

LEGACY CHEER

All Star Cheerleading in a Christian Environment

2023-2024 Legacy Cheer Handbook



We just completed our fourth season of our All Star program, and we are excited to add some full year teams for our 5th season! We continue to be in awe of the overwhelming interest in Christian All Star Cheerleading! Our first season as Legacy Cheer program exceeded all expectations and we had to turn people away!

All Star cheerleading is a competitive sport that requires commitment and dedication from both athletes and parents.

Legacy Cheer is excited to grow by offering teams that start in May and go through April. These specific teams are a greater commitment and require dedication and perseverance. Please carefully consider the financial and time commitment that these higher level 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



LEGACY CHEER

Legacy Cheer Mission

- Mission: To offer an All Star cheerleading experience in a Christian environment.
- Goal: To introduce girls to a competitive cheerleading environment with a focus on glorifying God through healthy competition, while using appropriate music, movements and uniforms.

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.
- Full Year 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 full year teams.
- **If coaches determine that an athlete isn't ready for the skill level of a full year team, we will ask that she continue in our off-season program, and then tryout for a half-year team.**
- Tryouts- If you can not attend the tryouts, you need to contact Legacycheerallstar@gmail.com to set up a private evaluation- \$50 fee.
- Legacy Black Registration fee- \$50
- Legacy Red Registration Fee- \$40
- Legacy White Registration Fee- \$35



Legacy Cheer Programs

Programs:

- Legacy Black: Full Year Teams: Tryouts in April. Season is year-round. 5 competitions + showcase
- Off Season Skills Program: April-August for girls to work on skills for tryouts in August.
- Legacy Red: Half Year Intermediate Teams: Evaluations in August. Season runs September – February (6 months), practice twice per week. 3 Competitions + Showcase
- Legacy White: Half Year Beginner Teams: Evaluations in August. Season runs September – February (6 months), practice once per week. 2 Competitions + showcase
- Skills Class- Skills class to work on elements of cheer. Will perform at showcase only. September-February.



Legacy Cheer Black Teams

*subject to changes based on registration numbers

Full Year Teams

- Practice on Sundays- sometime between 1:00-7:00 for 2 Hours
- Practice on Tuesday, Wednesday or Thursdays from 6:30-8:00
- T-shirt provided
- Practice wear required- same as 2022
- Uniform required- same as 2022
- Will perform at Legacy Cheer Showcase
- Will compete at five local competitions- team decides whether to travel or not to Texas competition in March/April. Extra fee for 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. 2023 through Apr. 2024 and will be auto drafted. Legacy Black monthly fee = **\$225**.

Included In Tuition	Not Included
3.5 Hours of Practice	\$50 Tryout Fee (3 sessions)
1 Hr of tumbling (May-Sept)	\$65 Rogue Registration
5 Competitions + 1 showcase	Travel Fees (if determined by team)
Coaching Fees	Practice Wear- \$80
Facility Rental	Uniform- New=\$260, Used=\$130 + bow fee
Music Fees	Optional backpack, warmups, sweatshirt
Choreography Fees	
Provided T-shirt	
End of Year Party	

LC Black Team Full 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- $\frac{1}{2}$ 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
- 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 Black Team Full Year Team Criteria

Level 3 Requirements

- Required Tumbling- Two standing back handsprings.
Round off back handspring back tuck
- Required Stunting- Extended liberty, body positions,
basket tosses
- 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.



Legacy Cheer Red Teams

*subject to changes based on registration numbers

1/2 Year Red Teams- September-February

- Evaluations in August
- Practice on Sundays- sometime between 1:00-7:00 for 2 Hours
- Practice on Tuesdays, Wednesdays, or Thursdays from 6:30-8:00
- T-shirt provided
- Practice wear required- same as 2022
- Uniform required- same as 2022
- Will perform at Legacy Cheer Showcase
- Will compete at three local competitions
- The ½ Year Red Teams will have an annual fee split into six monthly payments. The first payment is due in September at the time of team announcement. The remaining 5 payments are due on the 5th of each month Oct. 2023 through Feb. 2024 and will be autodrafted. Legacy Red monthly fee = **\$225.**

Included In Tuition	Not Included
3.5 Hours of Practice	\$40 Tryout Fee
45 min of tumbling (Sept & Oct)	\$65 Rogue Registration
3 Competitions + 1 showcase	Practice Wear- \$80
Coaching Fees	Uniform- New=\$260, Used=\$130 + bow fee
Facility Rental	Optional backpack, warmups, sweatshirt
Music Fees	Off Season Skills Program (recommended)
Choreography Fees	
Provided T-shirt	
End of Year Party	



Legacy Cheer White Teams

*subject to changes based on registration numbers

1/2 Year White Teams- September-February

- Evaluations in August
 - Practice on Sundays- sometime between 1:00-7:00 for 1.5 hours.
 - Practice a few midweek days leading up to competitions.
 - T-shirt provided
 - Uniform required- same as 2022
 - Will perform at Legacy Cheer Showcase
 - Will compete at two local competitions
- The ½ Year White Teams will have an annual fee split into six monthly payments. The first payment is due in September at the time of team announcement. The remaining 5 payments are due on the 5th of each month Oct. 2023 through Feb. 2024 and will be auto drafted. Legacy White monthly fee = **\$170.**

Included In Tuition	Not Included
1.5 Hours of Practice	\$35 Tryout Fee
30 min of tumbling (Sept & Oct)	\$65 Rogue Registration
2 Competitions + 1 showcase	Uniform- New=\$220, Used=\$110 + bow fee
Coaching Fees	Optional extra practicewear
Facility Rental	Optional backpack, warmups, sweatshirt
Music Fees	Off Season Skills Program (recommended)
Choreography Fees	Extra Tumbling Class (recommended)
Provided T-shirt	
End of Year Party	



Legacy Cheer Skills Classes

*subject to changes based on registration numbers

Skills Class- September-February

- Practice for 1.25 hours.
- Work on individual skills. Learn tumbling, jumps, stunts, dance, but not together in a routine.
- T-shirt provided
- Will perform at Legacy Cheer Showcase.
- The Skills Class will have a monthly fee of \$110.

Included In Tuition	Not Included
1.25 Hours of Practice	\$65 Rogue Registration
1 Showcase	Optional extra practicewear
Coaching Fees	Optional backpack, warmups, sweatshirt
Facility Rental	Off Season Skills Program (recommended)
Music Fees	Bow-\$15
Choreography Fees	Provide own red shorts/skirt
Provided T-shirt	



Team Comparison

	Skills Class	White Teams	Red Teams	Black Teams
Season	September-February	September-February	September-February	May-April
Practices	1/week	1/week	2/week	2/week
Days	Saturdays or Sundays	Sundays (few extra)	Sundays + weekday	Sundays + weekday
Competitions	1 Show	1 Show + 2 Comps	1 Show +3 Comps	1 Show + 5 Comps
Evaluation Fee	\$0	\$35	\$40	\$50 three sessions
Monthly Tuition	\$110 for 6 months	\$170 for 6 months	\$225 for 6 months	\$225 for 12 months
Tuition Includes	Coaching Fees, Gym facility, Choreography, music, Show	Coaching Fees, Gym facility, Choreography, music, Show and 2 Comps	Coaching Fees, Gym facility, Choreography, Music, Show and 3 Comps	Coaching Fees, Gym facility, Choreography, Music, Show and 5 Comps
Practice Wear	Provided T-shirt	Provided T-shirt	Provided T-shirt and Practice wear \$80	Provided T-shirt and Practice wear \$80
Uniform Fee	T-shirt and bow	\$220 new or \$110 used	\$260 or \$130 used	\$260 or \$130 used
Bow	\$15	\$15	\$15	\$15
Rogue Fee	\$65	\$65	\$65	\$65



Policies and Expectations

- LC Full Year Teams will have one hour of a tumbling class on Sundays from May-Sept. ½ Year teams will have 30-45 min of tumbling Sept and Oct. Practice time must be used for the routine competition.
- 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 direct deposit.
- You must provide 30 days notice for cancellation, and if you cancel past September 30th, you will have to pay all competition fees.
- **Please attend ALL practices, except in the case of sickness, family emergency or school functions that result in a grade. Every team member is valuable and necessary. If absent, please contact your coach.**
 - **Summer Practice schedule- provide OOT dates to coach during registration. Otherwise, required.**
- Hair in a ponytail for practice.
- **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.

Parent Signature

Date

Athlete Signature