LEGACY CHEER

All Star Cheerleading in a Christian Environment

2026-2027 Legacy Cheer All Star Handbook



We just completed our 7th season of our All Star program and the first season in our new facility!

We continue to be in awe of the overwhelming interest in Christian All Star Cheerleading! All Star cheerleading is a competitive sport that requires commitment and dedication from both athletes and parents.

Legacy Cheer is excited to offer full year teams, Levels 1-4 that start in May and go through April.

All our teams require commitment, dedication and perseverance. Please carefully consider the financial and time commitment that the teams expect before trying out. Depending on the skill level of the girls trying out will determine the team level and whether they are novice, Allstar Rec, prep or elite.

Cheers!

Erika Toney

Legacy Cheer Owner and Coach

We will not hide these truths from our children: we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders. Psalms 78:4

Legacy Cheer Tryouts/Evaluations

- Participation in the tryouts indicates that you trust the coaches to place your athlete on a team in the best interest of your athlete, the team, and the program. **Your participation indicates that you are prepared to commit to the Legacy Cheer Program for the entire season.**
- Team placements will require experience in All Star, confidence in tumbling and stunting. We will also consider age, maturity, work ethic, prior commitment level and teamwork. Most importantly, we have to look at the team structure and stunt groups for our teams.
- **If coaches determine that an athlete isn't ready for the skill level of our teams, we will ask that she continue in our rec tumbling program.**
- **It is VERY normal to spend several years at the same level.**
- **Parent All Star Tryout Meetings- Required that you come to one!**
  - **Monday, April 6th- 7:00-8:00 PM**
  - **Tuesday, April 28th- 7:00-8:00 PM (AS Tryout prep clinic)**
  - **Saturday, May 2nd- 12:45-1:45 (AS tryout prep clinic)**
  - **Monday, May 4th- 5:30-6:30**

Legacy Cheer Tryouts

- Optional Clinics- $35 if registered early, $40 week of.
  - Tuesday, April 28th- 6:30-8:00
  - Saturday, May 2nd- 12:30-2:00

Full Year Team Tryouts- $50 tryout fee through 3/31. $60 after 3/31. Mini-routine sent out after registered.

- Tryout Day 1- register for **the Level your athlete was on during the 2025-2026 Season.** We will evaluate tumbling, jumps, and dance, sometimes stunting. We will review mini-routine.
  - Monday, May 4th- 5:30-6:30 No Team experience
  - Monday, May 4th- 6:30-8:00 Level 1 Experience
  - Tuesday, May 5th- 6:30-8:00 Level 3 & 4 Experience
  - Wednesday, May 6th- 6:30-8:00 Level 2 Experience
  - Full Year Team Tryouts- times tentative based on numbers.

Invitations to Day 2 of Tryouts will go out by evening of Thursday, May 7th. Some athletes will be invited to two different levels.

- **Tryout Day 2: Saturday, May 9th-** Evaluate Stunting and mini-routine.
  - 10:00-11:30- Level 1 Evaluations
  - 12:15-2:15- Level 2 Evaluations
  - 2:30-4:30- Level 3 and 4 Evaluations
- Private Tryouts- If you can not attend the tryouts, you need to register for a private evaluation- $75
- Team practice will begin the week of May 18th

Legacy Cheer Programs

Programs:

- Legacy Full Year Teams: Tryouts in May Season is year-round. 5 local competitions + showcase
  - Elite Teams- either go to All Star Worlds or another end of season competition in April outside of DFW
  - Prep/ASR- all local comps
- Legacy Half Year **Novice** Teams: Evaluations in August. Season runs September – February (6 months), practice twice per week. 3 Competitions (all local) + Showcase
- Legacy Half Year **Showteams** Beginner Teams: Evaluations in August. Season runs September – February (6 months), practice once per week. 2 Competitions + showcase
- Rec Tumbling classes

Legacy FY Travel Teams

*subject to changes based on registration numbers

- Practice twice a week for 2 hours each, with extra practices before competitions.
- **Choreography weekend- extra practices**
- T-shirt provided
- Practice wear required- new, approximately $120
- Uniform required- new, approximately $425
- Will perform at Legacy Cheer Showcase
- Will compete at five local competitions, will either go to All Star Worlds or another end of season competition in April. Competition fees included except for travel comp.
- NO OTHER SPORTS ALLOWED for Elite Teams, except school cheer. If you plan on playing MS sports, you MUST communicate that cheer was committed in May.
- Elite Flyers will be required to register and attend a weekly 30 min flyer flex class throughout the season (estimated cost per session: $10).

The Full Year Travel Teams will have an annual fee split into twelve monthly payments. The first payment is due in May at the time of team announcement. The remaining 11 payments are due on the 5th of each month Jun. 2025 through Apr. 2026 and will be auto drafted. Legacy Black monthly fee = **$265**

Included In Tuition	Not Included- estimates
4 Hours of Practice	$50 Eval Fee
5 local Comps + 1 showcase	Travel Fees
Coaching Fees	Practice Wear- $120+tax
Facility Rental	Uniform- New=$425 +Bow Fee + taxes
Music Fees	Optional backpack, warmups, sweatshirt
Choreography Fees	Team gifts/big sis/lil sis gifts
Provided T-shirt	ASW Competition fees based on bids
End of Year Party	
Annual Registration Fee	

End of Season Travel Comp

- **We'll either go to ASW or other travel comp. 2027 ASW's dates: April 13-19, PRGN-April 24-25. The two days your athlete competes depend on the age of their team.**
- **All travel teams will be required to commit to going to the ASWC or PRGN in Orlando, Florida or another end of year travel competition.**
- **All of our teams typically get At-Large Bigs, which qualify for a price reduction in the registration fee.**
- **The travel comp and registration fees are NOT included in the monthly tuition (unlike other competition fees), due to not knowing the price due to bids awarded.**
- **In the extreme circumstance where you must pull your athlete from traveling, we need notice by February 1st. There will be a $350 re-choreography and registration cancellation fee that will be charged. Please understand that this drastically hurts the entire team and we ask you to consider your commitment before registering for an elite team.**
- **There will be extra required practices leading up to the travel comp.**

Legacy FY Non-Travel Teams

*subject to changes based on registration numbers

Full Year, Non-Travel- Prep Team and Allstar Rec Teams

- Practice twice a week. 1.5-2 hours each depending on age.
- T-shirt provided
- Practice wear required- new, approximately $120
- Uniform required- new $285, used $140 (same as last year)
- Will perform at Legacy Cheer Showcase
- Will compete at four local competitions and one end of season competition in April, which could be a travel comp if parents decide all designate travel.

- The Full Year Teams will have an annual fee split into twelve monthly payments. The first payment is due in May at the time of team announcement. The remaining 11 payments are due on the 5th of each month Jun. 2025 through Apr. 2026 and will be auto drafted. Legacy Black monthly fee = **$240**

Included In Tuition	Not Included- estimates
3-4 Hours of Practice	$50 Eval Fee
5 local Comps + 1 showcase	Practice Wear- $120+tax
Coaching Fees	Uniform- New=$285, Used- $140 +taxes
Facility Rental	Optional backpack, warmups, sweatshirt
Music Fees	Team gifts/big sis/lil sis gifts
Choreography Fees	Bow Fee- $30
Provided T-shirt	
End of Year Party	
Annual Registration Fee	

LC Full Year Team Criteria

Level 1 Requirements

(13) Facebook- stunts

(13) Video | Facebook- tumbling

- Required Tumbling- Front Walkover, Cartwheel, Back walkover connected.
- Required Stunting- Prep Cradle, Braced Prep Lib (flyers demonstrate body positions), braced extension
- Demonstrate a dance and three jumps.
- There is room for a few girls that do not have the required tumbling/stunt skills if they demonstrate excellent skill in one of the other categories. For instance, for a team of 19, only 13 are required to have the elite tumbling skills.

Level 2 Requirements

https://www.instagram.com/reel/C6AjqSDLbOb/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA== stunts

(14) Video | Facebook- tumbling

- Required Tumbling- Roundoff Back handspring (recommended series), Standing Back Handspring (recommended Back walkover back handspring)
- Required Stunting- ½ up extension cradle, free standing prep lib (flyers demonstrate body position), Lib to Lib tick tok, braced liberty extension
- Demonstrate a dance and three connected jumps
- Straight ride basket tosses for Elite Level 2 and ASR 2.
- There is room for a few girls that do not have the required tumbling/stunt skills if they demonstrate excellent skill in one of the other categories. For instance, for a team of 19, only 13 are required to have the elite tumbling skills.

LC Full Year Team Criteria

Level 3 Requirements
https://www.instagram.com/reel/DH9WZcRxlXp/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA== tumbling
https://www.facebook.com/reel/978502317729450- stunts

- Required Tumbling- Two standing back handsprings. Round off back handspring back tuck
- Recommended tumbling- Punch Front through to tuck, aerial through to tuck, FWO through to tuck.
- Required Stunting- Extended liberty, full twisting cradle, one legged prep body positions, basket tosses with one trick.
- Demonstrate a dance and three jumps
- There is room for a few girls that do not have the required tumbling/stunt skills if they demonstrate excellent skill in one of the other categories. For instance, for a team of 19, only 13 are required to have the elite tumbling skills.

Level 4 Requirements

https://www.instagram.com/reel/DJ-dklNOM_v/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA== tumbling

(14) Facebook- stunts

- Required Tumbling- Standing Back Tuck. Round off back handspring layout
- Recommended tumbling- Punch Front step out through to layout, aerial through to layout, whip tuck, FWO through to layout
- Recommended Stunting- Double twist cradle from prep/extension,, high to low bps, full up to one leg extension basket tosses with two tricks,
- Demonstrate a dance and three jumps
- There is room for a few girls that do not have the required tumbling/stunt skills if they demonstrate excellent skill in one of the other categories. For instance, for a team of 19, only 13 are required to have the elite tumbling skills.

Levels within Levels

Within levels of allstar cheer there are other defining levels that are determined by experience/technique.

- **Elite**- The highest level within a level. Routine duration is 2.5 minutes, and they are competing the most difficult skills that are allowed at that level. Elite teams sometimes compete two days of the weekend. Our Elite teams will travel to All Star Worlds in Florida or another competition in April.
- **Prep**- This is the intermediate level within each level, yet very competitive. Routine duration is 2 minutes, and they are competing some difficult skills within that level, but not as many. They are not allowed to do basket tosses. They typically only compete on Saturday, except for the end of season competition. Our prep teams will compete at all local competitions.
- **Allstar Rec**- Routine duration is 2.5 minutes, and they are allowed to compete basket tosses. They typically only compete on Saturday, except for the end of season competition. This division is less competitive than Prep or Elite, because it's new. However, it prepares the athletes better for the Elite divisions.

Team Comparison

	FY Teams- Non-Travel	FY Teams-Travel
Season	May-April	May-April
Practices	2/week	2/week
Days	Sundays + weekday or 2 weekdays	Sundays + weekday
Competitions	1 Show + 5 Comps	1 Show + 6 Comps
Evaluation Fee	$50 three sessions	$50 three sessions
Monthly Tuition	$240 for 12 months	$265 for 12 months
Tuition Includes	Coaching Fees, Gym facility, Choreography, Registration Fee Music, Show and 5 Comps, End of year party	Coaching Fees, Gym facility, Choreography, Registration Fee Music, Show and 5 Comps, End of year party
Extras	Big Sis/Lil Sis Gifts, apparel, tryout fee	ASW or PRGN travel and registration, Big Sis/Lil Sis Gifts, apparel, tryout fee
Practice Wear	Provided T-shirt and purchased Practice wear $120	Provided T-shirt and purchased Practice wear $120
Uniform Fee	$285 or $140 used	$425 or $210 used
Bow	$30	$30
Travel	All local competitions, unless parents want travel	Travel to End of Year competition

Policies and Expectations

- LC Full Year Teams will have 30-45 minutes of tumbling from May-August. The majority of practice time must be used for the routine choreography, stunt progressions.
- We strongly recommend another tumbling class/or occasional private lessons.
- Wear the correct practice wear.
- Elite Team Flyers must register for a Flyer Flex Class. Prep/ASR flyers are encouraged.
- Payments are non-refundable, and will be auto-drafted on the 5th of every month.
- You may choose a payment plan or pay in full. The payment plan will be on autodraft.
- You must provide 30 days notice for cancellation, and if you cancel past September 30th, you will have to pay all competition fees.
- Hair in a ponytail for practice. No jewelry.
- Stay in lobby or specified stretching area until coach comes to get you for practice.
- Phones and backpacks to be left in lobby cubies. Water bottles may stay in the designated water bottle station.

Attendance Policies for Full Year Elite Teams

- Competition Dates will be confirmed in September, and ALL competitions are REQUIRED! If an athlete misses a competition for an unexcused reason, this could be grounds for dismissal.
- Summer Attendance for Full Year Teams
    - Summer- start of May practices until school starts
    - Approximately 26 practices
    - Athletes must plan on being there for at least 12 of the practices at MINIMUM or you may need to consider a half year team.
    - Practices are REQUIRED if in town.
    - All summer vacation dates MUST be listed at the time of tryouts. **Summer availability will be a factor in team placement.**
    - Case by case determinations will be considered, if discussed BEFORE tryouts.
    - **Last year's attendance will be a factor in team placement.**
- School Year Attendance
    - Excused Absences-sickness, family emergency or school functions that result in a grade, school cheer events with prior notification. Other sports are NOT excused.
    - Each Athlete will be afforded 1 unexcused absences, but coaches still need prior notification. Examples:
        - Other outside sports/optional school activities
        - Birthday parties/fun events
        - Cotillion/NCL
        - Travel
    - 2 or more unexcused absence-potential consequences at the discretion of the coaches.
        - Required private lesson at parents' expense
        - Removal from stunt group, or parts of routine, or team
        - Other consequences at discretion of coaches
        - Will affect team placement in future
- **No absences will be excused two weeks before a competition or we may need to find a replacement in the routine or for parts of the routine.**

Attendance Policies for Full Year Prep/ASR Teams

- Competition Dates will be confirmed in September, and ALL competitions are REQUIRED! If an athlete misses a competition for an unexcused reason, this could be grounds for dismissal.
- Summer Attendance for Full Year Teams
    - Summer- start of May practices until school starts
    - Approximately 26 practices
    - Athletes must plan on being there for at least 12 of the practices at MINIMUM or you may need to consider a half year team.
    - Practices are REQUIRED if in town.
    - All summer vacation dates MUST be listed at the time of tryouts. **Summer availability will be a factor in team placement.**
    - Case by case determinations will be considered, if discussed BEFORE tryouts.
    - **Last year's attendance will be a factor in team placement.**
- School Year Attendance
    - Excused Absences-sickness, family emergency or school functions that result in a grade, school cheer events with prior notification. We will work with other sports, as in being late, as long as you prioritize cheer as much as possible.
    - Each Athlete will be afforded 2 unexcused absences, but coaches still need prior notification. Examples:
        - Other optional school activities
        - Birthday parties/fun events
        - Cotillion/NCL
    - 2 or more unexcused absence-potential consequences at the discretion of the coaches.
        - Required private lesson at parents' expense
        - Removal from stunt group, or parts of routine, or team
        - Other consequences at discretion of coaches
        - Will affect team placement in future
- **No absences will be excused two weeks before a competition or we may need to find a replacement in the routine or for parts of the routine.**

Agreement to Legacy Cheer Policies

I have read and agreed to the terms, conditions and policies set forth in the Legacy Cheer Program Packet. My daughter is available for the competition and showcase dates.

_____

Parent Signature

_____

Date

_____

Athlete Signature

Uniform fitting day- first practice
All uniforms, practice wear and optional backpack, warmups, etc must be fitted and paid for on this date.

Uniforms- Elite Teams- $425 +taxes



Full Year Prep and ASR Teams- $285 new +taxes, $140 resale



Half Year Teams- $240 new, $120 resale



Optional Items





