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WARSAW
LEGACY
ELITE CHEER

PARENT HANDBOOK 2023-2024

2023- 2024 YMCA'S WARSAW LEGACY ELITE TEAM PACKET

Welcome to the YMCA's Warsaw Legacy Elite!

We are excited to start this new adventure and are happy that you have picked our program to join. Our goal is to teach not just the skills that come with cheerleading but also help the athletes grow personally. We strive to build self-esteem and confidence for their futures while providing a safe and interactive learning environment.

We look forward to the year to come. If you have any questions please do not hesitate to ask.

Briana Kelley

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Tonya Douglass

Kosciusko Community YMCA

Gymnastics and Cheer Coordinator

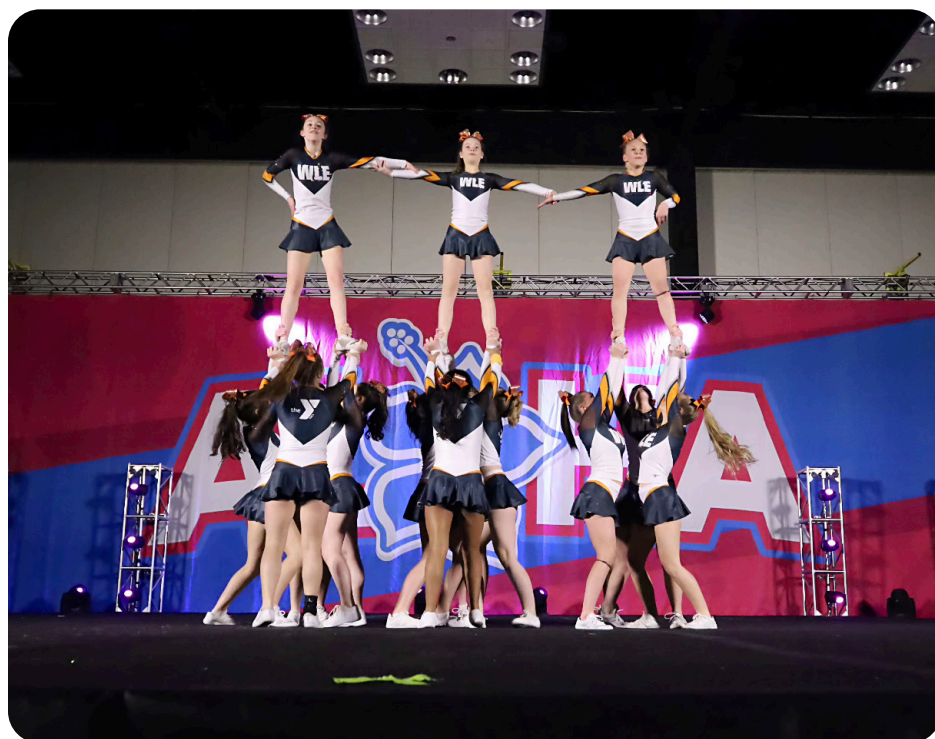
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WHAT DOES THE YMCA'S ALL STAR CHEER TEAM LOOK LIKE?

The YMCA's Warsaw Legacy Elite is a Half Season All Star Cheerleading team. All Star Cheerleading offers several different divisions and levels. Our goal is to offer a program for those athletes who are not ready to make cheerleading their "one and only" sport or who are just beginning in cheer. Warsaw Legacy Elite program offers athletes an opportunity to experience the excitement of All-Star Cheer without the financial obligation and rigorous training schedule, while emphasizing fun, skill acquisition and teamwork. Our program is the perfect building process for athletes that love cheerleading, but do not have the time to commit to multiple practices a week for a full 12 month season.

Warsaw Legacy Elite will offer teams for athletes 6-18 years old. Teams will have one team practice each week and will also have one team tumbling/stunt class included with their monthly tuition. The teams will learn a competitive cheer routine which includes tumbling, jumping, stunting, and dance. Our schedule is set to compete at five competitions from January through March. There is no previous experience needed and no tumbling requirements to join the Warsaw Legacy Elite Team. Teams will be formed based on the athlete's age and current skill level.





AGE GROUPS

- **MINI PREP** | Born in 2014 - 2017
- **YOUTH PREP** | Born in 2011 - 2016
- **JUNIOR PREP** | Born in 2008 - 2015
- **SENIOR PREP** | Born in 6.1.04 - 2012

TUMBLING SKILL LEVELS WITHIN AGE GROUPS:

- **LEVEL 1** | Cartwheels, Round Offs, Back Walkovers
- **LEVEL 2** | Back Handspring, Round Off Back Handspring
- **LEVEL 3** | Series Back Handspring, Round Off Back Tuck

STUNTING SKILL LEVELS WITHIN AGE GROUPS:

- **LEVEL 1** | Knee/Waist/Shoulder Level
- **LEVEL 2** | Shoulder/Extended, Inversions & 1/2 Twisting
- **LEVEL 3** | Extended Single Leg, Full Twisting

SIGN UP INFORMATION

There are **NO TRYOUTS** to be on our teams. We will only be evaluating each athlete's skill level to place them on the appropriate teams.

We will work with athletes for two practices based on ages and divide them up into their teams based on age and skill level. Once athletes have been divided up by age and skill level, teams will practice once a week for two hours. **Teams will practice on Sundays.** Team practice times will be set after evaluations have been completed.

They will also have a required one hour team tumbling class and a half hour stunt class each week. These classes will take place on Wednesday.

REGISTRATION AND EVALUATIONS

Athletes will be required to attend both evaluation days. This is the best way for us to place kids on the correct teams together.

- 8.13.23 | 1:00 P.M. – 3:00 P.M.
- 8.16.23 | 6:00 P.M. – 7:30 P.M.

LOCATION

220 Parker Street, Warsaw, IN 46580

WHAT TO WEAR

T-shirt and black shorts (no jewelry).

ITEMS REQUIRED FOR ALL STAR TEAM REGISTRATION

YMCA Membership with no past due program balances and a completed Online Team Registration Form.

COST (CHEER TEAM PARTICIPANTS MUST BE MEMBERS OF THE YMCA)

- **\$92/MONTH** | August-March | Drafted on the 20th of each month for one practice and one tumbling/stunt session per week.
 - **USASF CARD FEE** | \$49 | Will need to be completed online. More information to follow after team placements.
 - **UNIFORM** | \$248 (Drafted on 10.06.23)
 - **BOW** | \$22 (Drafted on 11.03.23)
 - **CHOREOGRAPHY** | \$50 (Drafted on 9.8.23)
 - **WHITE CHEER SHOES** | \$45 - No Limit Sportswear
- *Additional fees for competitions, see page 4.

TEAM EXPECTATIONS

TEAM PRACTICES | Sunday each week for two hours from August 20, 2023 to March 2024. Following choreography we will be working hard on our routine to perfect it for competitions. Attendance is very important for the teams to be successful. All team members are expected to attend every practice. As we approach competitions there will be additional practices. We will give you notice as soon as possible. *Last team practice is scheduled for March 27, 2024.

ATTENDANCE/ABSENCES | If an athlete is sick, please let your coach know as soon as possible. Athletes who are sick will not be required to participate; however if they are not contagious they should come and watch. Athletes who are vomiting, running fever or considered contagious the day of practice should let your coach know as soon as possible and should not attend practice. We NEED notice that an athlete will miss practice for ANY reason. We ask that we have at least one full week's notice in advance for any absence. The only "excused" absence is a school function that results in a grade.

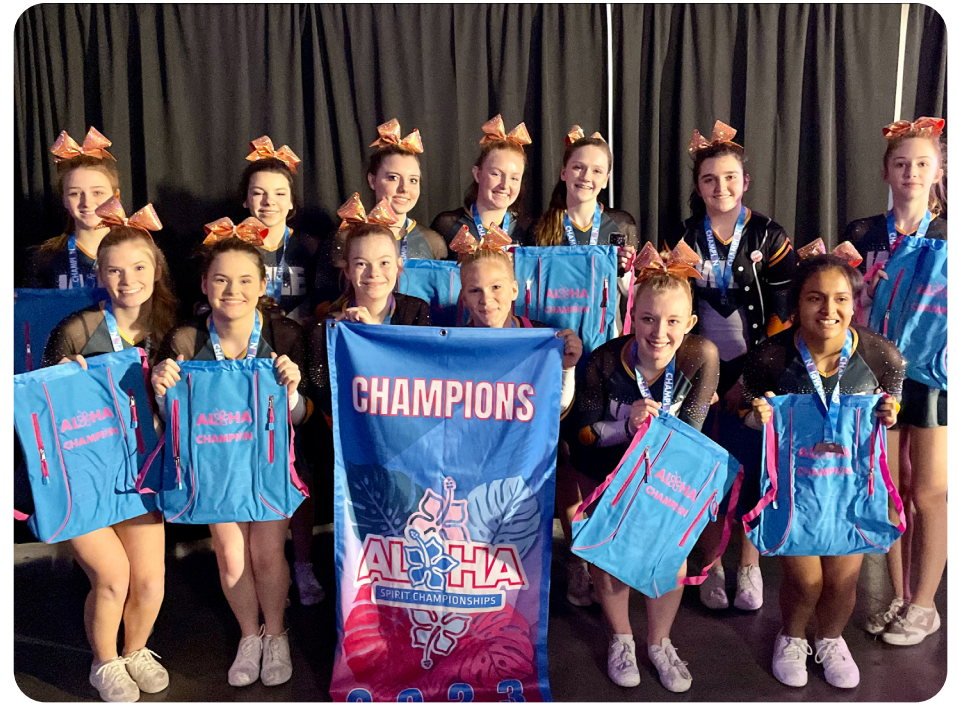
*Absences should be submitted to the coach as soon as possible. School activities are planned well in advance, so please make sure that you notify us immediately of any conflicts. All absences MUST be approved.

*An athlete with excessive absences or not following our policy will be removed from the team.

The team can only be successful with everyone in attendance.

COMPETITION ATTENDANCE | There are **NO** excused absences on a competition day. Every team member will be required to attend every competition. If an athlete is ill on the day of a competition, they will be expected to show up and do their best to compete. In the case of severe illness, the parents will be expected to stay in frequent communication with the coaches.

COMPETITIONS | We will attend 4 competitions throughout the season. Competitions will begin in January and end in March. We will attend a 5th competition to a finals event if we receive a bid. Fees will be drafted from the account on file. Draft dates and amounts will be communicated beforehand. Parents/Guardians are responsible for transportation to and from the competitions. The YMCA and YMCA coaches are not responsible for transportation.



CHOREOGRAPHY | Friday, October 6th, Saturday, October 7th and Sunday, October 8th will be our scheduled date for choreography. These dates are mandatory and attendance is required to be put into the team routine. The practice times will be sent out after teams have been finalized.

COMPETITION UNIFORM | Competition attire will include uniform, shoes, white short socks, bow and no jewelry. You will be required to purchase one uniform for competitions. This will be the same uniform we wear for all events we participate in. Other items required for purchase will be a pair of cheerleading shoes and competition bow. Fees will be drafted from the account on file: Uniforms \$TBA on October 6 and Bows \$22 on November 3. Shoes can be any cheer shoes as long as they are all white. Also available for purchase through No Limit Sportswear online.

PRACTICE WEAR/ SHOES | Practice wear will be a form fitting t-shirt and black shorts. Shoes must be worn at every practice. Please do not wear cheer shoes outside. Please change into cheer shoes once at the gym and/or competition. It is important to keep the spring floor clean and not wearing shoes outside will help us do this. Hair must be pulled back out of face in a tight ponytail. No jewelry of any kind.

TUMBLING CLASS | In addition to their weekly practice time, athletes will have a team tumbling class and additional stunt practice. This practice will be a one hour tumbling class and 30 minute stunting practice. There will be no additional charge for the class. The cost is included in the monthly tuition. Tumbling class begins August 23, 2023 and goes through March 2024.

*Last team tumbling class will be March 27, 2024.

FLYERS | All team athletes chosen as flyers will have additional requirements. This may include coming early to practice to work on stretches for flexibility or required work at home during the week. Flyers will need to achieve certain body positions in the air and extra work may be required to achieve those positions.

IMPORTANT DATES FOR 2023-2024

Please check all dates carefully. All events and competitions are mandatory.

UNIFORM SIZING

- Saturday, October 7, 2023

CHOREOGRAPHY

- Friday, October 6, 2023
- Saturday, October 7, 2023
- Sunday, October 8, 2023

COMPETITIONS

TEAM SHOW OFF

- February 4th, 2024
- Warsaw, IN

GMCE - GO RED

- February 10, 2024
- Troy, OH
- \$65 | Drafted on 12.1.23

STAR SPIRIT

- February 18, 2024
- Indianapolis, IN
- \$60 | Drafted on 12.15.23

GMCE - D2

- March 9, 2023
- Dayton, OH
- \$95 | Drafted on 1.5.24

STAR SPIRIT

- March 16, 2024
- Indianapolis, IN
- \$85 | Drafted on 1.19.24

*FINALS LOCATIONS

- THE ONE
- April 13th
- Sandusky, OH

*Only attending Bid Events if paid bid is received

*Pricing is subject to change.

NO CHEER PRACTICE

- Labor Day | September 3, 2023
- Thanksgiving | November 22 – 26, 2023
- Christmas | December 24 – 31, 2023
- New Year | January 1 – 6, 2024





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