

LEGACY CHEER

All Star Cheerleading in a Christian Environment

2025-2026 Legacy Cheer All Star
Handbook



We just completed our sixth season of our All Star program and Legacy is excited to announce we will be moving into our own 12,500 square foot facility in Addison, TX! Not having to share space with other programs will be amazing as we are able to expand our programs into tumbling, school cheer, etc.

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, 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 and whether they are novice, prep or elite.

Cheers!

Erika Toney

Legacy Cheer Owner and Coach

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 Skills program.**
- **It is VERY normal to spend several years at the same level.**
- **Parent All Star Tryout Meetings- Required that you come to one!**
 - **Sunday, April 6th- 3:00-4:00 at Rogue**
 - **Sunday, April 27th 1:30-2:30- location TBD**
 - **Sunday, April 27th 4:00-5:00-loation TBD**
 - **Wednesday May 7th 6:00-7:00 at the new facility**



Legacy Cheer Tryouts/Evaluations

Full Year Team Tryouts

- Full Year Team Evaluations- \$50 tryout fee through 3/31. \$60 after 3/31.
- Tryout Day 1- register for **the Level your athlete was on during the 2024-2025 Season**. We will evaluate tumbling, jumps, and dance.
 - Wednesday, May 7th: 4:00-4:45 No Team experience
 - Wednesday, May 7th: 5:00-5:45 Level 1 Team Experience
 - Friday, May 9th: 4:00-5:30 Level 2 Team Experience
 - Friday, May 9th: 5:45-7:15 Level 3+ Team Experience

Invitations to Day 2 of Tryouts will go out by 9:00 PM. Some athletes will be invited to two different levels.

- **Tryout Day 2: Saturday, May 10th**- Evaluate Stunting
 - 10:00-11:00: Level 1 Evaluations
 - 11:30-1:00- Level 2 Evaluations
 - 2:00-3:30- Level 3 and 4 Evaluations

Tryouts- If you can not attend the tryouts, you need to contact Legacycheerallstar@gmail.com to set up a private evaluation- \$75 fee.



Legacy Cheer Programs

Programs:

- Legacy Black: Full Year Teams: Tryouts in May Season is year-round. 5 local competitions + showcase
 - Elite Teams- Travel to All Star Worlds in April
 - Prep/Novice Teams- all local comps
- Legacy Red: Half Year **Novice** Teams: Evaluations in August. Season runs September – February (6 months), practice twice per week. 3 Competitions (all local) + Showcase
- Legacy White: Half Year **Novice** 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 twice a week for 2 hours each
- **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 for final competition. Competition fees included except for ASW.
- 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 = **\$255**

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	



Legacy Black Prep/Novice Teams

*subject to changes based on registration numbers

Full Year Teams- Prep Team and Novice 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.
- 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 = **\$235 for prep and \$230 for Novice.**

Included In Tuition	Not Included- estimates
3-3.5 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 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.

Level 4 Requirements

- 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- Full Twisting extension, high to low bps, 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 1- 2 in Cheerleading there are other defining levels that are determined by experience and technique.

Elite- this is 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 all travel to All Star Worlds Championship in Florida 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.

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, except for the end of season competition. 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.**



Team Comparison

	Black Teams- Novice	Black Teams-Prep	Black Teams-Elite
Season	May-April	May-April	May-April
Practices	2/week- 3 hours	2/week- 3.5 hours	2/week- 4 hours
Competitions	1 Show +5 Comps (all local)	1 Show + 5 Comps (all local)	1 Show + 5 local Comps and ASW in Florida
Evaluation Fee	\$50 for two sessions of evals	\$50 for two sessions of evals	\$50 for two sessions of evals
Monthly Tuition	\$230 for 12 months	\$235 for 12 months	\$255 for 12 months
Tuition Includes	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 Comp fees except ASW
Practice Wear	Provided T-shirt and Practice wear \$120	Provided T-shirt and Practice wear \$120	Provided T-shirt and Practice wear \$120
Uniform Fee	\$285 or \$140 used	\$285 or \$140 used	\$425 or used \$210
Bow	\$30	\$30	\$30
Registration Fee	\$50	\$50	\$50

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.
- No Jewelry. 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 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 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.
- **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. Examples:
 - Other outside sports/optional school activities
 - Birthday parties/fun events
 - Cotillion/NCL
 - 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, 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.**



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- Saturday, May 17th
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 Novice Teams-
\$285 new +taxes, \$140 resale



BRIEF COLOR: RED

Half Year Teams- \$240 new, \$120 resale



Optional Items

