

MIDWEST LEGENDS

HALF YEAR PARENT HANDBOOK

2026-2027

Where Legends are Made

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Welcome

Dear Midwest Legends Families,

Welcome to the inaugural season of Midwest Legends!

From the bottom of our hearts, thank you for placing your trust in us. As a brand-new business, we understand that choosing a cheer program is about so much more than practices, competitions, and uniforms. It is about finding a place where your child feels valued, supported, challenged, and inspired. The fact that you have chosen Midwest Legends to be part of your family's journey means more to us than words can adequately express.

Midwest Legends was built on a dream, a passion for the sport of cheerleading, and a desire to create something truly special for the Rochester community. We envisioned a gym where athletes of all ages and abilities could grow not only as cheerleaders, but as confident, resilient, and hardworking individuals. Today, because of your belief in us, that dream has become a reality.

As we begin this first season together, please know that we do not take your trust lightly. We are committed to providing a positive, safe, and supportive environment where athletes can learn, grow, and create memories that will last a lifetime. We promise to celebrate victories, learn from challenges, and always put the best interests of our athletes first.

This season marks the beginning of something special. While we may be new, our commitment to excellence, athlete development, and family-centered values is unwavering. We are excited to build traditions, create lasting friendships, and establish a legacy that will continue for years to come.

To every athlete who walks through our doors, thank you for bringing your energy, enthusiasm, and dreams. To every parent and family member, thank you for your support, encouragement, and confidence in our vision. You are not simply joining a cheer gym—you are becoming part of the Midwest Legends family.

We cannot wait to see what we accomplish together during this inaugural season. The future is bright, and we are honored to have you alongside us as we begin this incredible journey.

Thank you for helping us build something legendary.

With gratitude,

Brittany & Tim Coshenet

Owners, Midwest Legends Cheer



Mission Statement

At Midwest Legends, we are dedicated to providing every athlete with a positive, challenging, and unforgettable cheer experience. We believe in developing strong athletes, confident leaders, and exceptional teammates.

Our mission is to provide the highest level of technical training in a safe, structured, and encouraging environment. We strive to build character, accountability, resilience, and lifelong friendships while helping athletes achieve their goals both on and off the competition floor.

We are honored to be part of each athlete's journey and grateful for the support of our families. Together, we are building something legendary.

Welcome to the Midwest Legends family. We are excited to make this a place you are proud to call home.

Why Midwest Legends was created

Opening Midwest Legends is more than just a business venture, it's the realization of a lifelong dream. Cheerleading has shaped who I am, and I've always felt a deep calling to share that passion with the next generation of athletes.

Three years ago, I lost my mom, my biggest supporter and the one who constantly encouraged me to take this leap. This gym is, in many ways, a tribute to her. From the moment she believed I could do this, to the choice of purple woven throughout the gym in her honor, her influence is at the heart of everything I'm building.

As a coach and a parent, it means everything to me to share this journey with my own daughters and to grow alongside them in the sport that has given me so much. There is nothing more rewarding than watching an athlete's confidence grow, seeing that "light bulb" moment when a skill finally clicks, or celebrating the hard-earned victories they've worked tirelessly for.

My goal is to create more than just a gym. I want to build a place where athletes feel inspired, supported, and excited every time they walk through the doors, a place that brings a new, elevated all-star cheer experience to Rochester and the surrounding communities.

Brittany Coshenet
Co-Owner of Midwest Legends Cheer



Core Values

ROCK THE BOLT

THE VALUES THAT DEFINE MIDWEST LEGENDS

R

RESPONSIBILITY

Take ownership of your actions, attitude and effort on and off the mat.

O

OWNERSHIP

Own your role, your growth and your impact on the team.

C

COMMITMENT

Show up, put in the work and stay dedicated to your goals and your team.

K

KINDNESS

Lead with respect and lift others up - always.

T

TEAMWORK

Support, trust and work together because we are stronger as one.

H

HONESTY

Be real, be accountable and do the right thing, even when it's hard.

E

EXCELLENCE

Strive to be your best in every practice, every performance, every day.

B

BRAVERY

Be fearless in trying, failing and growing beyond your comfort zone.

O

OPTIMISM

Choose a positive mindset and push forward through every challenge.

L

LEADERSHIP

Lead by example through your actions, attitude and effort.

T

TOUGHNESS

Stay strong, resilient and determined, no matter the obstacles.

MIDWEST LEGENDS

At Midwest Legends, we don't just cheer, we **Rock the Bolt**. Our culture is built on the values that define who we are both on and off the mat. We take **Responsibility** for our actions, show **Ownership** of our growth, and demonstrate **Commitment** to our goals and teammates. We lead with **Kindness**, embrace **Teamwork**, practice **Honesty**, and pursue **Excellence** in everything we do. We face challenges with **Bravery**, choose **Optimism** when things get tough, and show **Leadership** through our actions, attitude, and effort. Above all, we display **Toughness**—the resilience to keep pushing forward no matter the obstacle. When we live these values every day, we create more than successful athletes; we build strong, confident, respectful young people who proudly represent what it means to be a Midwest Legend. That's what it means to **Rock the Bolt**. ⚡

Communication

iClassPro

Please download the **iClassPro (ICP)** app from your app store. Once installed, enter “**midwestlegends**” as your program (no caps and no space).

Through the app, you can:

- View all team, class, and camp registrations
- Manage your account and billing information
- Make payments
- Submit absence requests
- Schedule make-up classes



The ICP app will be your primary tool for managing your athlete's enrollment and account information.

Emails

Any urgent matters, time-sensitive questions, schedule changes, or conflicts should be communicated via email to midwestlegendscheer@gmail.com to ensure a timely response and proper documentation.

Band



Our primary communication platform will be Band. There will be two gym-wide Band groups: **Midwest Legends Cheer** and **MWL Legacy Boosters**. In addition, each team will have its own dedicated Band group for team-specific communication.

Following team reveals, you will receive a virtual team placement award for your athlete that includes a QR code to join their team's Band group.

Athletes ages 13 and older should create and use their own Band account. Athletes under the age of 13 must use the **Band for Kids** app. All athletes are required to join both the **Midwest Legends Cheer** Band group and their specific team Band group. Please note that Band charges a one-time **\$0.50 verification fee** for accounts created through the Band for Kids app.



For athletes on our **Youth, Junior, and Senior teams**, coaches will create a separate athlete-only chat to communicate practice plans, cheer assignments, themed weeks, and other team information directly with athletes.

For our **Tiny and Mini teams**, there will not be an athlete-only chat. Instead, coaches will communicate through a dedicated team chat that includes parents and coaches to ensure important information is shared effectively.

[Midwest Legends Cheer Band](#)

[MWL Legacy Boosters Band](#)

Team Band Links

Select your team below to open the team Band page.

[Ladybugs Team Band](#) | [Lunar Team Band](#)

Get Social With Us!

[Midwest Legends Facebook](#)

[Midwest Legends Cheer Instagram](#)

[Midwest Legends Cheer TikTok](#)

Communication Flow Chart



Team Parents

Your assigned Team Parent will serve as your primary point of contact for team-related questions, including practice information and competition-day details such as meeting locations, schedules, hair, and makeup. Team Parents will also help facilitate communication within the team Band chats and assist with answering questions throughout the season.

Team Coaches

Team coaches will serve as the primary point of contact for matters related to team choreography, athlete skill development, injuries, and attendance.

Brittany & Tim

The gym administration team will be the primary point of contact for all financial matters and any concerns that cannot be addressed through the designated communication channels



Team Information

Ladybugs

Tiny Novice 1

Coaches:

Jess & Kendra

[Ladybugs Team Band](#)

Lunar

Youth Novice 1

Coaches:

Kyren & Shelby

[Lunar Team Band](#)

Commitment Levels

Novice Athletes

- Ladybugs will practice for 1-hour each week.
- Lunar will practice for 1.5 hours once a week.
- Additional tumbling, strength and flexibility classes are not required, but they are encouraged if athletes would like to progress quicker in their skills.

Novice half year teams will have the following competition line up:

- 3 Local Competitions
- 1 Regional Competition

Team Parents

Team Parents play an important role in supporting communication between families and the program. Their primary responsibilities are to help answer general team-related questions and assist families in finding the appropriate resources and communication channels as well as supporting the team coaches and athletes as needed throughout the season.

Team Parent Responsibilities

Communication Responsibilities

- Serve as a friendly point of contact for parents with general questions regarding team activities.
- Help direct families to the appropriate coach, staff member, or resource when questions fall outside of the Team Parent role.
- Communicate reminders regarding team events, practices, competitions, and program updates as provided by gym staff. Making sure that team calendars are kept up to date and changes are communicated.
- Assist in fostering a positive, supportive, and respectful team culture among athletes and families.
- Encourage families to review and follow all gym policies, procedures, and communication guidelines.
- Arrange a team popsicle sign-up for the summer months.

Competition Day Responsibilities-

- Be knowledgeable of your team times and send out meeting location.
- Have your own athlete ready BEFORE arriving. Your hands will get full fast from helping team members, parents and coaches.
- Follow all rules and expectations set forth for all parents including being **positive** and **gracious** when other parents require additional guidance and patience.
- Ensure all team members are ready for the competition floor (uniform, hair, lipstick, team glitter, etc.)
- Team Parents will receive a coaches entry paid for by the gym. This will allow you behind stage during team warmup to help make sure things run smoothly for the team and coaches. (This will require you to pay for a background check).
- Carry a first aid kit and “cheermergency” supplies (hair spray, bobby pins, hair gel, extra lipstick, etc.)

Daily Responsibilities-

- Watch social media pages for new announcements to update families.
- Be a friendly, positive and helpful voice in private and public. Check with struggling parents to ensure everyone is up to date on information.
- Coaches may share time sensitive or private details. Discretion and trustworthiness are key.

Team Bonding Responsibilities-

- Arrange the bonding event and help plan and set up event details.
- 1 team bonding event per quarter (Summer, Fall, Winter & Spring)

Questions Team Parents May Assist With

- Practice schedules and reminders
- Competition weekend logistics
- Meet locations and arrival times
- Hair, makeup, and uniform reminders
- Team bonding activities and team events
- General program communication and updates

Questions That Should Be Directed to Coaches or Gym Management

Team Parents should not provide answers or make decisions regarding:

- Team placements
- Choreography or routine-related questions
- Athlete skill progression or evaluations
- Attendance concerns
- Injuries or medical concerns
- Discipline or behavioral issues
- Financial matters, billing, or account questions
- Exceptions to gym policies

When questions arise in these areas, Team Parents should kindly direct families to the appropriate coach or gym owner.

Communication Expectations

Team Parents are representatives of the team and should maintain a positive, respectful, and professional approach in all communications. Information shared with families should be accurate, consistent with gym policies, and provided through approved communication channels whenever possible.

The goal of the Team Parent role is to support coaches, athletes & families, strengthen team culture, and help ensure clear and effective communication throughout the season.

If you are interested in being a Team Parent, please fill out the application below.

[Team Parent Application](#)

Practice Policies

From time to time, additional practices may need to be scheduled on short notice due to injuries, illnesses, choreography adjustments, or other unforeseen circumstances. In these situations, we will make every effort to notify families as soon as possible and provide as much advance notice as we can.

We greatly appreciate any flexibility your family is able to offer when these situations arise. Please know that any additional practices are scheduled with the team's best interests in mind and are intended to support the athletes' development, preparedness, and overall success throughout the season.

Stay Hydrated!

Athletes are required to bring a water bottle filled with water or a sports drink to every practice. As our gym is not air-conditioned, temperatures can become quite warm during the summer months, making proper hydration especially important.

If an athlete needs to refill their water bottle during practice, filtered water is available from the Brita-equipped sink located in the office. In addition, a variety of beverages are available for purchase from the mini refrigerator in the lobby.

Arrival Expectations

To help ensure a smooth and safe environment for all athletes, we ask that athletes arrive no more than **10 minutes prior** to their scheduled class or practice time.

Upon arrival, athletes will be greeted by a member of our Front Desk team, Mel or Erin. They will check in using their parent or guardian's phone number, place their belongings in the cubbies, and change into their practice shoes.

Once ready, athletes should remain in the lobby until their coach comes to bring them into class or practice.

For the safety of all athletes and to allow classes to run efficiently, the **trampoline and tumble track may not be used prior to class or practice**. As we operate with a single training floor and have classes running throughout the evening Monday through Thursday, this equipment is often in use by other athletes and programs.

We appreciate your cooperation in helping us maintain a safe, organized, and productive training environment for everyone.



Lobby Expectations

We are proud to offer an open lobby viewing area and encourage families to be part of the Midwest Legends community. To help create a positive environment for everyone, we ask that all parents and guests follow the expectations below.

Please keep conversations at a low volume. Our ceiling is open to the gym space, which means sound travels easily and can become distracting to athletes and coaches during practice. Keeping noise levels down helps our athletes stay focused and get the most out of their training.

For the safety of all children, we ask that siblings remain in the lobby area unless they need to use the restroom. Running through the gym or entering training areas is not permitted.

When weather permits and the garage doors are open, families are welcome to bring a lawn chair and enjoy watching practice from outside.

Before leaving, please take all personal belongings with you and help keep our lobby clean by disposing of trash and tidying your area. We want our lobby to remain a clean, welcoming, and comfortable space for all MWL families.

Our goal is to keep the lobby open for viewing throughout the season. However, if these expectations are not consistently followed, we may need to limit or close lobby viewing privileges. We believe that family involvement is an important part of the culture we are building at MWL, and we want to preserve an environment where parents can connect, support one another, and feel like part of something special.

Most Importantly: NO GOSSIP

Midwest Legends is committed to fostering a positive, supportive, and respectful culture. Gossip, negative conversations, or bashing of athletes, families, coaches, staff, or MWL leadership will not be tolerated. If such behavior is observed by staff or team parents, you may be asked to leave the lobby, and lobby viewing privileges may be revoked.

We appreciate your partnership in helping us create a community built on respect, positivity, and support for every athlete who walks through our doors.

Athlete Dress Code

Practice Attire

Athletes should arrive at practice wearing appropriate athletic attire. Acceptable options include fitted shorts, leggings, athletic dresses, skorts, fitted tank tops, fitted t-shirts, or sports bras. Hair must be secured and pulled away from the face at all times.



Cheer shoes are required for every practice. Please refer to the approved shoe list located in the Competition Information section.

All personal belongings should be stored in the athlete's chosen cubby during practice. While we encourage athletes to keep track of their items, Midwest Legends is not responsible for lost, misplaced, or stolen belongings.

Jewelry Policy

For the safety of all athletes, all jewelry must be removed prior to practice. This includes earrings, necklaces, bracelets, rings, belly rings, and watches.

Parents of younger athletes are encouraged to assist with jewelry removal before arriving at the gym. If your athlete has a new piercing that cannot be removed, the jewelry must be completely covered with athletic tape or a cloth bandage during practice.

Nail Policy

To help ensure athlete safety during stunting and tumbling, fingernails must be maintained at or below fingertip length.

Acrylic nails are permitted; however, they must be kept short and limited to one of the approved shapes, Short Almond, Short Coffin or Short Oval. **Absolutely no stiletto style nails will be permitted.**

Coaches reserve the right to request modifications if nail length or shape is determined to pose a safety concern.

Scheduling Appointments & Outside Activities

We understand that athletes have commitments outside of cheer, including medical appointments, school activities, and other extracurriculars. Whenever possible, we kindly ask families to schedule doctor, dentist, and other appointments outside of practice times to help athletes maximize their training opportunities and support their team's success.

We are committed to working with athletes on an individual basis when it comes to participation in other sports, school programs, or special activities. If your athlete is interested in pursuing additional commitments, please communicate with us before making those arrangements so we can discuss potential scheduling conflicts and determine the best path forward for both the athlete and their team.

Open communication allows us to be as flexible and supportive as possible while ensuring each team has the consistency needed to succeed.

Weather & Facility Closure Policy

The safety of our athletes, families, and staff is always our top priority. In the event of inclement weather or other circumstances that require the gym to close, we will make every effort to reschedule missed practices whenever possible.

Please note that tuition will not be refunded for practices missed due to weather-related closures, holiday closures, or situations where a makeup practice cannot be scheduled.

Closure notifications will be communicated as early as possible through our social media pages, Gym Band, team Band groups, and email.

- Weekday closures will be announced no later than 3:00 PM.
- Sunday closures will be announced no later than 12:00 PM.

On school days, we will often follow the guidance and decisions made by local school districts regarding after-school activities. However, families should always refer to our official communication channels for the most up-to-date information regarding gym operations.

Attendance Policy

We understand that athletes and families have many commitments throughout the year. Participation in All Star Cheer requires a significant team commitment, and consistent attendance is essential to the safety, progress, and success of every athlete and team. We ask that Midwest Legends and your athlete's team(s) be prioritized alongside your family's other important commitments.

To help ensure every team is properly prepared, we will follow the attendance guidelines below.

Mandatory Practices

The **two practices immediately prior to any competition or required performance**, as well as any scheduled send-offs, are **100% mandatory**.

Athletes who miss one of these required practices need to understand they may be removed from the routine for that competition or performance for the sake of the team's readiness.

The three practices immediately prior to All Star Worlds are mandatory and may not be missed.

Exceptions

Exceptions may be considered only in the following circumstances:

- Funeral
- Wedding (Prior communication required)
- Athlete hospitalization

Travel & Scheduling

Please do not schedule trips immediately before competitions. Practice schedules may need to change due to weather, injuries, illnesses, or other unforeseen circumstances. This includes leaving early for travel competitions, as adjustments and additional practices may be necessary to ensure team readiness.

Whenever possible, absences should be communicated well in advance. Advance notice allows our coaching staff time to make adjustments, prepare alternates if needed, and ensure the team can continue to train effectively.

Reporting Absences

All absences must be submitted through the IClassPro App. Any absence that is not properly recorded will be considered unexcused.

Three unexcused absences will result in removal from the team.

Thank you for partnering with us as we teach athletes the value of commitment, accountability, and being a dependable teammate.

Excused Absence Limits

June 1 – Labor Day

- Up to 4 excused absences

Labor Day – Christmas Day

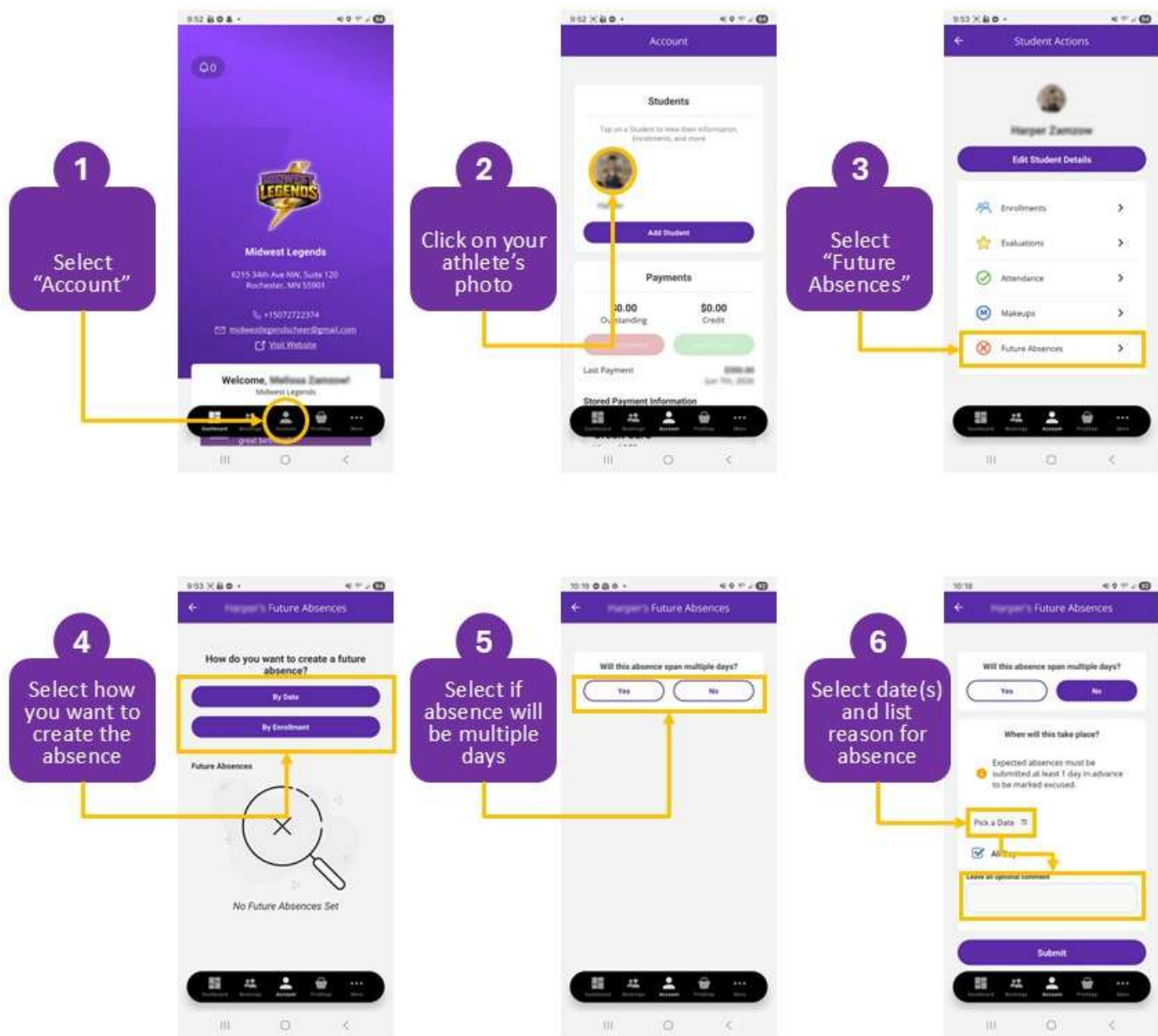
- Up to 3 excused absences

New Year's Day – End of Season

- Up to 3 excused absences

Athletes who exceed the allotted number of excused absences will be required to schedule and pay for a 55-minute private lesson for each additional absence. Private lessons help athletes stay current on skills, choreography, and routine changes while minimizing the impact on the team.

How to Submit an Absence in iClassPro



In the iClassPro App:

1. Select the **Account** tab at the bottom of the screen.
2. Click the circle containing your athlete's initials or photo.
3. Select **Future Absence** from the menu that appears.
4. Enter either a by date or enrollment.
5. Select if the absence will be multiple days
6. Select date and list reason for absence in comments

Submitting absences through the app ensures our staff receives accurate attendance information and allows us to plan accordingly. If you forget to submit the absence and the only communication was through text or band, it's likely the coach may forget and that would result in an extra phone call to you on the day of practice asking where your athlete is.

Competitions

Approved Competition/Practice Shoes

Athletes are required to purchase their own **black competition cheer shoes**. We strongly encourage families to order shoes as soon as possible, as sizes and styles can become limited as the competition season approaches. Midwest Legends requires high-top cheer shoes to provide consistent ankle support, promote stability during stunting and tumbling activities, and create a uniform standard of footwear across all athletes. Below are links to the approved cheer shoes for this season.

[BAXINIER Black High Tops](#)

[Rebel Athletic Renegade Blackout](#)

[Rebel Athletic Revolution \(Black\)](#)

[Varsity Spirit Aeros Elite Black High Top](#)

[GK Alite GK Hi-Flyer Mid Cheer Shoes \(Black\)](#)

Competition Expectations

At every competition, our goal is to bring that **Rock the Bolt energy** and proudly represent Midwest Legends! We want every athlete to feel the excitement and support of their teammates as they take the floor. We are excited to showcase our gym pride, sportsmanship, and team spirit while making a positive and memorable impression on fans, judges, and fellow athletes. Together, we can create an incredible competition atmosphere by supporting one another every step of the way!

Athlete Expectations

- Athletes must arrive on time and be fully prepared by their designated team meet time.
- Uniforms and warm-up jackets are required for all awards ceremonies.
- Hair and makeup requirements will be communicated prior to each competition. Athletes who do not meet the required appearance standards will be expected to make corrections before competing.
- Athletes should arrive wearing their Midwest Legends warm-up jacket, black athletic pants, and shoes that are **not** their competition shoes. When not warming up or competing, athletes are expected to remain in Midwest Legends apparel.
- Jewelry is not permitted at any competitions.
- Fingernails must be kept at fingertip length. Long nails, whether natural or artificial, are not permitted for safety reasons. Clear or french tip polish will be the only nail polish acceptable for competition days.
- We encourage athletes to pack nutritious meals and snacks that are high in protein to help maintain their energy throughout the day. Please ensure your athlete eats a healthy breakfast before arriving, as competition days require a great deal of energy and focus. Proper nutrition will help support your athlete's performance and endurance throughout the day.

Travel & Competition Attendance

- Each family is responsible for arranging and booking their own travel and accommodations for out-of-town events. Hotel information and room block details will be shared as they become available. Room blocks often fill quickly, so we encourage families to book as soon as possible.

- While competitions provide opportunities to travel and make memories, our primary focus is always our team and performance commitments. Please wait to schedule activities with family or friends until final competition schedules have been released.
- Athletes are expected to remain at the competition venue until their designated release time.

Competition Schedules

Competition schedules are typically posted on the Tuesday prior to the event. Please understand that schedules may change multiple times as event organizers make adjustments. Any updates will be communicated as quickly as possible.

Families should plan for the possibility of being at the competition for the entire day, generally between **7:00 AM and 9:00 PM**.

In most cases, exact performance times are not released until the week of the event. Once schedules are available, Midwest Legends athletes and families are expected to support all assigned Midwest Legends performances by being present and cheering on their fellow teams.

Required Events

The following events are considered mandatory for all athletes:

- All scheduled competitions

Exceptions may be granted in the event of an emergency. Consistent attendance and support of all team events are essential to the success of our athletes and program.

Event Producer Policies Regarding Weather-Related Cancellations

As many of our competitions take place during the winter months, there may be occasions when travel conditions are less than ideal, particularly for out-of-state (regional) events. We want to help families understand how these situations are typically handled by competition event producers and how those policies impact our decision-making process.

In most cases, if an event producer chooses to proceed with an event as scheduled, they do not offer refunds to programs that voluntarily withdraw. This means that competition entry fees that have already been paid on behalf of our athletes are generally non-refundable, even if a gym decides not to attend.

When weather concerns arise, we carefully evaluate all available information and prioritize the safety and well-being of our athletes, families, and staff. At the same time, we must also consider the financial impact on our families and the opportunity for athletes to showcase the hard work they have invested throughout the season.

Our goal is always to make thoughtful, informed decisions that balance safety, responsibility, and the best possible experience for our Midwest Legends families. We appreciate your understanding and trust as we navigate these situations together.

Awards Ceremony Expectations

All athletes are expected to stay and attend their team's awards ceremony. This is an important part of the competition experience and an opportunity to celebrate the hard work and accomplishments of the entire team.

Athletes should remain in full uniform for awards, including their competition shoes and bow. In addition, all athletes are required to wear their MWL warm-up jacket to awards to maintain a polished and unified team appearance.

We encourage athletes to have fun and enjoy the excitement leading up to team announcements, including participating in the dance parties and activities that often take place during awards.

To ensure athletes remain engaged and present during the ceremony, phones are not permitted on the awards mat.

Competition Score Reviews

At the beginning of the first practice following each competition, all Mini teams and older will participate in a score review with their coaches. During this time, coaches will review scores, judges' comments, and feedback from the event to help athletes better understand their performance and identify areas for growth.

Following the score review, the team will watch their performance video together and evaluate the routine as both individuals and a team. This process encourages accountability, self-awareness, and a deeper understanding of how each athlete contributes to the team's success.

Parents are encouraged to attend this portion of practice. We believe that informed and educated cheer parents help create a more supportive, positive, and understanding gym culture. By gaining insight into the scoring process and team goals, families can better support their athletes throughout the season. After all, we are all on this journey together!

Uniform Policies

Uniforms are designed to be used for **three seasons**, so a new uniform purchase is not required each year. If your athlete outgrows their uniform and requires a larger size, we hope to facilitate a uniform buy/sell/trade opportunity at the beginning of each season to help families purchase gently used uniform pieces from other Midwest Legends families.

Please take great care of your uniform throughout the season. Uniforms should only be cleaned according to the manufacturer's instructions. We recommend washing all uniform pieces inside out and **hanging** them to dry. Do not place uniforms in the dryer.

If any part of an athlete's uniform is lost, damaged, or becomes unusable during the season, the athlete's family will be responsible for purchasing a replacement.

All Midwest Legends Cheer uniform pieces are intended for official MWL activities only. Uniforms should not be worn to practice unless specifically directed by MWL staff. Uniforms may not be worn for any non-MWL activity, appearance, or event without prior written approval from Midwest Legends Cheer.

Bows

Each athlete will receive one competition bow for the season. To help keep bows in competition-ready condition, they should only be worn at competitions and official competition-related events. Competition bows should not be worn to practices unless specifically directed by Midwest Legends Cheer staff.

Athletes are responsible for properly caring for their competition bow throughout the season. If a bow is lost, damaged, or becomes unusable, the athlete's family will be responsible for purchasing a replacement.

MWL Swag & Spirit Wear

Throughout the season, we will offer a variety of MWL swag and spirit wear items for purchase. Apparel and merchandise can be found in your iClassPro account under the **"Swag"** section, where several items are already available.

While these items are not required, they are strongly encouraged. We love seeing our athletes and families proudly represent Midwest Legends Cheer at competitions and throughout our community. A strong presence in the stands and around town helps showcase our gym pride and support for our athletes and program.

Families are welcome to create their own MWL-inspired apparel and spirit wear. However, because these items represent the Midwest Legends Cheer brand, we ask that any custom designs be submitted to midwestlegendscheer@gmail.com for approval prior to being produced or worn at MWL events. This helps ensure that

all apparel reflects our brand, values, and the positive energy we strive to represent both in our gym and throughout the community.

Gym Wide Events

Pep Rally and Legends Unleashed are NOT for half season teams, but you are welcome to attend and support our full season teams!

MWL Pep Rally – September 25

We are thrilled to host our first annual MWL Pep Rally on September 25th! This is a **mandatory event for all athletes** and it's sure to be one of the most exciting traditions of our season.

What is a Pep Rally? It's an opportunity for our entire gym family to come together, build excitement, and kick off an incredible competition season ahead! Athletes will learn gym-wide chants, review competition expectations, create MWL spirit items, and connect with teammates from across the program.

Families and friends will also get a special sneak peek at what our athletes have been working so hard on. While teams won't be revealing their full routines just yet, they will showcase select stunts and skills, giving everyone a glimpse of the talent, dedication, and progress happening throughout the gym. This experience also helps athletes build confidence performing in front of an audience before competition season officially begins.

This is going to be a truly legendary event filled with energy, excitement, and MWL pride. Come ready to bring your very best **ROCK THE BOLT** energy as we unite, celebrate, and prepare for an unforgettable season!



Legends Unleashed – November 14

We are beyond excited to host our inaugural season showcase, **Legends Unleashed**, on November 14!

This special event marks several exciting milestones for our athletes and program. It will be the first time our athletes perform their routines in front of family and friends, and the first time they take the floor wearing their brand-new Midwest Legends uniforms!

Legends Unleashed serves as both a dress rehearsal for competition season and an opportunity for our Full Year teams to showcase the routines they have been working so hard to perfect. It is a chance for athletes to gain valuable performance experience while giving families a first look at the talent, dedication, and teamwork that have been building throughout the season so far.

We encourage everyone to bring the energy, show off the gym-wide chants learned at our Pep Rally, and create an atmosphere filled with pride and support for our athletes. This is the moment when all of the hard work begins to come together, and when the strength of the Midwest Legends community shines brightest.

Get ready for an unforgettable evening as we celebrate our athletes, our teams, and the official start of an exciting competition season. Let's pack the gym, bring the noise, and show everyone what it means to **Rock the Bolt!**

Collaborations

BRB Tanning Co.

We are excited to partner with BRBTanningCo. to offer discounted spray tanning services for our athletes during competition weeks!

To make competition preparation as convenient as possible, BRBTanningCo. will come directly to the gym, providing athletes with easy access to professional spray tans before events.

Please note that spray tanning is completely optional and is not a requirement for participation. This is simply an additional service we are pleased to offer to families who may be interested.

As an added benefit, \$5 from every spray tan purchased will be donated back to the MWL Legacy Boosters, helping support our athletes and program throughout the season.

GLOW. CONFIDENCE. LEGENDS.

Better Together. ♥

brbtanningco x MIDWEST LEGENDS

BRBTANNINGCO IS PROUD TO PARTNER WITH MIDWEST LEGENDS CHEER!

LOOK GOOD. FEEL CONFIDENT. SUPPORT OUR ATHLETES.

\$30 PER TAN ♥ **\$5** DONATED TO MIDWEST LEGENDS BOOSTER CLUB

\$25 GOES TOWARD YOUR GLOW
\$5 GOES TOWARD THEIR FUTURE

Why spray tan?

- HEALTHY, NATURAL GLOW
- QUICK DRY - LONG LASTING
- ENHANCES CONFIDENCE
- SAFE - CUSTOM FOR EVERY SKIN TONE

Book Your Glow Today! ♥

@brbtanningco | DM TO BOOK

SUPPORTING OUR ATHLETES ONE GLOW AT A TIME.

THANK YOU FOR SUPPORTING MIDWEST LEGENDS CHEER! ♥

Skills, Injury & Illness

Injury & Return-to-Participation Policy

The health and safety of our athletes is always our top priority. If an athlete is injured during practice and is unable to fully participate, they will be asked to sit out for the remainder of that practice to prevent further injury and allow for proper evaluation.

Before returning to practice, athletes must provide written clearance from a licensed physical therapist, orthopedic physician, or other qualified medical specialist. The note should include any restrictions, modifications, or guidelines necessary to ensure a safe return to activity. This helps protect the athlete while also ensuring that coaches are following the recommendations of the medical professional overseeing their care.

If an athlete is expected to miss an extended period of time, the medical note should outline the nature of the injury and the anticipated timeline for recovery and return to participation.

To prioritize both athlete safety and team preparedness, athletes who are unable to fully participate in the two practices immediately preceding a competition will not be eligible to compete at that event.

Please understand that injuries can sometimes require adjustments to team routines. While we will always do our best to support an athlete's return, routine changes made to accommodate an injury may impact the entire team. As a result, we cannot guarantee that an athlete will return to the exact position, stunt group, or role they held prior to their injury.

Injuries That Occur at Practice

The safety and well-being of our athletes is always our top priority. If an injury occurs during a team practice or class, our staff will assess the situation and determine the most appropriate course of action.

For minor injuries, the athlete may be asked to sit out temporarily, rest, and ice the affected area while continuing to observe practice. After approximately 10 minutes, a coach will check in with the athlete to evaluate how they are feeling and determine whether it is safe for them to return to participation.

If an injury appears to be more significant, a coach will complete an injury report detailing the nature of the incident. A copy of this report will be provided to the athlete and their family so everyone is fully informed. If we believe it is in the athlete's best interest to receive immediate medical evaluation, we will contact the primary guardian listed on the athlete's account.

In situations where medical attention is required, a note from a qualified medical professional may be required before the athlete can return to full participation. This helps ensure a safe and appropriate return to activity based on the recommendations of their healthcare provider.

If an athlete is sent home from practice due to an injury, one of their coaches will personally reach out the following day to check on their recovery and offer support. We care deeply about each athlete and are committed to creating a safe, positive environment where their health and well-being always come first.

Illnesses

If an athlete is feeling under the weather, we encourage them to attend practice and participate to the best of their ability whenever it is safe to do so. Consistency is important, and even observing practice can be beneficial when full participation is not possible.

Athletes should remain home if they have been diagnosed with a contagious illness, are running a fever, or have experienced vomiting within the previous 24 hours. Once symptoms have improved and they are no longer contagious, they are welcome to return to practice.

For athletes experiencing mild cold symptoms, such as a runny nose or occasional cough, attendance is permitted. Families may choose to have their athlete wear a mask during practice to help reduce the spread of germs and protect their teammates and coaches.

Our priority is maintaining a healthy training environment while supporting each athlete's well-being and continued development.

Maintaining Skills

Athletes are expected to maintain the skills that earned them placement on their team. We understand that skill development is not always a straight path, and athletes may experience periods where a skill becomes inconsistent or temporarily regresses. Our goal is to support each athlete through those challenges while also ensuring the safety, progress, and competitiveness of every team.

To help athletes regain lost skills and continue progressing safely, the following policy will be followed:

- 1. Parent Communication**

If an athlete loses a skill that was demonstrated during tryouts and is required for their team placement, the athlete's coach will communicate directly with the parent or guardian to discuss concerns and create a plan for improvement.

- 2. Additional Skill Development**

The athlete will be required to participate in at least one private lesson per week until the skill has been safely and consistently regained. These lessons are intended to provide focused instruction and support to help the athlete return to full participation as quickly as possible.

- 3. 30-Day Evaluation Period**

If the athlete has not regained the required skill within 30 days, Midwest Legends Cheer (MWL) will evaluate what is in the best interest of both the athlete and the team. This evaluation may result in the athlete being moved to a different team that better aligns with their current skill level and allows for continued success and development.

Important Note:

MWL reserves the right to move or dismiss an athlete from a team at any point during the season due to attendance concerns, behavioral issues, safety concerns, or when it is determined that a team change is in the best interest of the athlete or the program as a whole.

Season Commitment, Pricing and Financial Policies

2026-2027 Season Pricing

Registration Fee: \$25

Fee covers coach's costs, SafeSport training and concussion training. This fee is non-refundable.

Competitive Novice and Prep Teams

FEE	COST	DUE
Monthly Tuition	\$95 (Mini & Youth Teams) \$80 (Tiny Teams)	First of the month October-March (7 day grace period)
Uniforms	\$200	November

- Tuition includes competition fees, choreography, music and coaches fees.
- Tuition will not be prorated.

Tuition & Payment Information

Tuition will be charged to your iClassPro account on the first of each month. It is the responsibility of each family to log in and submit payment by the due date. Midwest Legends Cheer does not utilize automatic monthly withdrawals.

A seven-day grace period will be provided following the due date. Any outstanding balance after the grace period will result in the card on file being automatically charged, along with a \$25 late fee.

To help families better manage their budgets, we are pleased to offer a bi-weekly payment option. If you would like to enroll in bi-weekly billing, please email midwestlegendscheer@gmail.com, and we will be happy to assist you in setting up your account.

Important Dates

2026

November 23-28	Gym Closed-Thanksgiving Break
December 6	Comp Day
December 20-January 2	Gym Closed-Winter Break

2027

January 3	Elite Teams Added Practice
January 9-10	Comp Day
January 16-17	Comp Day
February 6-7	Comp Day
February 20-21	Comp Day
March 13-14	Comp Day

Competition Schedule

Deep South Spirit VIBE Event January 16-17, 2027 Minneapolis, MN							
Revolutionary Events Battle of the Twin Cities February 6, 2027 St. Paul, MN							
Revolutionary Events Celebrity St. Paul February 7, 2027 St. Paul, MN							
Xtreme Spirit Nationals Kalahari Nationals March 13-14, 2027 Wisconsin Dells, WI							

Parent & Athlete Code of Conduct

At Midwest Legends Cheer, we are committed to creating a positive, supportive, and respectful environment where athletes can grow both as competitors and as individuals. Parents and athletes play an important role in maintaining the culture of our program. By joining Midwest Legends Cheer, athletes and parents agree to uphold the following standards of conduct.

Positive Mindset

Success in cheerleading requires dedication, resilience, and a willingness to learn. Athletes and parents are expected to maintain a positive attitude throughout the season.

Athletes are expected to:

- Be coachable and receptive to instruction and feedback.
- Demonstrate perseverance when faced with challenges or setbacks.
- Support and encourage teammates during practices, performances, and competitions.
- Focus on personal growth and team success rather than individual recognition.

Parents are expected to:

- Encourage effort, improvement, and teamwork.
- Support coaches' decisions and trust the training process.
- Model positive behavior and language when discussing the gym, coaches, athletes, competitors, and program decisions.
- Help foster a culture of encouragement and respect.

Sportsmanship Expectations

Good sportsmanship is expected from all athletes and parents at practices, competitions, events, and on social media.

Athletes and parents will:

- Treat teammates, coaches, officials, event staff, competitors, and spectators with respect.
- Celebrate successes with humility and handle disappointments with maturity.
- Cheer for and support all Midwest Legends Cheer teams.
- Refrain from gossip, bullying, intimidation, harassment, or exclusionary behavior.
- Demonstrate integrity, honesty, and respect regardless of competitive outcomes.

Unsportsmanlike conduct, whether in person or online, may result in disciplinary action as determined by gym leadership.

Social Media Expectations

Social media is a powerful tool that can positively or negatively impact athletes, teammates, coaches, and the reputation of our program. Athletes and parents are expected to use social media responsibly.

Athletes and parents will:

- Represent themselves and Midwest Legends Cheer in a positive and respectful manner.
- Refrain from posting negative, disrespectful, threatening, or inappropriate comments about athletes, families, coaches, staff members, judges, competitors, or the program.
- Avoid engaging in online arguments, gossip, or drama involving the gym or its members.
- Address concerns directly through appropriate communication channels rather than through social media platforms.
- Understand that private messages, group chats, and deleted posts may still be shared and viewed by others.

Any social media activity that negatively affects athletes, families, coaches, or the reputation of Midwest Legends Cheer may result in disciplinary action, including suspension or removal from the program.

Respect for Team Decisions

Team placements, routine positions, stunt groups, choreography, and coaching decisions are carefully evaluated and made with the best interests of the athlete, team, and program in mind. While questions may arise throughout the season, athletes and parents are expected to address concerns respectfully through the appropriate communication channels.

Athletes and parents agree to refrain from publicly or privately criticizing team placements, routine positions, coaching decisions, teammates, or other athletes. Negative discussions, gossip, speculation, or attempts to undermine the confidence of athletes, coaches, or teams are detrimental to the culture and success of the program.

We encourage open, respectful communication and are committed to addressing concerns in a productive manner. Maintaining a positive and supportive environment is the responsibility of every athlete and family within Midwest Legends Cheer.

Commitment to Our Culture

Our goal is to create an environment where athletes feel safe, supported, challenged, and valued. By participating in Midwest Legends Cheer, both athletes and parents agree to contribute positively to our culture and uphold the values of respect, accountability, teamwork, and sportsmanship.

Failure to adhere to this Code of Conduct may result in a meeting with gym leadership and disciplinary action deemed appropriate for the situation.

Sponsorships and Booster Club

Midwest Legends is proud to have an established booster club, Midwest Legends Legacy Boosters, dedicated to supporting our athletes and families throughout the season. The booster club will organize a variety of fundraising opportunities, including both individual and gym-wide efforts, designed to help offset the costs associated with participation.

In addition, the booster club offers sponsorship opportunities for both individuals and businesses. A sponsorship letter and tiered sponsorship graphic are available, outlining the different levels of support and associated benefits. We encourage families to take advantage of these resources as another way to reduce overall expenses while building strong community partnerships.

Gym Sponsorship Letter



Sponsorship Packet
2026.pdf

The poster features a dark background with purple lightning bolts. At the top center is the 'MIDWEST LEGENDS' logo, which includes a stylized lightning bolt. Below the logo, the text 'MIDWEST LEGENDS' and 'LEGACY BOOSTERS' is written in large, bold, yellow-outlined letters. Underneath, the tagline 'BUILDING ATHLETES, BUILDING CONFIDENCE, BUILDING A LEGACY.' is displayed in white. The main body of text describes the organization's mission. A section titled 'WHAT WE DO:' lists five key activities with lightning bolt icons. A section titled 'WHY IT MATTERS:' provides a concluding statement. The website 'WWW.MIDWESTLEGENDSCHEER.COM' is at the bottom.

**MIDWEST LEGENDS
LEGACY BOOSTERS**

**BUILDING ATHLETES, BUILDING CONFIDENCE,
BUILDING A LEGACY.**

The Midwest Legends Legacy Boosters exists to bring our cheer family together through support, fundraising, and community involvement. Our goal is to create opportunities for every athlete to succeed, build confidence, provide financial support, and be part of something bigger, because at Midwest Legends, we don't just build athletes, we build a legacy.

WHAT WE DO:

- ⚡ **SUPPORT OUR ATHLETES**
HELP OFFSET COSTS FOR TRAVEL, UNIFORMS, AND COMPETITIONS
- ⚡ **FUNDRAISING OPPORTUNITIES**
CREATE WAYS TO REDUCE FINANCIAL BURDEN FOR FAMILIES
- ⚡ **BUILD A STRONG COMMUNITY**
BRING ATHLETES AND FAMILIES TOGETHER
- ⚡ **PROMOTE TEAMWORK & LEADERSHIP**
ENCOURAGE CONFIDENCE, SPORTSMANSHIP, AND GROWTH
- ⚡ **FINANCIAL TRANSPARENCY**
ORGANIZED, TRACKED, AND RESPONSIBLY MANAGED FUNDS

WHY IT MATTERS:

Every athlete deserves the chance to shine, regardless of financial barriers. Together, we create opportunities, build confidence, and support each athlete's journey.

WWW.MIDWESTLEGENDSCHEER.COM

We, the undersigned parent(s)/guardian(s) and athlete, acknowledge that we have received, read, and understand the Midwest Legends Cheer Parent Handbook for the 2026–2027 season.

By signing below, we agree to abide by all policies, procedures, rules, expectations, and financial obligations outlined within the handbook. We understand that these policies are in place to promote the safety, success, and positive experience of all athletes, families, coaches, and staff members.

We acknowledge that participation in Midwest Legends Cheer is a commitment that requires teamwork, communication, accountability, and adherence to program standards. We understand that failure to comply with handbook policies may result in disciplinary action, including but not limited to loss of privileges, removal from performances or competitions, suspension, or dismissal from the program.

We understand that Midwest Legends Cheer reserves the right to amend or update policies as needed throughout the season. Any changes will be communicated to families in a timely manner.

By signing below, we confirm that we have had the opportunity to ask questions regarding the contents of the handbook and agree to uphold the standards and expectations of Midwest Legends Cheer throughout the 2026–2027 season.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Name (if applicable): _____

Parent/Guardian Signature: _____

Date: _____