



2026 - 2027 TEAM INFO

♠ ♦ **HOUSE** ♣ ♥
OF
LEGENDS



IN OUR HOUSE

LEGENDS NEVER DIE

WELCOME HOME

WE WANT YOU!

Entering the 2026-2027 season as the House of Legends, our organization has a reputable history in the All Star cheerleading industry. We are exceptionally honored that you have considered joining us for a monumental year in the history of being a legendary cheerleader!

House of Legends (HOL) is one of the most successful All Star spirit organizations in the Midwest serving nearly 20 years in the cheerleading industry. From young ages to adults, we strive to develop athletes with life-skilled driven character that carries with them beyond their athletic years. At HOL, you can expect each athlete to receive exceptional instruction through respectful approaches and disciplined skill-sets.

Our home is an all-inclusive environment allowing diversified athletes to come in and learn new skills while polishing existing ones. More than ever, athletes are needing to feel empowered and heard. At HOL, we are pleased to bring you along our Legends Never Die tradition. Our caring staff is here to help establish fundamentals and long-lasting relationships with each athlete. We push our athletes to be the best version of themselves through competitive cheerleading. They will learn life-long skills that will take them further in life as they advance through their milestones.

The House of Legends helps push athletes to be the best version of themselves through consistent coaching and engaging practices. Athletes will learn how to be leaders on and off the mat. You can expect a positive and productive environment to grow in as we strive for positive reinforcement through constructive instruction.

This tryout packet will provide important dates, pricing, and other details surrounding our program and expectations.





IMPORTANT INFORMATION

LEGENDS NEVER DIE

TRYOUT INFORMATION

TEAM PLACEMENTS

At HOL, we strive to make tryout sessions as stress-free as possible. Consider them opportunities to showcase your talents and teamwork abilities. During tryouts, each athlete will demonstrate their mastered skills while presenting their potential to learn new skills. In general, our staff will give multiple opportunities for athletes to perform skills as needed.

After final tryout sessions, the staff will announce team placements for the 2026-2027 season at 7:30pm on Tuesday, June 2nd, 2026 at HOL. Many factors determine each individual athlete's placement such as skill level & execution, coachability, collaboration with others, experience, etc. After team rosters have been set, athletes will be contacted to inform them of their new team(s) for the next season.

With attending several elite events each season, being a team member at HOL requires a high level of time, financial, and travel commitments. Please understand the expectations of each athlete prior to trying out for the 2026-2027 season.

Important Dates:

Monday, March 10th - Tryout Registration will Open.
Monday, May 18th - Open Gym & Open House

Cost Options:

\$120 per Athlete (tryout only)
\$145 per Returning Athlete with May Tumbling Class
\$170 per New Athlete with May Tumbling Class

Prices include attendance for entire tryout process, \$50 retainer payment (applied to June tuition) + tryout shirt!

Age Grid:

Category	Birth Year
Extra Tiny	2022 - 2023
Tiny Aged	2019 - 2021
Mini Aged	2017 - 2018
Youth Aged	2014 - 2016
Junior Aged	2011 - 2013
Senior Aged	6/1/2007 - 2010
Worlds Senior	6/1/2007 - 2013
Open Aged	5/31/2009 & Before

Chart is used as a guideline for examples. If questions regarding your athlete's birth year, please reach out to Coach Ashlee.

TRYOUT DATES + INFO

Monday - May 18th, 2026 Open Gym & Open House! ... 6:00 - 8:00p Open to All Athletes & Parents! Opportunity for Parents to grab info packet and ask questions.	Tuesday - May 19th, 2026 Try Out Shirt Tuesday! ... Attendance: All Athletes Attire: Tryout Shirt & Black Bottoms Tryout Times: 5:30 - 7:00p - Extra Tinies 5:30 - 7:30p - Tinies & Minis 7:00 - 8:30p - Youth 7:00 - 9:00p - Juniors, Seniors, Opens	Wednesday - May 20th, 2026 Wear Your Fave Cheer Outfit Wednesday! ... Attendance: Mini through Open Ages Attire: Favorite Cheer Outfit Tryout Times: 5:30 - 7:30p - Minis & Youth 6:30 - 8:30p - Juniors, Seniors, Opens	Thursday - May 21st, 2026 Twin Thursday! ... Attendance: All Athletes Attire: Dress Up with a Twin Tryout Times: 5:30 - 7:00p - Extra Tinies 5:30 - 7:30p - Tinies & Minis 7:00 - 8:30p - Youth 7:00 - 9:00p - Juniors, Seniors, Opens	Friday - May 22nd, 2026 Interview Day! ... Attendance: Junior, Senior, Open Ages Attire: Dress to Impress Tryout Times: Athletes will be given various time slots to come in a do their interview.
Monday - May 25th, 2026 Memorial Day ... Gym Closed - No Tryouts!	Tuesday - May 26th, 2026 Free Wear Tuesday! ... Attendance: All Athletes Attire: Wear Any Athletic Apparel Tryout Times: 5:30 - 7:00p - Extra Tinies 5:30 - 7:30p - Tinies & Minis 7:00 - 8:30p - Youth 7:00 - 9:00p - Juniors, Seniors, Opens	Wednesday - May 27th, 2026 Stunt Day One! ... Attendance: Varies Attire: Electric Blue & Neon Green Tryout Times: 5:30 - 7:00p - Electric Blue Stunt Groups 6:30 - 8:00p - Neon Green Stunt Groups Athletes will be given a color on Thursday, May 21 st and will need to come to their designated stunt day/time based on that color. 8:00 - 9:00p - Interviews Juniors, Seniors, Open Ages only.	Thursday - May 28th, 2026 Stunt Day Two! ... Attendance: Varies Attire: Barbie Pink & Pastel Purple Tryout Times: 5:30 - 7:00p - Barbie Pink Stunt Groups 6:30 - 8:00p - Pastel Purple Stunt Groups Athletes will be given a color on Thursday, May 21 st and will need to come to their designated stunt day/time based on that color. 8:00 - 9:00p - Interviews Juniors, Seniors, Open Ages only.	Friday - May 29th, 2026 Makeup Interview Day! ... Attendance: Junior, Senior, Open Ages Attire: Dress to Impress Tryout Times: Athletes will be given various time slots to come in a do their interview.
Monday - June 1st, 2026 No Tryouts ... Normal Tumbling Classes Offered	Tuesday - June 2nd, 2026 Team Placements - 7:30pm! ... 8:00pm - Mandatory Senior Team Parent Meeting	Wednesday - June 3rd, 2026 Higher Level Team Practice! ... First Higher Level Team Practices!	Thursday - June 4th, 2026 Lower Level Team Practice! ... Second Lower Level Team Practices!	Friday - June 5th, 2026 Open Gym! ...

TRYOUT REGISTRATION: <https://houseoflegendscheer.com/house-of-legends-try-out-registration/>

www.houseoflegendscheer.com

COSTS

PRICING INFORMATION

Please understand and consider the financial commitment involved with being an athlete at the House of Legends. All Star Cheerleading, while not as financially straining as other activities, can still be costly. It is imperative to understand that our rates are based on estimated values from practice times to competition fees, etc. In the grand scheme, our monthly rate covers most expenses that other programs charge additionally.

During the 2026-2027 season, there will be monthly tuition fees invoiced to your account at the 1st of each month. **Monthly tuition is due on the 1st of each month or may be split into two payments; due on the 1st and 15th of each month. Any account with a past due balance after the 20th of each month will be charged a \$50 late fee, no exceptions.**

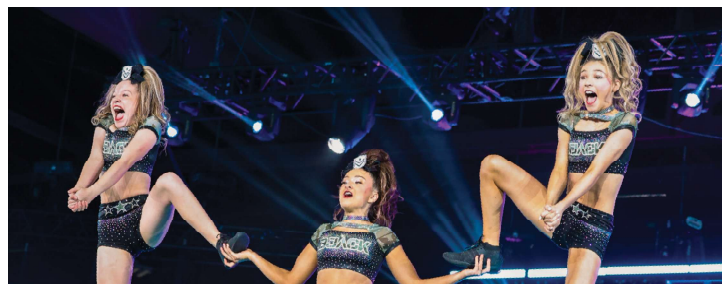
There will be times in which practices or lengths of practices will increase, however the cost does not. Please follow the tuition payment calendar for more details.

In addition to monthly fees, there are some additional charges that will need to be taken care of by specific dates. Please refer to the additional charges section for more details. Additional charges will be billed to your account on the due date of the charge.

Based on level, teams are split into 3 categories: Advanced, Prep, & Elite. Advanced & Prep teams will travel to select competitions locally. Elite teams will travel to more competitions and will attend end of season events in Florida, providing the team earns a bid to attend. Please review monthly tuition for each type. Advanced teams will pay comp fees per competition ala carte.

A \$5 admin fee is added to their tuition each month.

Month	Advanced Teams	Prep Teams	Elite Teams
May	\$0	\$0	\$0
June	\$105	\$285	\$340
July	\$105	\$285	\$340
August	\$105	\$285	\$340
September	\$105	\$285	\$340
October	\$105	\$285	\$340
November	\$105	\$285	\$340
December	\$105	\$285	\$340
January	\$105	\$285	\$340
February	\$105	\$285	\$340
March	\$105	\$285	\$340
April	\$105	\$285	\$340



ADDITIONAL COSTS

6/1-6/15	Bow Package	Elite Teams: ~\$80 Advanced Teams: TBD
6/1-6/15	Practice Wear	~\$225
6/1-6/15	Make-Up Kit	~\$15
6/1-6/15	RR HOL Bling Top	~\$50
6/15-6/30	RR Team Bling Top	~\$55
6/15-6/30	Summer Camp Fee	\$50
7/1	Black Nike Pro Shorts (Required - Picture Below)	Purchased on your Own
7/1-7/15	Elite Athlete Uniform	~\$700
7/1-7/15	Adv. Athlete Uniform	~\$250
8/1	USASF Membership	\$50
10/15	WSF & Midwest Regional Summit Fee*	\$235
4/1	Worlds Fee*	\$150
4/1	Youth Summit Fee*	\$150
4/1	D2 Summit Fee*	\$150

***Special Event Fees are required of all athletes of Prep and or Elite teams. All fees are in addition to any registration fees mandated by The Cheerleading Worlds or Varsity Spirit. Any athlete that is unable to attend an end of season event will still be subject to these event fees to cover replacement athlete costs accrued. Any account with an outstanding balance of these fees will be charged a \$50 late fee after April 5th.**

Each team will be receiving team specific practicewear from Raleigh Rhinestones.

For Advanced Teams Only:

Extra Tiny - Tumbling 1x a Week, 30 Mins - \$40

Tiny w/ Restrictons - Unlimited Tumbling - \$60

Any competitions that the Advanced Teams will attend, will be subject to competition registration fees per athlete.

(Typical Range: \$10 - \$70)



PRACTICES + EVENTS

ANTICIPATED PRACTICES

Teams at HOL will typically practice two days a week. During prime competition weeks, teams will be expected to take on additional practices to better prepare for each event, as necessary. Additional practices are typically scheduled in advance and all athletes involved are expected to attend.

During practices, athletes will be expected to perform the skills they displayed at tryouts as well as continually learn new skills. Athletes should come to practice in the appropriate practice wear and be ready to consistently work towards elite skills.

The House of Legends follows a 7-strike policy for attendance. If an athlete misses a mandated practice (outside of excused practices), they will be subject to warnings and removal from the team after 7 absences.

- 1 - 3 Absences - No Warning
- 4 - 6 Absences - Verbal Warning
- 7+ Absences - Removal from Program

Excused Misses: Sick with a Doctor's Note, Parental Arrangements issued by Court, & Visitations/Funerals. Other instances may be subject to determination by Coach Ashlee.

Tentative Weekly Practice Schedule

Mondays & Wednesdays:

Junior, Senior, Worlds/Open Aged Teams

Tuesdays & Thursdays:

Tiny, Mini, & Youth Aged Teams

Weekend Practices begin August.

Excessive lateness to any practice due to unpreparedness/negligence will be subject to a \$50 late fee. HOL understands circumstances may arise such as traffic in which may cause an unexpected tardiness to practice in which the fee will not apply.



TEAM CATEGORIES

Advanced Teams	Extra Tiny Exhibition Tiny with Restrictions
Prep Teams	All Prep Teams (Tiny - Junior Prep Teams)
Elite Teams	Elite Levels 1-7 Ages Tiny - Open Non-Tumble team will be considered based on enrollment.

ANTICIPATED EVENTS

The following contains a list of our anticipated events for the 2026-2027 season. Please mark these dates on your calendar.

Note: These events are subject to change at any time.

Event	Dates	Location	A	P	E	W
HOL Showcase	August 2026	Decatur Central HS	Y	Y	Y	Y
Tri-West Invitational	September 2026	Tri-West High School	Y	Y	Y	Y
CSG Indy	November 2026	Indianapolis, Indiana		Y	Y	Y
Star Spirit Bid Bash	November 2026	Indianapolis, Indiana	Y	Y	Y	Y
WSF Grand Nationals	December 2026	Louisville, Kentucky		Y	Y	Y
America's Best Championships	December 2026	Westfield, Indiana		Y	Y	Y
Jamfest Super Nationals	January 2027	Indianapolis, Indiana		Y	Y	Y
Champion Cheer Central	January 2027	Cleveland, Ohio				Y
Cheer Derby	February 2027	Louisville, Kentucky	Y	Y	Y	Y
OneUp Grand Nationals	April 2027	Nashville, Tennessee		Y	Y	Y
Midwest Regional Summit	April 2027	Indianapolis, Indiana		Y	Y	Y
Youth Summit (Youth Teams Only)	April 2027	Tampa, Florida			Y	
The Cheerleading Worlds	April 2027	Orlando, Florida				Y
D2 Summit (Junior & Senior Teams Only)	May 2027	Orlando, Florida			Y	

*The last three columns indicates which teams will participate in which event.
A/P = Advanced & Prep Teams, E = Elite Teams, W = Worlds Team*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE	6/1	6/2 TEAM PLACEMENTS!	6/3 FIRST M/W PRACTICE!	6/4 FIRST T/TH PRACTICE!	6/5	6/6
6/7	6/8	6/9	6/10	6/11	6/12	6/13
6/14	6/15	6/16	6/17	6/18	6/19 	6/20
6/21	6/22 DOMO DRILL CAMP!	6/23 DOMO DRILL CAMP!	6/24	6/25	6/26	6/27
6/28	6/29	6/30				
JULY			7/1 SUMMER BREAK!	7/2 SUMMER BREAK!	7/3 SUMMER BREAK!	7/4 
7/5 SUMMER BREAK!	7/6	7/7	7/8	7/9	7/10	7/11
7/12	7/13	7/14	7/15	7/16	7/17	7/18
7/19	7/20	7/21	7/22	7/23	7/24	7/25
7/26	7/27	7/28	7/29	7/30	7/31	
AUGUST						8/1
8/2	8/3	8/4	8/5	8/6	8/7	8/8
8/9	8/10	8/11	8/12	8/13	8/14	8/15
8/16 MANDO PRACTICE!	8/17 MANDO PRACTICE!	8/18 MANDO PRACTICE!	8/19 MANDO PRACTICE!	8/20 MANDO PRACTICE!	8/21	8/22
8/23 MANDO PRACTICE!	8/24 MANDO PRACTICE!	8/25 MANDO PRACTICE!	8/26 MANDO PRACTICE!	8/27 MANDO PRACTICE!	8/28	8/29 
8/30	8/31 MANDO PRACTICE!					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER		9/1 MANDO PRACTICE!	9/2 MANDO PRACTICE!	9/3 MANDO PRACTICE!	9/4 LABOR DAY BREAK!	9/5 LABOR DAY BREAK!
9/6 LABOR DAY BREAK!	9/7 	9/8 MANDO PRACTICE!	9/9 MANDO PRACTICE!	9/10 MANDO PRACTICE!	9/11	9/12  TRI-WEST SHOWCASE LIZTON, IN
9/13	9/14	9/15	9/16	9/17	9/18	9/19
9/20	9/21	9/22	9/23	9/24	9/25	9/26
9/27	9/28	9/29	9/30			
OCTOBER				10/1	10/2	10/3
10/4	10/5	10/6	10/7	10/8	10/9	10/10
10/11	10/12	10/13	10/14 FALL BREAK!	10/15 FALL BREAK!	10/16 FALL BREAK!	10/17 FALL BREAK!
10/18 FALL BREAK!	10/19 FALL BREAK!	10/20 FALL BREAK!	10/21	10/22	10/23	10/24
10/25	10/26	10/27	10/28	10/29	10/30	10/31 
NOVEMBER						
11/1 MANDO PRACTICE!	11/2 MANDO PRACTICE!	11/3 MANDO PRACTICE!	11/4 MANDO PRACTICE!	11/5 MANDO PRACTICE!	11/6	11/7
11/8 MANDO PRACTICE!	11/9 MANDO PRACTICE!	11/10 MANDO PRACTICE!	11/11 MANDO PRACTICE!	11/12 MANDO PRACTICE!	11/13	11/14  CSG INDY INDIANAPOLIS, IN
11/15 MANDO PRACTICE!	11/16 MANDO PRACTICE!	11/17 MANDO PRACTICE!	11/18 MANDO PRACTICE!	11/19 MANDO PRACTICE!	11/20	11/21  STAR SPIRIT BIDBASH INDIANAPOLIS, IN
11/22  STAR SPIRIT BIDBASH INDIANAPOLIS, IN	11/23 M/W FRIENDSGIVING!	11/24 T/TH FRIENDSGIVING!	11/25 THANKSGIVING BREAK!	11/26 	11/27 THANKSGIVING BREAK!	11/28 THANKSGIVING BREAK!
11/29 MANDO PRACTICE!	11/30 MANDO PRACTICE!					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER		12/1 MANDO PRACTICE!	12/2 MANDO PRACTICE!	12/3 MANDO PRACTICE!	12/4	12/5  WSF GRAND NATTYS LOUISVILLE, KY
12/6  WSF GRAND NATTYS LOUISVILLE, KY	12/7 MANDO PRACTICE!	12/8 MANDO PRACTICE!	12/9 MANDO PRACTICE!	12/10 MANDO PRACTICE!	12/11	12/12  AMERICA'S BEST WESTFIELD, IN
12/13	12/14	12/15	12/16	12/17	12/18	12/19
12/20	12/21 M/W HOLIDAY PARTY!	12/22 T/TH HOLIDAY PARTY!	12/23 WINTER BREAK!	12/24 WINTER BREAK!	12/25  Merry Xmas	12/26 WINTER BREAK!
12/27 WINTER BREAK!	12/28	12/29	12/30 WINTER BREAK!	12/31 WINTER BREAK!		
JANUARY					1/1  HAPPY NEW YEAR	1/2
1/3	1/4 MANDO PRACTICE!	1/5 MANDO PRACTICE!	1/6 MANDO PRACTICE!	1/7 MANDO PRACTICE!	1/8	1/9 MANDO PRACTICE!
1/10	1/11 MANDO PRACTICE!	1/12 MANDO PRACTICE!	1/13 MANDO PRACTICE!	1/14 MANDO PRACTICE!	1/15	1/16  JAMFEST SUPER INDIANAPOLIS, IN
1/17  JAMFEST SUPER INDIANAPOLIS, IN	1/18 	1/19 MANDO PRACTICE!	1/20 MANDO PRACTICE!	1/21 MANDO PRACTICE!	1/22	1/23 MANDO PRACTICE!
1/24	1/25 MANDO PRACTICE!	1/26 MANDO PRACTICE!	1/27 MANDO PRACTICE!	1/28 MANDO PRACTICE!	1/29	1/30  CCC - HARD ROCKIN' CLEVELAND, OH
1/31  CCC - HARD ROCKIN' CLEVELAND, OH						
FEBRUARY	2/1	2/2	2/3	2/4	2/5	2/6
2/7	2/8	2/9	2/10	2/11	2/12	2/13
2/14 	2/15  PRESIDENT'S DAY	2/16 MANDO PRACTICE!	2/17 MANDO PRACTICE!	2/18 MANDO PRACTICE!	2/19	2/20 MANDO PRACTICE!
2/21	2/22 MANDO PRACTICE!	2/23 MANDO PRACTICE!	2/24 MANDO PRACTICE!	2/25 MANDO PRACTICE!	2/26	2/27  CHEER DERBY LOUISVILLE, KY
2/28  CHEER DERBY LOUISVILLE, KY						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH	3/1	3/2	3/3	3/4	3/5	3/6
3/7	3/8	3/9	3/10	3/11	3/12	3/13
3/14	3/15 MANDO PRACTICE!	3/16 MANDO PRACTICE!	3/17  MANDO PRACTICE!	3/18 MANDO PRACTICE!	3/19	3/20 MANDO PRACTICE!
3/21 SPRING BREAK!	3/22 SPRING BREAK!	3/23 SPRING BREAK!	3/24 SPRING BREAK!	3/25 SPRING BREAK!	3/26 SPRING BREAK!	3/27 SPRING BREAK!
3/28 	3/29 MANDO PRACTICE!	3/30 MANDO PRACTICE!	3/31 MANDO PRACTICE!			
APRIL				4/1 MANDO PRACTICE!	4/2	4/3  ONEUP NATTYS NASHVILLE, TN
4/4  ONEUP NATTYS NASHVILLE, TN	4/5 MANDO PRACTICE!	4/6 MANDO PRACTICE!	4/7 MANDO PRACTICE!	4/8 MANDO PRACTICE!	4/9	4/10  MW REG SUMMIT INDIANAPOLIS, IN
4/11  MW REG SUMMIT INDIANAPOLIS, IN	4/12 MANDO PRACTICE!	4/13 MANDO PRACTICE!	4/14 MANDO PRACTICE!	4/15 MANDO PRACTICE!	4/16	4/17 MANDO PRACTICE!
4/18	4/19 MANDO PRACTICE!	4/20 MANDO PRACTICE!	4/21 TRAVEL DAY!	4/22  YOUTH SUMMIT TAMPA, FL	4/23  YOUTH SUMMIT TAMPA, FL	4/24  WORLDS ORLANDO, FL
4/25  WORLDS ORLANDO, FL	4/26  WORLDS ORLANDO, FL	4/27 MANDO PRACTICE!	4/28 MANDO PRACTICE!	4/29 MANDO PRACTICE!	4/30	
MAY						5/1 MANDO PRACTICE!
5/2	5/3 MANDO PRACTICE!	5/4 MANDO PRACTICE!	5/5 TRAVEL DAY!	5/6 ESPN PRACTICE!	5/7  D2 SUMMIT ORLANDO, FL	5/8  D2 SUMMIT ORLANDO, FL
5/9  D2 SUMMIT ORLANDO, FL	5/10	5/11	5/12	5/13	5/14	5/15
5/16	5/17	5/18	5/19	5/20	5/21	5/22
5/23	5/24	5/25	5/26	5/27	5/28	5/29
5/30	5/31 					

STUNTING + TUMBLING

FLYER EXPECTATIONS

As a flyer for HOL, there is a strong level of commitment that requires athletes to dedicate extra time towards improving skills that would be utilized within a stunt sequence. All flyers, regardless of age group, are required to complete a designed "Flight School" program 2x-3x a week, prior to normal practice times. An outlined training program will be on display on the Flight School mirrors. Each flyer is self-reliant upon getting this completed and must show timers to a staff member.

Once a month, one of our staff will coordinate to take progress pictures of each flyer's flexibility and body positions to help both us and the athlete understand their growth. This gives the athlete an opportunity to realize how impactful staying on top of stretching and flight school is for their performance in the air.

ATHLETE EXPECTATIONS

At HOL, athletes may be asked to step into unfamiliar roles in which may challenge them to try new things. This includes flyers learning to base/backspot, or a base learning to fly. Please be flexible in learning new positions as our mentality is to make the best decisions for each team.



TUMBLING EXPECTATIONS

As a requirement for most performances, tumbling is a critical portion of scoring and the ability to keep a routine flowing. Any and all tumbling performed at tryouts will be expected to be kept up on and continually executed post-tryouts. If an athlete throws a skill at tryouts and then "loses" the skill after tryouts, they will be put on a plan to take additional tumbling classes to work towards performing that skill again. If the athlete is unable to execute the skill appropriately, they will be subject to a position change in their routine or be asked to change to a different team that better aligns with their skills that they can perform. All changes are subject to Coach Ashlee's discretion.



ADVANCED, PREP & ELITE TEAMS

TEAM EXPECTATIONS

Personal Health

Throughout the season, the each team will be expected to condition their bodies and skills for proper routine execution, outside of standard practice times. It is the responsibility of each athlete to maintain a healthy diet and exercise routine in order to stay properly fit for the endurance and effort needed to perform each level of skills appropriately. Additionally, athletes are responsible to managing and maintaining their own proper hygiene such as body cleanliness and nail management.

Practices & Environment

During practices, athletes will be expected to perform to the best of their ability and will be pushed past comfort zones. Growth is developed by pushing through hard times and fighting doubt during difficult moments. Practices are to be structured and focused where athletes maintain a safe, respectful, and positive atmosphere. The duty of the athlete is to work hard during practices while setting feelings aside for outside of practice.

Beverages:

Athletes will be expected to bring their own water and place it upon the water table. During water breaks, athletes are expected to quickly take their break and resume back to the floor for practice. Soda and energy drinks are not acceptable formats of beverages for practice and are not allowed.

Cell Phones:

Cell phones are to be shut off and placed in athlete's locker or bag during practice time. During water breaks, athletes may not access their cell phone. If there is a need to communicate to the athlete during practice time, parents are asked to communicate to Coach Ashlee as necessary.

Additional Practices/Events

There will be instances where extra practices, team building events/outings, etc. are necessary and required of each participant of the team. This may also include additional practices/team dinners at competitive events.

ADVANCED TEAM TUMBLING

Advanced teams can only attend their tumbling class providing they pay the additional fee.

Extra Tiny - Tumbling 1x a Week, 30 Mins - \$40

Tiny w/ Restrictons - Unlimited Tumbling - \$60



SKILL EXPECTATIONS

As a member of a team at House of Legends, each athlete is responsible for performing, maintaining, and polishing their skills - from basics through elite level skills. Athletes who perform level appropriate skills at try-outs will be expected to continually perform those skills throughout the season. Failure to continually perform those skills throughout the season will potentially result in losing participation in the routine.



TERMINATION POLICY

In the event an athlete is unable to compete in the 2026-2027 season on a House of Legends team(s), the parent/guardian who signed the season contract must notify Ashlee Buczek in written form that the athlete will not be competing the season for whatever reason.

By terminating the athlete's commitment, the athlete's account will be billed the remainder of the season's fees in full, if terminated after July 1st, 2026.

WORLDS TEAM(S)

TEAM EXPECTATIONS

Personal Health

Throughout the season, the worlds team(s) will be expected to condition their bodies and skills for proper routine execution, outside of standard practice times. It is the responsibility of each athlete to maintain a healthy diet and exercise routine in order to stay properly fit for the endurance and effort needed to perform level 6 skills appropriately. Additionally, athletes are responsible to managing and maintaining their own proper hygiene such as body cleanliness and nail management.

Practices & Environment

During practices, athletes will be expected to perform to the best of their ability and will be pushed past comfort zones. Growth is developed by pushing through hard times and fighting doubt during difficult moments. Practices are to be structured and focused where athletes maintain a safe, respectful, and positive atmosphere. The duty of the athlete is to work hard during practices while setting feelings aside for outside of practice.

Beverages:

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Additional Practices/Events

As a worlds team, there will be instances where extra practices, team building events/outings, etc. are necessary and required of each participant of the team. This may also include additional practices/team dinners at competitive events. We may add additional competitions for worlds if needed.

When traveling out of state for events (OneUp Nationals, Worlds), please understand that we will need to arrive to destination as early as possible to allow for additional practice time, if necessary. For example, for a Saturday event, please anticipate arriving Thursday night or early Friday morning.



SKILL EXPECTATIONS & INCENTIVE

As a selected member of a worlds team at House of Legends, each athlete is responsible for performing, maintaining, and polishing their skills - from basics through elite level skills. Athletes who perform level appropriate skills at try-outs will be expected to continually perform those skills throughout the season. Failure to continually perform those skills throughout the season will potentially result in losing participation in the routine.

New this Season:

L6 athletes will be required to work out during the summer and weekends, & outside of practices and events to help prepare for bid events/worlds. More information to come at the parent meeting post team reveals.



ATHLETE INCENTIVES

END-OF-YEAR ATTENDANCE AWARD

At the end of the season during the awards banquet, we will be awarding two athletes (one Monday/Wednesday and one Tuesday/Thursday athlete) with an attendance award!

This award is presented to the athlete of which either has perfect attendance or the least amount of missed occurrences.



DUB CLUB!

To make DUB CLUB, an athlete must successfully perform their round-off back handspring double full or round-off double full on the spring floor without assistance and land appropriately. Each athlete must maintain their double full in order to stay in DUB CLUB. Athletes will be evaluated on their double full each week to ensure sustainability of skill.

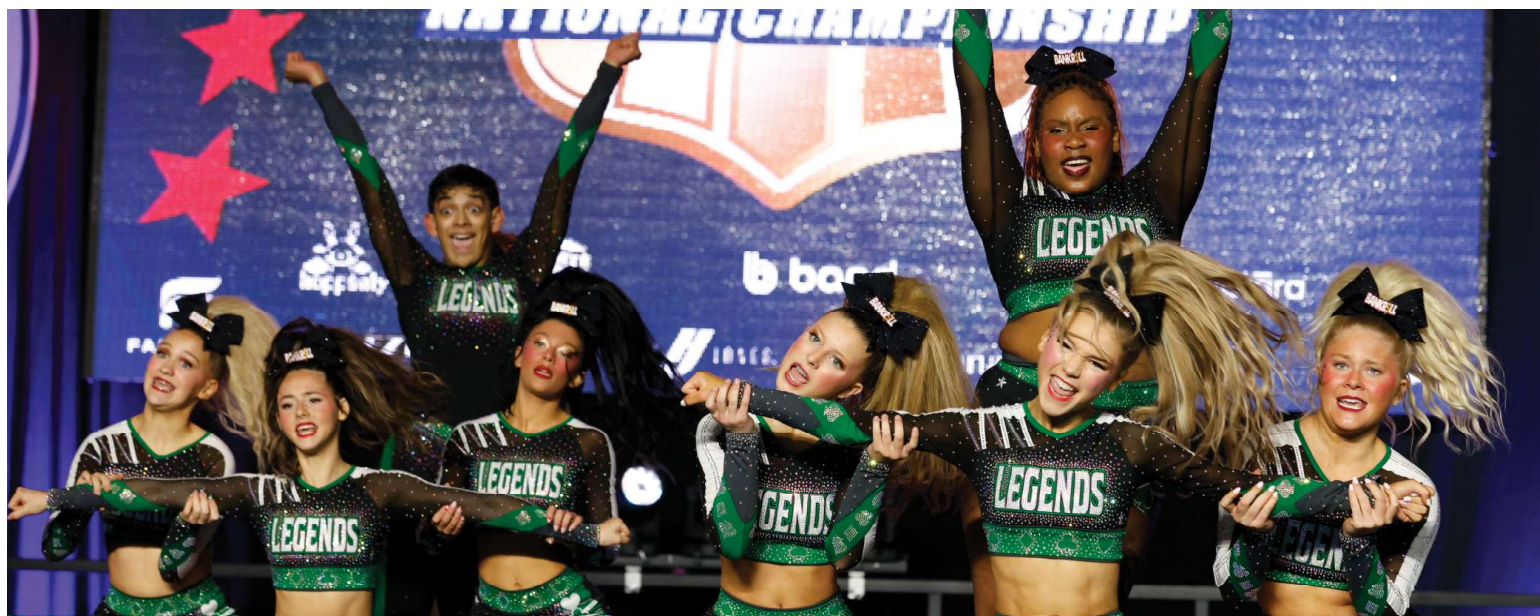
DUB CLUB has it's perks!

As a member of DUB CLUB, you will receive a complimentary DUB CLUB sports bra or tank from HOL.



THE ASHLEE BUCZEK AWARD

At the end of the season, House of Legends will award ONE worthy athlete the Ashlee Buczek award. This award encompasses all of the characteristics of strong-willed, dedicated athlete who is a leader within the gym and displays great enthusiasm and respect for the coaches and peers at the gym. This athlete represents the gym inside and outside of normal day-to-day operations with pride, genuine respect and care.



SKILL GRIDS

FLYER BODY POSITIONS

- > Heel Stretch
- > Bow & Arrow
- > Paperclips
- > Needle
- > Scorpion
- > Scale
- > Arabesque
- > Front Stretch

All body positions expected to be performed on both legs.

TUMBLING LEVELS

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Basic	- Forward Roll - Backward Roll - Backbend Kick Over - Cartwheel					
Advanced Standing	- Back Extension Roll - Front Walkover (FWO) - Back Walkover (BWO)	- Back Extension Roll - BHS - Back Walkover - BHS - Back Walkover BHS Step Out	- BWO - BHS Series - BHS - BHS - BHS or more - Jump - BHS Series	- BHS Series - Tuck - BWO - Tuck - Back Extension Roll - Tuck	- Tuck - BHS/BHS Series - Tuck - BHS - Whip/Tuck - BHS - Tuck - BHS Series - Layout - BHS Series - Whip/Tuck	- BHS Series - Full - Jump - BHS Series - Full - BHS Series - Whip - Full
Advanced Running	- Round Off (RO) - Front Walkover Series - Cartwheel - BWO	- Round Off (RO) - BHS Step Out - CW/RO - BHS Series - Front Handspring (FHS)	- Punch Front (PF) - Round Off - BHS/BHS Series - Tuck	- PF Step Out - Aerial - RO - BHS - v Layout/ Layout Step Out/Switch Leg - PF Step Out - RO to Tuck - FWO - RO to Whip/ Layout - Aerial - Back Tuck/ Layout/Layout Step Out	- RO - BHS - Full - FWO - RO to Full - RO - Arabian	- PF Step Out to Full - RO - Whip - Full - RO to Whip to Full
Elite Standing	- Back Walkover Series - Back Walkover Switch Leg - Valdez	- BWO - BHS Step Out - BWO - BWO Switch Leg - BHS - BHS Step Out - BWO - BHS - Valdez - BHS	- BHS/BHS Series - Jump - BHS/BHS Series - BHS Step Out - BHS Series - BHS Step Out - BWO - BHS Series	- BHS/BHS Step Out - Tuck - Jump - BHS/BHS - Tuck	- BHS - Whip - Tuck - BHS - Layout - Jump - BHS/BHS Series - Layout - BHS/BHS Series - Whip to Layout	- BHS - Full - Standing Full - Jump - Full - BHS - Whip - Full - BHS Series - Double Full - BHS Series - Whip - Double Full - BHS Series - Full/ Double Full - Whip - Full/Double Full
Elite Running	- Cartwheel - BWO Series - FWO - Cartwheel Round Off - FWO - CW - BWO/ BWO Series - FWO - CW - BWO Switch Leg	- Flyspring - FWO - RO - BHS/BHS Series - CW/RO - BHS Step Out - BWO - BHS/BHS Series	- FWO - Aerial - RO - BHS Step Out - 1/2 Turn - RO to Tuck - FWO - RO to Tuck - Flyspring - RO to Tuck - FHS - Punch Front	- FHS/PF - PF - PF Step Out - RO to Layout - RO - Whip - Tuck - RO to Whip/Tuck to Tuck/Whip/Layout - FHS - PF Step Out - RO to Tuck/Whip/Layout	- Front Full - PF Step Out - RO to Full - FHS - PF Step Out - RO to Full - RO to Whip to Full - Arabian - RO to Full	- FHS - PF RO to Full - RO - Arabian/Half Step Out - RO to Full - RO - BHS - Full to Full - RO to Double Full - PF Step Out to Double Full - RO - Whip Double Full - RO to Full to Whip - Double Full



LESSON OPPORTUNITIES

LEGENDS NEVER DIE

LESSONS

TUMBLING CLASSES

House of Legends is proud to offer talented coaches with years of experience in teaching tumbling for a variety of age groups. We offer multiple monthly package options to best suit your athlete's needs.

Sign Up Today!

Elite Team Athletes are able to join any tumbling class at no additional charge to their monthly tuition.

Extra Tiny - Tumbling 1x a Week, 30 Mins - \$40
Tiny w/ Restrictons - Unlimited Tumbling - \$60

Package	Monthly Rate	What's Included
Bronze	\$90	1 Class Per Week
Silver	\$100	2 Classes Per Week, 1-2 Nights
Gold	\$125	4 Classes Per Week, 1-4 Nights
Jackpot	\$150	Unlimited Classes
Stretching	\$20	1 Class Per Week

Elite and Worlds athletes get unlimited tumbling built into their tuition fees.

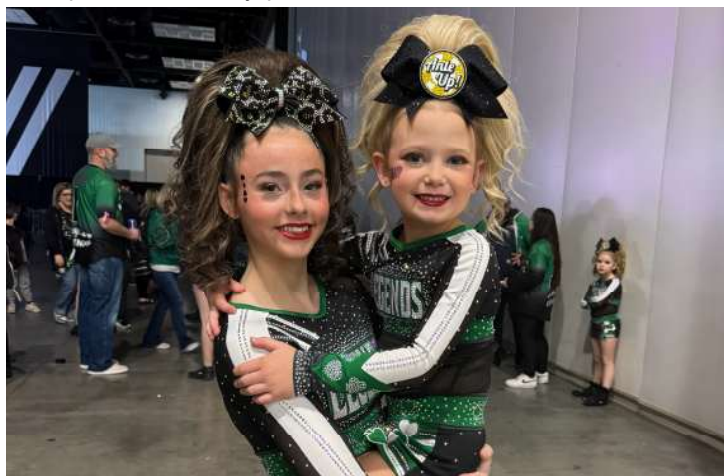
STRETCHING + TUMBLING PRIVATE LESSONS

If you are looking for more one-on-one instruction, our staff is available to book private lessons with athletes. Private lessons allow for the instructor to provide 100% undivided attention to the athlete to better give them the opportunity of advancing their skills.

Private lessons are available in 30 minute increments. Refer for the table below for pricing.

HOL Athletes	Non-HOL Athletes
\$35 per lesson	\$40 per lesson

Special pricing can be negotiated with instructor regarding dual-private or family private lessons.



STUNT PRIVATES

If you are looking for more one-on-one stunt instruction in a stunt group setting, we have trained staff available to help instruct any position of stunting needed. Private lessons allow for the instructor to provide 100% undivided attention to the athlete to better give them the opportunity of advancing their skills.

Private lessons are available in 30 minute increments. Refer for the table below for pricing.

HOL Athletes
\$45 per lesson

