LEGACY CHEER

All Star Cheerleading in a Christian Environment

2026-2027
Half Year All Star Handbook



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 half year teams that start in September and run through February, while also expanding to tumbling and stunting classes, as well as birthday parties, camps, etc!

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.

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 evaluation 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.**
- **We will teach all material at tryouts. We will observe tumbling, jumps, motions, teach a short dance.**
- Team placements will be determined by experience and confidence in skills. We will also consider age, maturity, work ethic, prior commitment level and teamwork.
- **If coaches determine that an athlete isn't ready for a team, we will ask that she continue in our Skills classes.**
- Evaluation Fees- $30 before 7/15/25, and $40 after. If you can not attend the tryouts, you need to contact Legacycheerallstar@gmail.com to set up a private evaluation- $50 fee.

Legacy Cheer Tryouts/Evaluations

Half Year Parent Interest Meeting

- Tuesday, July 28 from 5:30-6:30
- Monday, August 17 from 5:15-6:15

Half Year Team Evaluations in August

- Thursday, August 20
  - 4:30-5:30: Ages 5-8
  - 5:45-7:00: Ages 9+
- Saturday, August 22
  - 10:00-11:00 Ages 5-8
  - 11:15-12:30 Ages 9+
- Sunday, August 23 from 1:30-2:30
  - Potential call backs for SOME athletes to demonstrate stunting experience if necessary

Uniform Fitting- Saturday, September 12th

Legacy Cheer Programs

Programs:

- Half Year **Novice** Teams: Evaluations in August. Season runs September – February (6 months), practice twice per week. 3 Competitions (all local) + Showcase, purchase uniform.
- Half Year **Show Teams:** Beginner Teams: Evaluations in August. Season runs September – February (6 months), practice once per week. 2 Performances+ showcase (all local). Purchase uniform

Legacy Novice Teams

*subject to changes based on registration numbers

Half Year Novice Teams

- Practice twice a week for 1.5 hours each.
- **Choreography weekend**
- T-shirt provided
- Practice wear required- new, approximately $120
- Uniform required- new ($285) or resale ($140)
- Will perform at Legacy Cheer Showcase on January 23
- Will compete at 3 local competitions team on January 30 February 13 or 14 and February 20. Competition fees included.

- The Half Year Teams will have an annual fee split into six monthly payments. The first payment is due in August at the time of team announcement. The remaining 5 payments are due on the 5th of each month October 2025 through February 2026 and will be auto drafted. Monthly fee = **$240**

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

Show Teams

*subject to changes based on registration numbers

Half Year Teams- Show

- Practice once a week. 1-1.5 hours depending on age.
- T-shirt provided for practice
- Uniform- New $240 and resale $120
- Will perform at Legacy Cheer Showcase on January 23
- Will perform at two local competitions on February 13 or 14, and February 20.

- The Half Year Teams will have a fee split into six monthly payments. The first payment is due in August at the time of team announcement. The remaining 5 payments are due on the 5th of each month October 2025 through February 2026 and will be auto drafted. Monthly fee = **$185**

1.5 Hours of Practice	Uniform Fee- -$240 new, resale $120
2Competitions + 1 showcase	Bow $30
Coaching Fees	Optional backpack, warmups, sweatshirt
Facility Fees	Recommended- tumbling class
Music Fees	
Choreography Fees	
Provided T-shirt	
End of Year Party	
$50 Eval Fee	

LC Half Year Team Criteria

Level 1 Requirements

- 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

- 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.
- 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 1-2 in Cheerleading there are other defining levels that are determined by experience and technique. Elite, All Star Rec, and Prep are divisions for our full year teams.

Novice- intended for girls ready for that level, but they are only judged on technique and not difficulty, so they are competing skills at the bottom range of that level. Routine duration is 1.5 minutes, and they are not allowed to compete basket tosses. They typically only compete on Saturday. Our novice teams will compete at all local competitions. NOVICE TEAMS DON'T COMPETE AGAINST OTHER TEAMS FOR 1ST. 2ND OR 3RD. THEY COMPETE FOR RATINGS OF SUPERIOR, EXCELLENT OR OUTSTANDING.

Show Teams- intended for beginners, but have a lot of flexibility! Don't compete or get a scoresheet, just perform and have fun!

Policies and Expectations

- ½ Year teams will have 15-30 of tumbling Sept and Oct. Practice time must be used for the routine choreography.
- We strongly recommend another tumbling class/or occasional private lessons.
- No Jewelry. Wear the correct practice wear.
- 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.
- Stay in lobby until coach comes to get you for practice.

Attendance Policies for Teams

- **ALL competitions are REQUIRED! If an athlete misses a competition for an unexcused reason, this could be grounds for dismissal.**
- **School Year Attendance**
  - **Excused Absences-sickness, family emergency or school functions that result in a grade, school cheer events with prior notification**
  - **Each Athlete will be afforded 2 unexcused absences, but coaches still need prior notification.**
    - **Other outside sports**
    - **Birthday parties**
    - **Fun events**
    - **Cotillion**
    - **NCL**
    - **Other events**
  - **3 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**
    - **Removal from team**
    - **Other consequences at discretion of coaches**
- **If absences are in excess or the week of competition, we may need to find a replacement in 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

Half Year Novice Teams- $285 new +taxes, $140 resale



Show Teams- $240 new, $120 resale



Optional Items



