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2026-2027

SEASON INFORMATION PACKET

**LIBERTY DIAMONDS ELITE ALL-STARS
COMPETITIVE CHEERLEADING AND TUMBLING
1146 EG MILES PKWY SUITE 204
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Welcome!

Thank you for your interest in becoming a part of Liberty Diamonds Elite All-Stars Competitive Cheerleading. It is important that you are aware of the high level of commitment that is required and the standard of excellence that is expected from each athlete. Before committing to the program, please consider the following:

All-Star Cheerleading is a **year-round commitment** and requires after school time and attendance throughout the week as well as weekends for scheduled practices, events, and competitions. We are very fortunate to have highly qualified coaches with a vast



amount of experience in the sport. We give our athletes the opportunity to compete in some of the most prestigious competitions offered in the coastal region of the United States. Our program is very competitive and we strive to push our athletes. We look forward to a long and rewarding relationship with you and your family. Please keep in mind that this packet is merely a guideline and may not contain all of the information you need throughout the season. You will receive notices via our BAND group. You are responsible for downloading the green BAND app and having notifications turned ON at all times. Updates will be posted in there daily, so it is important that you keep up with it. It is the parent and athlete's responsibility to stay up to date on all information. We hope this packet will acquaint you with our program policies and answer most of your general questions.

ABOUT TRYOUTS

All athletes must stay the entire tryout time in order to be placed on a team, no exceptions. **Tryouts are CLOSED to spectators such as friends, family members, etc. Only athletes who are trying out and coaches are allowed inside the building.** A parent/guardian must sign each athlete in before tryouts. Anyone else will leave and return later for pick up. All athletes are responsible for transportation to and from tryouts. Athletes with siblings trying out will need to be picked up once they are done, they will not be allowed to stay during their sibling's tryout. **PLEASE ARRIVE AND PICK UP ON TIME.**

WHAT TO BRING

Please do not bring any personal belongings other than water. Athletes must show up to tryouts ready to go, there will be no changing last minute allowed. Athletes are responsible for providing themselves with plenty of water.

WHAT TO WEAR

All black attire (a black sports bra and black shorts or leggings) is to be worn. Athletes who have an LDE practice set from a prior season can wear it should they choose. NO JEANS OR SKIRTS. Athletic shoes/regular tennis shoes and socks must be worn (NO CROCS, VANS, CONVERSE, HIGHTOPS, FLATS, etc). All hair must be up IN A BOW and away from the face. Absolutely NO JEWELRY allowed including studs, bracelets, anklets, necklaces, body piercings, etc.

TRYOUTS SCHEDULE

Coaches will review the basic fundamentals of all-star competitive cheerleading (jumps, stunting, tumbling, dance, motions) and athletes will be taught a short choreographed routine. Athletes will tryout in groups in front of coaches and will be evaluated on everything taught. Placement emails will be sent out within 24 hours. If you do not hear anything back within a day, please reach out to us ASAP.

COMMITMENT

Dedication and commitment are required for a program to prosper. It takes both the parent and the athlete(s) to follow through. Each team member is an important factor to Liberty Diamonds Elite Allstars. All registered athletes have a mandatory duty to attend all practices, camps, and competitions. This is to prevent the team from having to fall behind or keep making changes throughout the season. Please take note of our outlined season dates and closures. A tentative competition schedule for the season will be posted in BAND between July and August.

All practices and competitions scheduled by coaches are considered mandatory. Practices are scheduled 2-3 times a week and may be added or canceled as needed. Please notify us of needing to miss practices **no later than a week prior to that particular practice.** Athletes will be allowed **TWO** free absences during the season. Any further unexcused practices will be in accordance to our Demerit System and fines will occur. *See following page for excused vs. unexcused absences.*

Your interest and cooperation with our program at Liberty Diamonds Elite All-Stars is appreciated. Please review the Athlete and Parent Code of Conduct, and discuss it with each other. We have high expectations for our athletes and parents, and expect each one to follow the policies. Our athletes are ambassadors for our community and should lead accordingly. We look forward to a wonderful season!

PRACTICE POLICIES

All-Star Competitive Cheerleading is a TEAM SPORT. When a member is absent, it affects the entire team’s practice and performance. Missing practices for a valid excuse can still lead to an athlete being replaced or removed from a position due to the athlete not physically being there.

Practices are mostly only an hour to an hour and a half twice a week. Remember that **YOU** are signing up for this commitment if an event happens to fall on a practice day!

Excused Absences (Except for during Mandatory Dates)	Absences That Will NOT Be Excused
Contagious Illnesses with a Doctor’s Note	Birthdays
School Events that Will Affect Grades	“Out of Town”
Death of a Family Member	No Ride to Practice
Approved Summer Vacation Days	Stuck in Traffic
Family Emergency	Not Knowing/Forgetting there was a Practice/Failure to read Band
	School Events that do not affect Grades (Dances, festivals, plays, concerts, etc.)
	Athlete is “tired” or “not feeling well”
	Homework or falling behind in school
	Recreational Sports practices/games

Liberty Diamonds Elite All-Stars

Code of Conduct

- Any questions or concerns that need immediate attention please contact us by EMAIL FIRST. (libertydiamondselite@gmail.com) and we will contact you back. No social media messages or personal texts will be answered immediately.
- The BAND group notifications must be on 24/7 and checked DAILY. Not being aware of something that is posted in the Band group can result in consequences.
- **No gossiping**, use of profanity, or abusive language allowed by athletes or parents.
- Good sportsmanship, polite manners, and a good disposition are mandatory at all practices, events, competitions, and social media by both parents and athletes. **YOU REPRESENT LIBERTY DIAMONDS ELITE ALLSTARS AT ALL TIMES!**
- There is a zero tolerance for bullying or harassment of any kind by both parents and athletes. .
- Athletes are to not have any long/acrylic nails during the entirety of the season unless approved by the Head Coach.
- **All team and routine decisions are left to the discretion of the Head Coach.**
- There will be no arguing or questioning of the coaching staff's decisions. (i.e questioning child's positions)
- It is the athlete's responsibility to wear the appropriate practice wear to every practice.
- Please arrive at all practices, competitions or any scheduled event on time.
- All tryouts/practices are **closed to spectators**. Only athletes and coaches are allowed inside of the building until further notice.
- **All practices and competitions are mandatory**. Please consider this before committing.
- No personal items are to be brought to practices. Liberty Diamonds Elite is not responsible for any lost or stolen personal belongings that are brought.
- **Drop off and pick up to/from practices on time. After a certain amount of occurrences, a fine will be added to the athlete's account.**
- Any unauthorized tumbling or stunting material without permission outside of the gym from the coach is at athlete and parent's own discretion.
- Parts of a routine may change EVERY DAY due to absences, new people, people leaving, etc. It is the athlete's job to adjust.
- Athletes must provide their own water for practice. No water allowed onto the practice area.
- **It is a PRIVILEGE to be on a competition team!** If tumbling ability/requirements are not met by a certain date or if an athlete obtains too many demerits they will face being recommended to take tumbling classes prior to returning to our program or will be cut from the program overall.
- Any meetings needed with a coach must be requested through the email and will be scheduled outside of practice times.

DEMERIT SYSTEM & FINES

Demerits are similar to “strikes.” Athletes obtain demerits and/or additional fines by breaking any rules that are defined in the code of conduct and for other serious or repeated offenses. Demerits follow the athlete for the entire season and will not be removed until the season is officially over. Parents will be notified by email of any demerits or additional fines issued to an athlete, and fines must be paid before athletes can return to practices. **All demerits are subject to a fine amount ranging from \$50-\$350 added to the athlete’s account depending on the situation. Fines for smaller infractions (i.e. Dress Code) will start at \$25 and increase with every occurrence. 3 or more occurrences will lead to an automatic demerit.**

- 1 Demerit- Conditioning/Reduced Specialty in Routine
+ \$100 Fine
- 2 Demerits- Parent Conference/Suspension From Team
+ \$200 Fine
- 3 Demerits- Removal from Program + \$350 Removal
Fee

Missing or Wrong Dress Code
Practices (Uniform, Bow, Neat hair, Jewelry, Athletic
shoes): \$25+
Competition (Same as Practice): \$50+

COMMITMENT CONT.

INJURY

If an athlete becomes injured whether inside or outside of practice, they will still need to attend practice to observe any changes. Depending on the condition, they may still be able to participate in parts of practice. For example, if an athlete has a broken arm, they can still participate in leg workouts and some cardio. If a doctor's note requires an athlete to sit out of practice completely for a period of time, please notify us and provide the doctor's note asap. Handwritten notes are not accepted.

SCHOOL

LDE is proud to home the most dedicated of student athletes in the area. We take pride in academics and believe it does come before sports, however with commitment comes a mandatory balance. We suggest that athletes take the time they have after school to complete any assignments, and stay on top of their school work at all times. **SCHOOL WORK IS NOT AN EXCUSABLE ABSENCE FROM PRACTICES. Pulling an athlete due to school behavior/grades falls in line with quitting and will be subject to normal removal procedures and fines.**

School breaks will not always be associated with gym breaks. For example, school spring breaks will not automatically mean there will not be practices or competitions during that week.

If any athlete wants to do an additional school or recreational sport during the season, the parent and the athlete need to schedule a private meeting with a coach to help comprise a schedule that WILL NOT INTERFERE with the all-star competition program. We will NOT work around recreational, elementary, or middle school sports schedules during competition season.

All-Star comes first!



TEAM PLACEMENTS

Athletes will be placed on a team at the discretion of the coaching staff based on their **age, maturity, and skill level** and what is needed on each team. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level. It is not only important to “throw” a skill, but to execute it while landing it repeatedly over and over with perfect and consistent technique. Athletes must also provide strong technical stunting skills at the required level as well. Coaches reserve the right to move a child to a different team during the season if the child’s skills do not reflect what is required of that level.

An athlete may be dismissed or placed in an alternate position if the skills are not where he or she can be used on a team in the gym. An athlete may be moved to a different team during the season depending on what is needed by that team (ie. base, fly, tumbler), or if their skills are not where they should be during the progression of the season. **We reserve the right to merge teams, change team levels, or delete a team during the season.** We will exhaust every possibility before doing so. If you have a question about what level your child should be, please refer to the skills chart for tumbling requirements.



TUMBLING SKILL CHART				
LEVEL	STANDING REQUIRED	STANDING ELITE	RUNNING REQUIRED	RUNNING ELITE
1	-Backwards Roll -Bridge Kick-over -Handstand -Back Walkover(BWO)	-Front Walkover(FWO) -Valdez -Switch Leg Walkover -Series Back Walkover	-Cartwheel -Roundoff	-Cartwheel BWO -Roundoff BWO
2	-Backhandspring (BHS)	-Back Walkover BHS -T-Jump BHS -BHS-T-Jump-BHS -BHS-Walkover-BHS	-Roundoff BHS	-FWO-Roundoff-BHS -Roundoff BHS series
3	-Standing 3 BHS -Toe Touch BHS	-BHS-Toe Touch-BHS	-Roundoff BHS Tuck -Roundoff Tuck	-FWO Roundoff-BHS-Tuck -Punch Front -Aerial (Above skills through to Roundoff BHS Tuck)
4	-Standing Tuck -Standing BHS Tuck -Standing 2 BHS Tuck	-Toe Touch BHS Tuck -Cartwheel Tuck	-Roundoff BHS Layout	-Punch Front Stepout-Roundoff-BHS-Layout -Roundoff-Whip-BHS-Layout -Roundoff BHS-whip-punch tuck
5	-Jump Tuck Combo -2 BHS to layout	-2 BHS-whip-2 BHS-Layout -2 BHS-whip-punch-layout -Jump-BHS-Layout	-Roundoff BHS Full	-Roundoff BHS-whip-BHS-Full -Punch Front through to BHS Full -Front Handspring Front to RO BHS Full
6	-Jump Tuck Combo -2 BHS to Full	-BHS Full -Standing Full -Jump to Full -2 BHS to Double Full	-Roundoff BHS Full through to full -Roundoff BHS Double	-Roundoff BHS Double -Elite Combinations through to Double Full

TEAM PLACEMENTS CONT.

At LDE, we offer four different competitive tiers: Exhibition, Novice, Prep, and Elite. Each tier contains different levels of skills and requirements for athletes in addition to the tumbling skill. The coaches and staff work hard to place athletes where they would best fit on a team and be 100% involved in a competition routine, so we ask that all parents and athletes **“TRUST THE PROCESS.”**

Exhibition- A performance team for our youngest athletes aged 3 to 6 years old, who are just entering the world of sports and learning coordination, memorization, and teamwork. This tier requires no prior skills, but athletes must be 100% potty trained and have the ability to function while separated from parents for up to an hour. Teams on this tier are not always scored depending on the event, and are not “competing”, but just performing to gain the experience and knowledge needed for later.

Novice- A tier for “beginner” athletes who are also just entering competitive cheerleading and may not have any prior skills or training. Novice teams are judged and scored very similarly to any higher tiers based on a standard scoring scale (Outstanding, excellent, and superior) rather than a number point system.

Prep- A tier for more experienced athletes, who already possess some or most skills needed for a specific level. Judged and scored on a 100-point based system against other teams in that division. This tier is the last stepping stone before becoming Elite, and follows the same rules as Elite with a few exceptions.

Elite- The most advanced tier in All-Star Competitive Cheerleading. These teams have completely mastered all skills needed to be competitive in their divisions and require more time and travel than other tiers. These teams qualify to compete at the All-Star World Championship and/or The D2 Summit at the end of the season. If selected for an elite team during tryouts, athlete may be given a call-back tryout time for the following day. Elite team athletes are required register with the United States All-Star Federation (USASF) which is a separate \$49 yearly fee. For more information visit www.usasf.net.

IMPORTANT SUMMER DATES

May 16- Tryouts/Team Placements

May 18- Mandatory Parent Meeting

May 21- Commitment Night

May 26- Team Practices Begin

June 22-July 3- Summer Break

July 6-24- **Mandatory** Team Practices and Routine Choreography Camps (2 Camp days & Times for each team TBA)

August 5- Mandatory Practice Season Begins

****All team choreography camps/practices are mandatory for athletes. Specific dates and times for each team will be given in May. Please plan accordingly.*

FEES

Being an All-star athlete involves **significant financial obligations**. Please understand that we make every effort possible to keep costs low, but we are known to have an exclusive look and will only provide the absolute best for our athletes. The monthly tuition fee is due on the 1st of every month. If any fees are not paid by the third (3) day at 11:59pm, we will auto draft the card on file and add a \$25 late fee. **If your account/card declines upon being auto-charged, you will receive another \$50 returned check fee.** Costs for everything that a competitive cheerleader needs can be overwhelming. Therefore, it is imperative to fundraise and obtain sponsorships when the opportunity arises.

The card withdraw form is mandatory for all athletes, regardless of normal method of payment.

We implement ways to fundraise and each athlete will have ample opportunities to raise money for themselves.

Sponsorships and fundraisers are there to serve as a way to help lower and possibly cover costs for an athlete. Therefore if an athlete chooses not to participate in fundraisers or sponsorships, they are responsible for paying the full cost. Please understand that fundraisers may change or not happen at all, so you **MUST** be prepared to cover any costs in full out of pocket. All fees are subject to change at any time during the season. Each amount is **PER ATHLETE**. **Sibling discounts are offered on monthly tuition only.**



SEASON FEES BREAKDOWN SHEET

2026-2027 Liberty Diamonds Elite All-Stars Card/Account Draft Authorization Form

Athlete Name: _____

I hereby authorize LIBERTY DIAMONDS ELITE ALL STARS, hereinafter called the COMPANY, to initiate debit entries and to initiate, if necessary, credit entries and adjustments for any debit entry in error to my account indicated below and the Financial Institution named below, hereafter called DEPOSITORY, to debit and/or credit the same to such account. The authority is to remain in full force and effect until the COMPANY has received written notification from me of its termination in such a timely manner as to afford the COMPANY and DEPOSITORY a reasonable opportunity to act on it. I understand that I must keep a VALID form of card payment on file for the entirety of the season.

NOTE: 30-day written notice is required to stop draft. Draft will be stopped after 30 days have passed.

Draft shall be used to for any and all applicable athlete fees if not paid already by the third (3rd) day of each month and will include a \$25 late fee.

Customer Name: _____

Customer Address: _____

E-mail address: _____

Home Phone: _____ Cell Phone: _____

Bank Routing Number: _____

Account Number to be drafted: _____

Bank Name: _____

Card Number: _____ Exp.: _____

CVV: _____ Zip Code: _____

Customer Signature: _____

LIBERTY DIAMONDS ELITE COMMITMENT/LIABILITY CONTRACT

I, parent or guardian certify that in the event of an emergency, Liberty Diamonds Elite and its staff may contact the emergency contacts listed in this form in the case that I am not available after being contacted. If emergency contacts fail to respond immediately, Liberty Diamonds Elite may take further action to care for the athlete until I or an emergency contact is present. I fully understand that Liberty Diamonds Elite staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the staff to render temporary first aid to my child in the event of an injury or illness, and, if deemed necessary by the staff to call a doctor and to seek medical help, including transportation by a staff member and/or its representatives, whether paid or volunteer, to any healthcare facility or hospital or the calling for an ambulance for said child should the staff deem this to be necessary.

My athlete and I are aware of the possibility of injury and encourage my athlete to follow all the safety rules and coaches' instructions. Liberty Diamonds Elite, its coaches, and other staff members, will not accept responsibility for injuries sustained by any athlete during the course of cheer or tumbling instruction, open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to and from the event. With the above in mind, and being fully aware of the risks and possibilities of injuries, I consent to have my child participate in the programs offered by Liberty Diamonds Elite. I, my executors or other representatives, waive and release all rights and claims for damages that I or my child may have against Liberty Diamonds Elite and-or its representatives, whether paid or volunteer. I now also affirm that I now have and will continue to provide proper hospitalization, health and accident insurance coverage which I consider adequate for both my child's protection and my own protection. I also understand that Liberty Diamonds Elite is in no way responsible for any child(s) injuries that are sustained in or around the vicinity of the Liberty Diamonds Elite establishment (i.e. siblings, cousins, friends etc.).

I understand that I am responsible to pay every fee outlined in the fee schedule and will keep a valid credit/debit card on file for the duration of the season along with a completed draft authorization form. If my card or bank account is drafted and the funds declined or are returned, I understand that I will be responsible for an additional \$50 returned check fee. I understand that I am also responsible for additional fees such as uniform, music, choreography, competitions, and any other fees announced or posted by Liberty Diamonds Elite should my athlete be placed on a team, and all fees are to be paid regardless of athlete participation or none thereof. I understand that I am required to sign off on each fee. The monthly tuition Payments should be made on the 1st of every month to avoid a late fee. I understand

that in the event I have not paid one or more of my athlete's expenses, including competitions, the athlete will not continue to participate in the program or competitions until every fee has been paid in addition to a late fee. I also understand that should I decide to remove my child from the program, I must provide a written notice to Liberty Diamonds Elite by the last designated practice week of that month and that there will be no refund on monthly fees, fundraisers, booster events, or any other items purchased through Liberty Diamonds Elite including uniforms, competition apparel, practice apparel, or promotional merchandise. Also, should I decide to register or remove my athlete in the program after the 1st of the month I understand that the monthly tuition or any other fees will not be prorated nor refunded, therefore I must pay the full amount regardless of the current calendar day. **Shall I decide to remove my athlete from the program or if they are removed by the program, in addition to the previously stated conditions, I must also pay a "quitting" re-choreography fee of \$350 that will be drafted from my bank account or card upon notice. Not submitting this payment will result in my account being turned over to small claims and collections.**

I understand that any type of solicitation to any Liberty Diamonds Elite staff, members, or athletes is not prohibited. The use of any of the protected Liberty Diamonds Elite logos or team names on any unapproved merchandise will result in a fine and/or removal from the program. All spirit wear items are to be purchased through the gym and I am not allowed to create my own apparel using the name or logos of Liberty Diamonds Elite or its teams without permission. I also understand that should I want to provide handmade/homemade gifts of any sort to athletes, it must be approved via Liberty Diamonds Elite and I will not charge nor profit from the gifts.

Liberty Diamonds Elite has my permission to use my or my child's photograph publicly to promote the team. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee, or other compensation shall become payable to me by reason of such use. I agree that Liberty Diamonds Elite may use photographs of me or my child with or without our name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content. I have read and understood the above.

I understand I must abide by the Parent Code of Conduct. I agree that any rules from the Athlete and Parent Code of Conduct being broken by myself or the athlete may result in my athlete being suspended or removed from the program overall. I understand that once the athlete is removed from the program, any owed balances must still be paid to Liberty Diamonds Elite and I will not be issued any type of reimbursement as stated above.

My athlete and I understand that COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. Liberty Diamonds Elite has put in place preventative measures to reduce the spread of COVID-19; however, cannot guarantee that my athlete or I will not become infected with COVID-19. Further, attending any program or activity at Liberty Diamonds Elite could increase my risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my athlete and/or I may be exposed to or infected by COVID-19 while attending scheduled Liberty Diamonds Elite practices/events and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Liberty Diamonds Elite employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my athlete may experience or incur in connection with my attendance at Liberty Diamonds Elite. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless Liberty Diamonds Elite, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Liberty Diamonds Elite, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after attending any Liberty Diamonds Elite program or activity.

Parent/Guardian Signature

Athlete Signature

Owner Signature

Date

Date

Date