

## WELCOME TO ALL STAR LEGACY!

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Welcome to All Star Legacy! We are honored that you have chosen to be part of our Legacy! Our program is focused on enhancing the lives of our athletes and their families in the sport of competitive cheerleading. We take pride in teaching our athletes the understanding values of commitment, hard work, leadership, and integrity. While promoting the love of the sport, we work towards building self-confidence and positive attitudes. We take great pride and make it our goal to be the best All-Star program in the area. At All Star Legacy, every athlete and every family is a valuable asset to our program and we value them. We would like to extend a special invitation to all athletes in our area to try our facility. We offer a wide range of tumbling classes, private lessons, stunt clinics, recreational cheer and have an outstanding all-star program.

We look forward to welcoming you into our family, and hope that you will consider us for your athlete.

Our Legacy is our Family,

All Star Legacy Staff



# Getting Started:

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## **\*\*IMPORTANT EVALUATION, REGISTRATION, AND START OF SEASON PROCESS\*\***

**Step 1:** Fully read the information in this packet!

**Step 2:** Complete the online registration form and medical release waiver found at [www.allstarlegacyfr.com](http://www.allstarlegacyfr.com). Once your pre-registration has been received, you will receive an email with your evaluation time. All athletes will attend both days of evaluations.

**Step 3:** Register for the Pre-Evaluation Clinic. A minimum of one clinic is required for evaluations as the athletes will be learning choreography to perform.

**Step 4:** Attend the evaluation on the date and time you were given. Arrive 15 minutes prior to your time with your hair up in a high pony, all jewelry is off, wearing a red or blue sports bra and black shorts (a black or white t-shirt must be worn over the sports bra when entering the facility). Please make sure all required forms are turned in! Athletes will check in to receive your tryout number, begin stretching and wait for your number to be called. ALL TRYOUTS ARE CLOSED TO THE PARENTS AND VIEWING ROOM! Athletes will enter through the back door (a staff member will be out there to direct athletes), and they will exit through the front door.

**Step 5:** Attend the Team Placement Party on Mon., June 2<sup>nd</sup> (more information to be sent out)! Parents/Guardians will be given contracts at this time.

**Step 6:** Practices for the new season will begin Mon., June 9<sup>th</sup> and continue through May 2026. All contracts must be completed and submitted along with all fees paid prior to your athletes first practice. NO EXCEPTIONS!

**Step 7:** Smile, support, be positive and enjoy the NEW SEASON at All Star Legacy!



## Costs Involved:

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Each athlete is required to pay their team evaluation fee. Once evaluations have completed, we will be hosting a Team Placement Party where you will receive your Commitment Contract that must be signed and returned before your athlete attends their first practice. Each athlete will be required to pay a one-time registration fee of \$200.00 due at the Placement Party (fee may be split into two payments). This will accept your position on the team in which each athlete was placed.

Evaluation Cost:       \$75.00

\*\*\*PLEASE NOTE THAT ALL PREVIOUS GYM FEES MUST BE PAID and ACCOUNTS MUST BE CURRENT for your child to try out for the 2025-2026 season! There will be NO EXCEPTIONS!\*\*\*

First month's team tuition fee is due by June 9, 2025, and on the 1st of every month through May 2026 thereafter. ALL payments must be made to All Star Legacy. Payments that are made after the 1st will be charged a late fee.

You monthly fee includes:

- All team practices
- Team Tumbling
- Coaches Instructions

Monthly tuition (depending on team):   Ranges Between \$100-\$250/month.

There will be additional fees such as choreography, music, uniforms, crossover fees (if applicable), warm-ups, bows, practice wear, etc. These items may be fundraised through our Boosters Club. Travel expenses are not included in the fees listed above for teams that travel out of state.

All additional fees are grouped together and broken down into an affordable payment plan over a 12 month period. We will discuss all costs and fundraising opportunities during our first week of practices.

## Skill Requirements:

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All Star Legacy follows the rules and guidelines set forth by the Open Championship Series (OCS). They lay the foundation to our sport to determine the skills expected to be performed by each team at each level and division. As the sport becomes more competitive and the safety and rules continue to change, so will our placement expectations. We do not believe that winning should always be our priority, but it is important to put the most competitive and safest teams out on the floor when so much time, dedication, commitment, and money are invested.

Please understand we will be strict on our team placements this year, and the skills demonstrated at evaluations will be what determines your athlete's team. If your child were to excel in his/her tumbling, stunting, jumps, etc. during the season, we will at that time discuss movement within the program. The following will be our guideline for evaluations:



**Level 1:** Little to no knowledge of cheer terms, motions or choreography

**Level 2:** Basic knowledge of cheer terms, motions and choreography

**Level 3:** Good knowledge of cheer terms, motions and choreography and a mature mentality

**Level 4:** Excellent knowledge of cheer terms, motions and choreography, mature mentality and must have at least one skill in each area of tumbling and jumps.

**Level 5:** Superior knowledge of cheer terms, motions and choreography, mature mentality and must have at least one skill in each area of tumbling and jumps.

<b>Tumbling Guidelines by Level</b>			
<b>Level</b>	<b>Standing Tumbling (2 connected Skills)</b>	<b>Running Tumbling (3 connected skills)</b>	<b>Jumps (2+ connected)</b>
<b>1</b>	-Forward/Back Roll -Handstand Forward Roll -Front/Back Walkover -Back Walkover Switch	- Cartwheel - Round-Off -Cartwheel Back Walkover (s) -Front Walkover Cartwheel Back Walkover	-Pike -Right/Left Hurdler -Toe Touch
<b>2</b>	-Back/Front Handspring -BWO BHS -BHS Step-out RO BHS	-RO BHS(s) -RO BHS Step-out -FWO RO BHS(s)	
<b>3</b>	-Multiple BHSs -Jump BHS Series	-RO Tuck -RO BHS Tuck -Punch Front -Aerial	
<b>4</b>	-Tuck -BHS(s) Tuck -Jump BHS Tuck	-RO Layout -RO BHS Layout -RO Whip to Layout -PF thru to Layout	
<b>5</b>	-BHS Layout -Jump Tuck	-RO BHS Full -Combo to Full -Arabian	
<b>6</b>	-BHS Full -Jump Full -Standing Full	-Front Full -Series through to Double	

\*\*ABOVE SKILLS ARE REQUIRED FOR LEVEL PLACEMENT\*\*

<b>Stunting Guidelines by Level</b>		
<b>Level</b>	<b>Stunt Skills</b>	
<b>1</b>	-2 Leg Prep -Waist Level 1 Leg -Show & Go	-Prep Cradle -1/4 Prep
<b>2</b>	-1/2 Up Extension -Prep Level 1 Leg -Prep Level Tic Toc	-1/2 Up Prep 1 Leg -1/4 Cradle -Stright Ride Basket
<b>3</b>	-Extended 1 Leg -Full Up -Full Down	-Inversions -Full or Toe Touch Basket
<b>4</b>	-High to Low -Ball Up to Extended 1 Leg	-Double Down -Kick Full Basket
<b>5</b>	-BHS to Extended 1 Leg -Double up to Extended Stunt	-Hitch Kick Full Basket -Extended 1 Leg Double Down
<b>6</b>	-Full Up Switch Up -Double Up Extended 1 Leg	-Tuck to up Extended 1 Leg -Kick Double Basket

\*Flyers – all 1 leg skills must be completed to an advanced body position



<b>Body Positions</b>	-Heel Stretch -Bow and Arrow -Arabesque	-Scale -Scorpion -Needle
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## Holidays & Breaks

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All Star Legacy is a 12 month program. We will begin meeting and practicing in June and continue through the end of May. Athletes are expected to attend all competitions as a team. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We expect top priority and 100% commitment and attendance.

### **Important Dates:**

**Choreography:** will be scheduled for August. Each team will be scheduled for 2-3 days. Specific dates/times per team will be given once a schedule has been finalized. Choreography is MANDATORY for all athletes to attend.

**Fitting Day:** Week of September 1st – during regular scheduled practices.

**4th OF JULY:** July 3rd-July 6th, reopen July 7th

**LABOR DAY:** August 30th - September 1st, reopen September 2nd

**HALLOWEEN:** October 31st, reopen November 2nd

**THANKSGIVING:** November 26th-28th, reopen November 30th

**CHRISTMAS:** December 24th – December 27th, reopen December 28th

**NEW YEAR:** December 30th – January 1st, reopen January 2nd

**EASTER:** April 4th – April 5th, reopen April 6th

**MEMORIAL DAY:** May 23rd – May 25th, reopen May 26th

