

WELCOME TO THE 2026-2027 SEASON



ALL STAR LEGACY

EVALUATION INFORMATION PACKET



All Star Legacy is dedicated to the development of well-rounded athletes through positive sports competition. We strive to develop fundamental skills through active participation and to promote good sportsmanship from our athletes, coaches and parents. We strive to provide a safe and positive environment that allows athletes to become the best version of themselves on and off the mat.

EVALUATION REGISTRATION INSTRUCTIONS

All registrations are done through the All Star Legacy website:

<https://www.allstarlegacyfr.com/>.

All accounts must be paid in full to register for Evaluations. You must keep your account current to remain active on a team. There will be no refunds made to anyone who withdraws from the program or is asked to leave the program.

EVALUATION CHECKLIST:

- Read evaluation packet in its entirety prior to registration
- Complete Clinic & Evaluation Registration
- Complete Online Waiver
- Sign Rules & Regulations Form (page 5)
- Turn in all forms to the office or email them to frontroyal@allstarlegacy.com
(all forms are to be turned in prior to evaluation date)

WHAT TO WEAR FOR EVALUATIONS:

- Red or Black Sports Bra or T-Shirt
- Black Shorts
- Hair Bow (red, blue, white or black)
- Cheer Shoes
- SMILE!!



Full Year Team Evaluations (Elite, Prep & Novice)

Clinics held May 11 – May 14 (minimum of 1 clinic required for evaluations):

Session 1 – 5pm-6pm: New and returning athletes ages 5-10

Session 2 – 6:30pm-7:30pm: New and returning athletes ages 11+

Evaluations:

Date: May 16

*Evaluation times will be sent out one week prior to evaluation day by age/skill level.

Team Announcements on May 20, 2026

Athletes will receive an email regarding team placement. Email will include team placement information, first practice day/time, team coaches and parent meeting information.

****Please mark these dates on your calendar. All dates are subject to change.****

Important Dates at a Glance:

- Evaluations: May 16
- Team Announcements: May 20th
- Memorial Day Break: May 22 – May 25 (GYM CLOSED)
- Team Practices/Parent Meeting: First week of June (please refer to your #iMadeLegacy email)
- Summer Break/Independence Day Break: July 1 – July 5 (GYM CLOSED)
- Choreography: August 2026 (Dates/Times TBA)
- Labor Day: September 7 (GYM CLOSED)
- Sunday Practices Begin (All Teams): September 13
- Thanksgiving: November 25-28 (GYM CLOSED)
- Christmas: December 23-26 (GYM CLOSED)
- New Years: December 31-January 2 (GYM CLOSED)
- All Star Legacy Kickoff Showcase: January 2027 (Date/Time TBA)
- Easter: March 26 – March 29 (GYM CLOSED)
- End of Season: May 31

The full year team program is a competitive cheerleading program for athletes ages 3+ that compete in various levels. The season begins June first and runs through the end of May. When forming teams, we are looking for full mastery of skills to be placed within a level.

Time commitment: Elite tier teams will practice 2 days a week during the Summer and 3 days a week beginning in August. Novice and Prep teams will practice 2 days a week for the duration of the season. All teams can expect extra practices to take place for Choreography, around competition season and for extra work at the discretion of the coaches. Attendance is incredibly important to a team's success. Missing practice could affect an athlete's position on the team.



Absence Notification: Athletes who are planning to miss practice for any reason will need to complete an absentee request form with a minimum of 2 weeks notice.

Please Note: Athletes that miss practice within 2 weeks leading up to a competition may not be able to compete at the event (excused or unexcused). Athletes who continuously miss or have too many unexcused absences, may be removed from positions in the routine and/or be removed from the routine/team/program.

Competition Schedule/Travel: The competition schedule will be released prior to November 2025. The Full Year All Star Program will attend a variety of local and out-of-state competitions. All athletes are expected to attend every competition for their team. Travel costs are not included in tuition and each family is responsible for getting their athlete(s) to and from competitions.

End of Season Events: All of our teams will work to receive a bid to various end of season events. End of season events are NOT included in the tuition and if your team earns a bid, additional fees will apply depending on the bid earned.



2026-2027 Rules & Regulations:

- If you have questions or concerns that need immediate attention, please use the following chain of communication in this order: → 1) Team Rep → 2) Coach → 3) Director
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- Cross over Policy: If you are asked to be a Crossover athlete, you will be responsible for the crossover payment agreement and fees in addition to your regular payment agreement & tuition fees for the primary team.
- It is the athlete's responsibility to wear the appropriate practice wear to every practice and competition attire to events.
- Social Media posts that are a poor representation of All Star Legacy may result in suspension or removal from the team.
- Personal items such as cell phones, school bags, or gym bags must be stored in cubbies. No items are to be left in the gym walkways or near doorways. We are not responsible for lost or stolen items. Please do NOT bring valuables to the gym.
- You must arrive at all practices, competitions or scheduled events on time. Punctuality is a MUST!
- Please feel free to talk to your coaches about anything; remember to do it at the appropriate time. For example: Approaching a coach in the middle of a practice would not be an appropriate time.
- Athletes need to be able to perform all aspects of competitive cheerleading physically and mentally. This may require additional private lessons, classes, conditioning and/or practices.
- NO GOSSIP about athletes, teams, coaches, or staff. This could result in dismissal from the program.
- All Star Legacy is not a babysitting service. No child should be dropped off at the gym or unsupervised if they are not in a class or team practice.
- Practices may be changed or added at any time during the season as necessary.
- Anyone threatening (in writing or verbally) to quit or to pull their child from a team for any reason will be dismissed from the program immediately.
- Only athletes and coaches are allowed on the gym floor.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window.
- The coaches reserve the right to close practices at ANY time for ANY reason.
- It is the parents' responsibility to know what is going on with your team. Check your emails and the team BAND regularly. BAND is our main form of communication.
- Punishing your child by missing practice or a competition is not acceptable. Homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends & athletes are not allowed to speak with competition officials for any reason.
- Parents are not allowed to represent All Star Legacy under any circumstances concerning accommodations, competitions or other situations.
- There will be no arguing or questioning coaching decisions at competitions.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and Owner.
- All Star Legacy maintains the right to refuse services at any time.
- Coaches/Owner may change, add or subtract any of these rules at any time.

Athlete Signature: _____ Parent Signature: _____ Date: _____

