





### **ABOUT US:**

**We are an up-coming women-owned cheerleading program in Texas. We are committed to providing our athletes with a family environment that treats athletes of ALL levels equally to ensure we continue to watch them grow into the best versions of themselves. We believe in the power of routine, and that training skills consistently builds confidence in BOTH tumbling and life.**

**For the 2025-2026 season, we will offer numerous programs to meet the needs of ALL athlete's interests, conditions, and commitment levels. Royal Cheer Legacy is the PERFECT way to dip your toes in the world of cheerleading and join us in building cheerleaders representing our program values.**

**Royal Cheer Legacy teaches the power of routine, commitment, and confidence. When taught young, we believed the power of a good routine with confidence and commitment behind it can stick with our athletes through adulthood. We encourage you to join us for season 2 and watch your child develop our values in their personal life through our programs.**

### **CONTACT US:**

**PHONE NUMBER 469-309-0046**

**EMAIL US: [Royalcheerlegacy@gmail.com](mailto:Royalcheerlegacy@gmail.com)**



## WHAT IS COMPETITIVE CHEERLEADING?

**ELITE Performance Teams consist of a 2 Minute 30 Second Cheer Routine for most divisions and the occasional 2 Minute Routine for others, including a Stunt Section, Running Tumbling, Standing Tumbling, Pyramid, and Dance. These Routines don't consist of any "cheers or poms" but instead have a customized cheer music mix behind the routine. We don't cheer for any sports teams. We represent "Royal Cheer Legacy" and compete against other all star competitive teams. Putting all the skills together to make it flow coherently is called "choreography" all of the skills in the routine will be choreographed to ensure our athletes have the best scores possible. The prettier and more complex the skill is executed, the higher the score. The same thing goes for every element in the routine. Royal Cheer Legacy prides itself on teaching athletes the technically correct way of performing skills to ensure that they compete their skills at their highest potential once they are ready to be put on the mat.**

**The culture of our Elite Teams is competitive, disciplined, and team-oriented. Being a part of a competition team will help transfer athletes' skills from the cheer mat to their everyday lives. Routines are built based on the overall success of the ENTIRE team. We train our athletes to be "team players" and rely on parents to encourage that same mindset at home. Building confidence and consistency in athletes' cheer and day-to-day life is something our owner and coaches have been trained on and practiced for over 10 years and will continue to do for seasons to come.**



# Program Overview

## Fundamental Team Commitment

Participating in our RCL Allstar Program is a 6 week commitment. Cheerleaders will practice 1 time a week. Practices will begin Jan 17<sup>th</sup> (team Legends) Jan 18<sup>th</sup> (team Princess Pixies) and will continue until the end of Feb 28th, 2026.

There will be a weekend that we teach choreography, and all cheerleaders are required to be present. Additional and extended practices will be scheduled during important times of the season. Cheerleaders are expected to prioritize their participation in our program and fully commit to attending all scheduled practices and events. Competitive cheerleading is a team sport, and it requires all cheerleaders present at practice to truly benefit from the routine and stunt training. If one cheerleader is absent, an entire stunt cannot practice.

## Parent Performance

At the end of the six-week program, athletes will have the opportunity to perform their routine for family and friends!

The parent performance will take place Feb 28th, 2026 at the gym.

This performance gives our athletes a chance to get their wet with performing in front of an audience whole showcasing the skills and routine they've been working so hard on throughout the program. It's also a great way for parents to see their athletes progress and celebrate their growth and confidence!

## COMMUNICATION

All communication for the teams will be done throughout the app Group me. Clear and consistent communication is key to a successful season! All team updates, reminders, and announcements will be shared through GroupMe. It's very important that each parent joins the GroupMe chat to stay informed throughout the program.

If you have any questions or concerns regarding attendance, missing a practice, or your account/payment, please reach out to Coach Reina directly. These types of conversations should not be discussed in the team chat.

We ask that communication remain positive and respectful at all times. Our goal is to keep everyone on the same page and create a supportive environment for both athletes and parents.



## RCL PRICE LIST 2026

### Team fees

|   |                                  | <b>Due</b>  |
|---|----------------------------------|-------------|
| • | <b>Registration/Bow fee</b>      | \$220 10/24 |
| • | <b>Late Registration/Bow fee</b> | \$250 01/9  |

Signature:\_\_\_\_\_

Date:\_\_\_\_\_



## **Royal Cheer Legacy – Practice Policy & Dress Code Practices**

Please plan all personal events and extracurricular activities outside of the scheduled practice times. Missing practice due to a conflicting activity or another commitment is unacceptable unless approved by the coach.

If a practice must be missed, the coaching staff must be notified at least 7 days prior by submitting an Absence Request Form. This allows coaches to adjust team formations and performance spots accurately.

Absence Request forms will be available at the gym and in the GroupMe chat. The form must be submitted before the missed practice.

Note to Parents: Please avoid keeping athletes from practice as a form of punishment. Consistency helps the team grow together. If an issue arises, please communicate directly with the coach.

During performance preparation, additional or extended practices may be scheduled to ensure all athletes are fully ready. Missing any practice within two weeks of a scheduled performance may result in a fine or loss of performance spot.

### **Acceptable Reasons to Miss Practice:**

- Severe illness
- Immediate family emergency
- Mandatory school function (with prior coach approval)

### **Unacceptable Reasons to Miss Practice:**

- No ride
- Tired, headache, or bad day at school
- Too much homework

### **Practice Dress Code**

All athletes must arrive at every practice in the correct Royal Cheer Legacy practice attire:

- All Black Attire (Black sports bra or tank top, black shorts)
- White Cheer Shoes required
- Hair pulled back neatly away from the face
- No jewelry or long nails for safety reasons

Proper practice attire helps promote team unity, professionalism, and safety. Athletes who fail to wear the correct attire may be asked to sit out of portions of practice.

By signing below, I acknowledge that I have read and understand the Royal Cheer Legacy Practice Policy and Dress Code. I agree to follow all rules and expectations listed above.

Parent/Guardian Name: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

# **Royal Cheer Legacy – Practice Schedule & Attire**

## **Team Legends**

- StartDate: January 16th
- Practice Day/Time: Fridays, 5:00–6:30 PM

## **Princess Pixies**

- StartDate: January 18th
- Practice Day/Time: Saturdays, 11:00 AM (1-hour practice)
- No practice on Valentine's Day (February 14th) • Makeup practices with Team Legends: - Friday, February 13th (5:00–6:30 PM) - Friday, February 27th (5:00–6:30 PM)

## **Performance**

- Saturday, February 28th
- Time: To Be Announced

## **Attire Requirements**

- Allblack outfit:
  - Sports bra, tank top, or t-shirt
  - Black shorts
  - White cheer shoes
- Hair must be in a ponytail
- No jewelry

## **Parent Guidelines**

### **Team Legends**

- Closed practice
- Parents may come in for the last 10–15 minutes of practice to watch.

### **Princess Pixies**

- Parents are allowed to stay and watch during practice.
- Please remain seated and quiet at all times.
- No coaching, giving directions, or calling out to athletes.
- Allow coaches to do their job and lead practice without interruption.
- If a parent becomes a distraction or continues to coach from the sidelines, they will be asked to wait in the car for the remainder of practice.