

LEGACY CHEER

All Star Cheerleading in a Christian Environment

2024-2025 Legacy Cheer Handbook



We just completed our sixth season of our All Star program! 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 that start in May and go through April and half year teams that run September-February. 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, prep or elite.

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.**
- 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 team, we will ask that she continue in our Skills program.**
- Tryouts- If you can not attend the tryouts, you need to contact Legacycheerallstar@gmail.com to set up a private evaluation- \$50 fee.
- Full Year Team Evaluations in April:
 - April 5- Flyer Tryouts- \$25 tryout fee
 - April 6 and April 28 (two sessions)- \$50 tryout fee
- Half Year Team Evaluations in August:
 - August 17th- Team Evaluations- \$30 fee on/before August 1, \$40 fee after August 1



Legacy Cheer Programs

Programs:

- Legacy Black: Full Year Teams: Tryouts in April. Season is year-round. 5 competitions + showcase
 - Elite Teams- Travel to All Star Worlds with a bid
 - Prep Teams- all local comps
- Off Season Skills Program: April-August for girls to work on skills for tryouts in August.
- Legacy Red: Half Year **Novice/Rec** Teams: Evaluations in August. Season runs September – February (6 months), practice twice per week. 3 Competitions (all local) + Showcase
- Legacy White: Half Year **Novice/Rec** 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 in house showcase. September-February



Legacy Black Elite Teams

*subject to changes based on registration numbers

Full Year Teams- Elite Teams

- Practice on Sundays- sometime between 1:00-7:00 for 2 Hours
- Practice one evening during the week.
- **Choreography Camp- August 1-4**
- T-shirt provided
- Practice wear required- new, approximately \$100
- Uniform required- new, approximately \$410
- Will perform at Legacy Cheer Showcase
- Will compete at four local competitions team, will either go to All Star Worlds or another end of season competition in April for final competition. Travel Fees are not included.
- 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. 2024 through Apr. 2025 and will be auto drafted. Legacy Black monthly fee = **\$245**

Included In Tuition	Not Included
3.5 Hours of Practice	\$50 Eval Fee (2 sessions)
5 Comps (including ASW) + 1 showcase	\$65 Rogue Annual Registration
Coaching Fees	Travel Fees
Facility Rental	Practice Wear- \$100
Music Fees	Uniform- New=\$410 +Bow Fee
Choreography Fees	Optional backpack, warmups, sweatshirt
Provided T-shirt	USASF Fee- \$49
End of Year Party	
USASF Coaches and Gym Fee	



Legacy Black Prep Teams

*subject to changes based on registration numbers

Full Year Teams- Prep Teams

- Practice on Sundays- sometime between 1:00-7:00 for 2 Hours
- Practice one evening during the week.
- **Choreography Camp August 1-4**
- T-shirt provided
- Practice wear required- new, approximately \$80
- Uniform required- new \$275, used \$130 (same as last year)
- Will perform at Legacy Cheer Showcase
- Will compete at four local competitions and one end of season competition in April. Travel Fees are not included if team decides to 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. 2024 through Apr. 2025 and will be auto drafted. Legacy Black monthly fee = **\$225.**

Included In Tuition	Not Included
3.5 Hours of Practice	\$50 Eval Fee (2 sessions)
5 Competitions + 1 showcase	\$65 Rogue Annual Registration
Coaching Fees	Practice Wear- \$100
Facility Rental	Uniform- New=\$275, Used=\$130 + bow fee
Music Fees	Bow-\$25
Choreography Fees	Optional backpack, warmups, sweatshirt
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
- 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.

LC Black Team Full Year Team Criteria

Level 3 Requirements

- 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 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.



Legacy Cheer Red Teams

*subject to changes based on registration numbers

1/2 Year Red NOVICE/Rec Teams- September-February

- Evaluations in August
- Practice on Sundays- sometime between 12:30-8:00 for 1 and a half hours or 1 hour and 45 minutes.
- Practice on Mondays, Tuesdays, Wednesdays, Thursdays or Fridays in the evenings (usually starting around 6:00 or 6:30)
- T-shirt provided
- Practice wear required
- Uniform required- same as 2022
- Will perform at Legacy Cheer Showcase on January 18th
- Will compete at three local competitions on January 25th, February 1st, and February 15th.
- 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. 2024 through Feb. 2025 and will be autodrafted. Legacy Red monthly fee = **\$225.**

Included In Tuition	Not Included
3 Hours of Practice	\$40 Tryout Fee
45 min of tumbling (Sept & Oct)	\$65 Rogue Registration
3 Competitions + 1 showcase	Practice Wear- \$100
Coaching Fees	Uniform- New=\$275, 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 NOVICE/Rec Teams- September-February

- Evaluations in August
- Practice on Sundays- sometime between 12:30-8:00 for 1.25-1.5 hours.
- Practice a few midweek days leading up to competitions.
- T-shirt provided
- Uniform required- same as 2022
- Will perform at Legacy Cheer Showcase on January 18th.
- Will compete at two local competitions on January 25th and February 15th.
- 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. 2025 and will be auto drafted. Legacy White monthly fee = **\$175.**

Included In Tuition	Not Included
1.5 Hours of Practice	\$40 Tryout Fee
30 min of tumbling (Sept & Oct)	\$65 Rogue Registration
2 Competitions + 1 showcase	Uniform- New=\$235 Used=\$115 + 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 a 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-Prep	Black Teams-Elite
Season	Sept-Feb	Sept-Feb	Sept-Feb	May-April	May-April
Practices	1/week	1/week	2/week	2/week	2/week
Days	One day	Sundays (few extra)	Sundays + weekday	Sundays + weekday	Sundays + weekday
Competitions	1 Show	1 Show + 2 Comps	1 Show +3 Comps	1 Show + 5 Comps (all local)	1 Show + 5 Comps (NCA and ASW)
Evaluation Fee	\$0	\$40	\$40	\$50 for two sessions of evals	\$50 for two sessions of evals
Monthly Tuition	\$110 for 6 months	\$175 for 6 months	\$225 for 6 months	\$225 for 12 months	\$245 for 12 months
Tuition Includes	Coaching Fees, Gym facility, Choreography, music, Show	Coaching Fees, Gym facility, Choreography, music, Show and 2 local Comps	Coaching Fees, Gym facility, Choreography, Music, Show and 3 Local Comps	Coaching Fees, Gym facility, Choreography, Music, Show and 5 localComps	Coaching Fees, Gym facility, Choreography, Music, Show and 5 Comps (All Star Worlds)
Practice Wear	Provided T-shirt	Provided T-shirt	Provided T-shirt and Practice wear \$100	Provided T-shirt and Practice wear \$100	Provided T-shirt and Practice wear \$100
Uniform Fee	T-shirt and bow	\$235 new or \$115 used	\$275 or \$130 used	\$275 or \$130 used	\$410
Bow	\$20	\$20	\$25	\$25	\$25
Rogue Fee	\$65	\$65	\$65	\$65	\$65



Policies and Expectations

- LC Full Year Teams will have 45 minutes of tumbling 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 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 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.**
- **NO JUMPING ON TRAMPOLINES WITH SUPERVISION.** Stay in lobby until coach comes to get you for practice.



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

Uniforms and Practice wear

September 21- Uniform Fitting Day-
Come try on a uniform to get the
CORRECT SIZE!

Uniforms- Elite Teams



Prep Black Teams and Novice Red Teams



White Teams



Optional Items



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LEGACY
CHEER

ALL STAR CHEERLEADER

CARTER