start back March 28: Closed for Easter