

LEGACY CHEER

All Star Cheerleading in a Christian Environment

2025-2026 Legacy Class Handbook



Trimester of Classes

- You may choose a payment plan or pay in full. The payment plan will be on autodraft. You are signing up for the entire Trimester, so there are no cancellations.
- All athletes will be automatically enrolled in the same class for Trimester 2, unless there is written notification.
- If not a Team Member, \$50 registration fee
- **Trimester 1: August 18-December 20**
 - **17 weeks, not including Thanksgiving week**
 - **\$375- \$75 deposit to reserve a spot. Can be broken into 3 payments after deposit or paid in full.**
- **Trimester 2: January 6- May 22**
 - **19 weeks, not including spring break**
- **Trimester 3: Summer!**



Policies and Expectations

- Please wear t-shirts or tank tops, but no crop tops or sports bras with shorts. Cheer tumblers wear shoes when they tumble. Hair in a ponytail. No Jewelry.
- 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. No food in gym area.
- Makeup policy- if an athlete misses a class, they may makeup a class of comparable skill level. Just show up and remind the coach of the date missed. Makeups do not carry over seasons.
- All athletes must be potty trained or have a parent in the lobby to take care of toiletry.
- Classes with under 5 girls may need to combine and shift schedule.
- Athletes will be assessed throughout the year, and may be encouraged to move up a class.

Class Description

Progressions- all athletes are expected to have strong fundamental knowledge of the proper skills progressions to start working at the next level.

- Preschool age/Mommy and me
- Pre-tumbling- work on fundamentals of tumbling, movement, forward rolls, hand stands
- Basic 1- back bend kickover, hand stand limber, cartwheel
- Basic 2- walkovers, roundoffs,
- Back Handspring- standing and running back handsprings.
- Series- standing and running back handspring series
- Tucks- standing and running back tucks
- Layouts and Up- Layouts, Arabians, Fulls
- Acro- Walkovers, Aerials, Handsprings as main focus



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