



All Star Cheerleading in a Christian Environment

2022-23 Legacy Cheer Packet



We just completed our third season of our All Star program, and due to our incredible growth, our program will no longer be under the umbrella of Cross Cheer. In the past, we have been a part of Cross Cheer summer camps, but we are excited to announce for our 4th season, we will now be **Legacy Cheer!** Last season we grew as a program and we had a lot of success! We will carry on the mission of Christian All Star Cheerleading as Legacy Cheer. We continue to be in awe of the overwhelming interest in Christian All Star Cheerleading! Our All Star Off Season program exceeded all expectations and we had to turn people away!

Legacy Cheer is excited to continue our partnership with Elevate Gymnastics. Our program will offer multiple types of teams this year—exhibition teams, novice teams and all-star prep teams. Please carefully read the team descriptions in the following pages.

All Star cheerleading is a competitive sport that requires commitment and dedication from both athletes and parents. EVERY spot on our teams is important, and athletes are thoughtfully placed on teams based on experience, skill level, age, attitude, and the needs of each individual team.

Cheers!

Erika Toney

Legacy Cheer Owner and Coach



Legacy Cheer Mission

- Mission: To offer an All Star cheerleading experience in a Christian environment.
- Goal: To introduce young girls to a competitive cheerleading environment with a focus on glorifying God through healthy competition, while using appropriate music, movements and uniforms.
- All-Star routine: stunts, tumbling, jumps and dance for ages 5 -15 years old.
- Vision: Our desire at Legacy Cheer is that every girl would walk away from this experience feeling loved, encouraged, valued, and pointed towards a relationship with Jesus, all while learning the fundamentals of cheerleading.

2022-23 Legacy Cheer Team Evaluations

- Participation in the Evaluations 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 which your athlete is selected.
- Team placements will be determined by skill level, experience, maturity and teamwork. Most importantly, we have to look at the team structure and stunt groups for our prep teams.
- Team Evaluations- August 14th and August 21st. Choose the date/time that works best for you when registering. If you can not attend the evaluations, you need to contact Legacycheerallstar@gmail.com to set up a private evaluation- \$50 fee.
- Registration fee- \$35 (Novice/Exhibition) or \$40 (Prep).
- If your athlete is trying out for a prep level team, she will need to learn the Prep Mini Routine Choreography to be performed at the evaluations. We will email those videos when you register.
- If you are desiring a novice or exhibition team, we will teach you everything you need to know.

2022-23 Legacy Evaluation Process

Team Evaluation

- Wear athletic shorts or shirts, t-shirt, athletic/cheer shoes, ponytail.
- When registering, parents have the ability to notify us of which days you are NOT available to practice.
- When registering, please carefully consider the team levels (Exhibition, Novice and Prep 1.1 and Prep 2.2) and indicate which levels you could commit to both time and financially.
- We will send an email team invitation to each girl on August 24th. To accept the invitation, you will register your daughter.
- First week of practice August 27-31- Team Reveal Parties!
- September 5th- Must be registered and pay the first monthly payment. Uniform fees due at this time.



Legacy Cheer Team Levels

*subject to changes based on registration numbers

All Star Exhibition/Tiny Team Level

- Practice on Sundays OR Thursdays for 1 hour and 15 minutes.
- Lower Time and Financial Commitment
- No Age Requirement
- Skill Level Recommended: No experience required
- T-shirt Provided, tennis skirt required
- Uniform- tank and skirt and bow- \$85
- Will perform at Legacy Cheer Exhibition January 22
- Will perform at one All Star Cheer competition- February 18
- Prepare athletes to be on a competitive team next year.
- Learn all elements of All Star Cheer
- Evaluation Fee- \$35
- Elevate Registration (annual) Fee- \$40
- Monthly Tuition (Sept-February)- \$130



Legacy Cheer Team Levels

*subject to changes based on registration numbers

Novice Level 1 & 2 Teams for 1.5 hours

- Practice on Thursdays OR Sundays
- Age Requirement: Birthyear 2010-2016
- Skill Level Recommended: Front Roll, Cartwheel, Roundoff, Backbend kickover
- T-shirt Provided
- Uniform required
- Will perform at Legacy Cheer Exhibition- January 22
- Will compete at two local competitions- January 28 and February 18
- Will compete for a rating, not a ranking.
- Evaluation Fee-\$35
- Elevate Registration (annual one time) Fee- \$40
- Monthly Tuition (Sept-Feb)- \$160
- Uniform Fee- includes uniform, built-in briefs and bow: \$215



Legacy Cheer Teams

*subject to changes based on registration numbers

Prep Level 1.1

- Practice on Sundays for two hours and a few midweek practices leading up to competitions.
- Age Requirement: Birthyear 2010-2016
- Skill Level Recommended: Front Walkover Cartwheel Back walkover (connected), stunt experience, knowledge of three different jumps
- Uniform required
- Will perform at Legacy Cheer Exhibition- January 22
- Will compete at **three** local competitions- January 28, February 4 and 19.
- Will compete for a ranking (1st, 2nd, 3rd).
- Evaluation Fee-\$40
- Elevate Registration (one time) Fee- \$40
- Monthly Tuition (Sept-Feb)- \$175
- Uniform Fee- New Package: \$255



Legacy Cheer Teams

*subject to changes based on registration numbers

Junior Level 2.2

- Practice on Sundays- time TBD
- Practice on Tuesdays **or** Wednesdays from 6:30-8:00
- Age Requirement: Birthyear 2006-2016
- Skill Level Recommended: back walkover, front walkover, standing back handspring, roundoff back handspring, stunting experience, whipped jumps
- T-shirt provided
- Practice wear required
- Uniform required
- Will perform at Legacy Cheer Exhibition- January 22
- Will compete at three local competitions- January 28, February 4 and 18
- Will compete for a ranking (1st, 2nd, 3rd).
- Evaluation Fee-\$40
- Elevate Registration (one time) Fee- \$40
- Monthly Tuition (Sept-Feb)- \$220
- Uniform Fee- New Package: \$255
- Practice Wear Fee- \$70



2022-23 Legacy Cheer Team Comparison

	Exhibition/Tiny Teams	Novice Teams	Youth Prep 1.1	Junioir 2.2
Practices	1 x 1.25 hours	1 x 1.5 hours	1 x 2 hours	2 hours and 1.5 hours
Days	Sun OR Thurs	Sundays	Sundays + few extra	Sundays and Tues or Wed
Competitions	1 Show + 1 Comp	1 Show + 2 Comps	1 Show +3 Comps	1 Show + 3 Comps
Evaluation Fee	\$35	\$35	\$40	\$40
Monthly Tuition	\$130	\$160	\$175	\$220
Tuition Includes	Coaching Fees, Gym facility, Choreography, music, Show and 1 Comp	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 3 Comps
Practice Wear	Provided T-shirt	Provided T-shirt	Provided T-shirt	Provided T-shirt and Practice Wear \$70
Uniform Fee	Practice Wear uniform and bow- \$85	\$215	\$255	\$255
Elevate Fee	\$40	\$40	\$40	\$40



2022-23 Legacy Cheer Financial Commitment

Monthly Tuition: 6 monthly payments (September-February)

- Exhibition Teams- \$130
- Novice Teams \$160
- Level 1 Prep Team- \$175
- Level 2 Prep Teams- \$220

Includes

- Practice and Coaches fees
- Competition Fees
- Choreography Sessions and Music Production
- Practice T-shirt and End of the Year Party
- Gymnastics Facility Usage

Other Costs: Due at time of registration.

- Evaluation/registration Fee- \$35 or \$40
- Uniform and Bow: varies per team- \$215-\$255 depending on team.
- Annual registration fee for Elevate Gymnastics-\$40
<https://app.iclasspro.com/portal/elevategymnastics/dashboard>
- Optional warmups.
- Required Practice Wear for Prep Teams and Exhibition team that practice twice/week -\$70
- Provide your own white cheer shoes and black/white practice shorts/skirts.

We are new to this! What is all-star cheer?

All-star cheerleading is the sport of competitive cheerleading. A team of similarly-skilled cheerleaders prepares a 1.5-2 minute routine of tumbling, stunting, dance, jumps, and pyramids to compete before judges.

What is the difference between an exhibition, novice and prep team?

The Exhibition Team is a lower time and financial commitment team meant for beginners that would like to learn the fundamentals of all star cheerleading. They will perform once at our show and one competition. Our Novice teams are for our beginner cheerleaders who are just developing their tumbling skills, but are ready to enter the competition arena, and put all the cheer elements together in a routine. They are evaluated at competitions, but not ranked. Prep Teams are girls that have mastered basic tumbling skills and have experience with stunting. They are scored and ranked at competitions. However, they practice less than an Elite All Star team.

Who are Legacy Cheer coaches? The Legacy Cheer program will be led by Erika Toney, who has over 20 years of experience in the cheerleading industry. She was a collegiate cheerleader at SMU, and has coached high school cheer for 12 years. Our all-star coaches have significant experience both as cheerleaders and as coaches. Our All-Star Staff coaches all have a desire to disciple these athletes to love the Lord and ultimately show the joy of the Lord through cheerleading.

How many times will they perform?

These dates are subject to change, but please plan to be available, unless otherwise notified for these dates.

Sunday, 1/22/23: Exhibition for all Legacy Cheer Teams

Saturday, 1/28/23: Competition for Prep and Novice Teams

Saturday, 2/4/23: Competition for Prep Teams

Saturday, 2/18/23: Competition for Novice/Exhibition and Prep Teams

How will you determine which team? We will have evaluations on Sunday, 8/14 and 8/21. Although tumbling is an important component to the Evaluation, athletes will also be evaluated on the level of other skills. We will also evaluate teachability, listening skills, and history of performance. Many factors, from skills to age to team needs, go into team placements, but every placement is thoughtful with the expectation that each athlete will thrive in her/his placement.



Policies and Expectations

- Legacy Cheer novice and prep team members are strongly encouraged to take an extra tumbling class with Elevate Gymnastics to continue to see progress with tumbling. Register on their parent portal.
- No Jewelry. Wear the correct practice wear.
- Payments are non-refundable, and will be autodrafted 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 November 1st, 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.
- Bring a water bottle for every practice, but no food.
- 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