

LEGACY ATHLETICS

2026 - 2027
ALL STAR
HANDBOOK





WELCOME

LEGACY ATHLETICS ALL STAR CHEER

At Legacy Athletics, we are committed to setting the standard in our inaugural year by building a culture rooted in excellence, attitude, effort, and teamwork. As we establish our foundation, we focus on developing strong skills, unwavering dedication, and true sportsmanship, empowering our athletes to grow both on and off the mat.

We believe that creating a legacy starts with how we treat one another. Being a great teammate means showing respect, uplifting those around us, and making a positive impact within our gym and community. Every practice, every performance, and every interaction is an opportunity to define who we are.

Through hard work, accountability, and commitment, we are not just building athletes. We are shaping confident, resilient, and compassionate individuals. Together, we are creating something greater than a program. We are building a legacy.

“One Team. One Family. One Legacy.”

ESTABLISHING A LEGACY...

At Legacy Athletics, we take pride in developing well-rounded athletes through intentional coaching and progressive training. Our staff brings experience and passion to every practice, focusing on proper technique, strength development, and skill advancement in an environment that prioritizes safety, structure, and positivity. Competitive cheerleading offers more than physical training. It challenges athletes to grow mentally and emotionally while building confidence, discipline, and resilience.

At Legacy Athletics, we emphasize accountability, goal setting, and teamwork, encouraging each athlete to contribute to something bigger than themselves. The habits built here are designed to carry over into all areas of life.

As we establish our program and build our foundation, it is important for families to recognize the level of commitment involved in All Star cheer. Participation requires consistent attendance, financial responsibility, and a willingness to prioritize team obligations. Competitions and travel are a key part of the experience and require preparation and planning from the entire family.

We ask that all athletes and parents take the time to review our handbook, policies, and financial expectations prior to tryouts. A clear understanding of these commitments helps ensure a positive and successful experience for everyone involved at Legacy Athletics.



*Practice schedules will be determined once the teams have been selected.
Practices will be Tuesdays & Thursdays.*

Novice Teams - 45 minute practice twice a week, with tumbling classes once a week

Prep Teams - 1 hour & 30 minute practice twice a week,
with tumbling classes once a week.

Elite Teams - 2 hour practice twice a week, with tumbling classes once a week.

*Teams will be expected to attend extra open gyms, additional practices, skills classes,
or private lessons at the discretion of the program.*





NOVICE FEES 2026-2027

*Fees are subject to change if
competition fees should increase*

Required Expenses

Monthly Tuition: \$115
Monthly Tumbling Tuition: \$35
Monthly Fees Payment: \$90

TOTAL MONTHLY EXPENSES: \$240.00

Additional Charges
*these will be charged separate from annual fees and
tuition.*

USASF Registration Fee: \$35
NEW Uniform: \$650
NEW Shoes: \$125

Optional Expenses

Backpack: \$125
Jacket: \$100
Jersey: \$100

*All apparel will be ordered through Rebel
brand*

Annual Fees - Paid Monthly



Music & Choreography

These fees cover cost for
licensed music and
choreography for the season

\$250.00



Competition Fees

These fees cover registration
fees and staffing cost for
competition.

\$550.00



Bows & Lipstick

These fees cover a custom
bow and lipstick for the
season

\$80.00



Miscellaneous Fees

These fees cover the cost for
celebratory items for the
season.

\$100.00

If you would like to pay your annual fees in one payment
instead of monthly installments please contact
Ashley Baer - ashley@legacyathletics.com



PREP FEES 2026-2027

Fees are subject to change if competition fees should increase

Tiny & Mini Prep Teams will practice for 1.5 hours
Youth, Junior & Senior Prep Teams will practice for 2 hours
resulting in higher tuition cost.

Required Expenses

Monthly Tuition Tiny/Mini Prep: \$150
Monthly Tuition Youth/Junior/Senior: \$170
Monthly Tumbling Tuition: \$35
Monthly Fees Payment: \$135

TOTAL MONTHLY EXPENSES: \$320.00/\$340.00

Additional Charges

these will be charged separate from annual fees and tuition.

USASF Registration Fee: \$35

NEW Uniform: \$650

NEW Shoes: \$125

Optional Expenses

Backpack: \$125

Jacket: \$100

Jersey: \$100

All apparel will be ordered through Rebel brand

Annual Fees - Paid Monthly



Music & Choreography

These fees cover cost for licensed music and choreography for the season

\$550.00



Competition Fees

These fees cover registration fees and staffing cost for competition.

\$750.00



Bows & Lipstick

These fees cover a custom bow and lipstick for the season

\$80.00



Miscellaneous Fees

These fees cover the cost for celebratory items for the season.

\$100.00

If you would like to pay your annual fees in one payment instead of monthly installments please contact Ashley Baer - ashleyb@legacyathletics.com



ELITE FEES 2026-2027

Fees are subject to change if competition fees should increase

Required Expenses

Monthly Tuition: \$170
Monthly Tumbling Tuition: \$35
Monthly Fees Payment: \$155

TOTAL MONTHLY EXPENSES: \$355.00

Additional Charges

these will be charged separate from annual fees and tuition.

USASF Registration Fee: \$35
NEW Uniform: \$650
NEW Shoes: \$125

Optional Expenses

Backpack: \$125
Jacket: \$100
Jersey: \$100

All apparel will be ordered through Rebel brand

Annual Fees - Paid Monthly



Music & Choreography

These fees cover cost for licensed music and choreography for the season

\$550.00



Competition Fees

These fees cover registration fees and staffing cost for competition.

\$950.00



Bows & Lipstick

These fees cover a custom bow and lipstick for the season

\$80.00



Miscellaneous Fees

These fees cover the cost for celebratory items for the season.

\$100.00

If you would like to pay your annual fees in one payment instead of monthly installments please contact Ashley Baer - ashleyb@legacyathletics.com

IMPORTANT DATES

This is a tentative schedule and subject to change.
We follow the Wasatch School District calendar and will be closed for school breaks.
Please plan your travel plans around those dates.

Friday, May 22nd

Season 1 Tryouts

May 25th - May 29th

Evening practice schedule

Monday, June 1st - August 7th

Summer Schedule (morning practices)

2 WEEK SUMMER BREAK

June 22nd - July 3rd

MANDATORY Choreography

August 8th - August 15th

Each team will have 2 days of choreography in this window.

August 17th

Fall Schedule Begins (evening practices)

Closure Dates:

October 14th - October 16th

November 25th - November 27th

December 21st - January 1st

WE WILL HAVE PRACTICE DURING SPRING BREAK TO PREPARE FOR
END OF SEASON EVENTS!

Competition Season December - April

COMPETITION SCHEDULE

The preliminary competition schedule for the upcoming season will be released on June 1.

A finalized version of the schedule will be shared on September 1.

Prep & Elite teams will compete at a mix of local and out of state events throughout the season. Attendance at all competitions is mandatory for every athlete. Travel expenses are not included in tuition, and families are responsible for arranging transportation and accommodations for their athlete.

Many competitions operate under a “Stay to Play” policy. This means families are required to book lodging through designated event hotels. Reservation details and booking links will be provided prior to each competition. Failure to follow stay to play requirements may result in penalties, including possible disqualification from the event.

End of Season Events

All teams will have the opportunity to pursue bids to end of season competitions. These events are not included in standard tuition. If a team earns a bid, additional costs will apply based on the type of bid awarded and the event requirements.



“One Team. One Family. One Legacy.”

LEGACY POLICIES

All Star Cheer is a significant commitment for both athletes and their families. Unlike other sports, cheerleading is a team-based discipline where every athlete plays a vital role. One athlete's absence can disrupt the entire routine and impact the success of the team. For this reason, full attendance is expected, and practices are mandatory.

Attendance & Practice Expectations

- Practices must be prioritized and attended. Our success depends on full team commitment.
- Competition season practices may be added as needed at the coaches' discretion.
- Unexcused absences during competition season may result in an athlete being replaced for upcoming events.
- Summer practices are crucial for skill progression and team bonding. Athletes should miss no more than 2-3 practices throughout the summer.
- All missed practices must be communicated and approved. Unexcused absences will result in a \$25 fee per occurrence.
- No practices may be missed within two weeks of a competition. Missing practice during this time may result in an athlete being replaced for that event.



Excused Absences:

Severe Illness
Required school event
Family emergency

Unexcused Absences:

- ✗ Birthday parties
- ✗ Homework
- ✗ "Bad days" or personal reasons



Competition & Financial Commitments

- Competition schedule: A rough draft will be released in July, and the final schedule will be confirmed by September 1, 2025.
- End-of-season events: Elite teams may work to earn a bid to an end-of-season competition. These costs are NOT included in the standard tuition/annual fees. Additional costs will vary based on the type of bid earned.

LEGACY POLICIES

Team Placement & Program Expectations

- We reserve the right to place athletes on the team(s) that best suit their skills and the program's needs.
- Coaches will determine each athlete's role/position within the team.
- Athletes may be required to take additional classes or attend extra practices to maintain their placement.
- We retain the right to move, replace, add, suspend, or dismiss an athlete from a team or the program based on (but not limited to) attendance, conduct, skill level, finances, or parent conflicts.

Communication

- All parents must download and actively participate in the SportsYou app. All program updates, practice schedules, and communications will go through this platform.
- Practice schedules will be provided when team placements are released.

By committing to our All Star program, you are committing to the expectations and policies outlined above.

We appreciate your dedication and look forward to an amazing season!

LEGACY
ATHLETICS

TRYOUTS

REGISTRATION

All athletes must register through iClassPro. All registration details can be found on our website. Tryout registration opens April 15th, and all tryout fees must be paid in full, and all fees are non-refundable.

TRYOUTS

During tryouts, athletes will be evaluated on tumbling, jumps, and dance, and flyer evaluations may also be conducted. Coaches will take prior team experience and stunt positions into consideration. No parents or spectators are allowed to observe tryouts.

The tryout schedule will be posted on our Instagram, legacyathleticsheber, on April 15th.

CONTACT OUR ALL STAR DIRECTOR WITH ANY QUESTIONS: ashleyb@legacyathleticsheber.com



PARENT CONTRACT

All contracts will be presented during online registration. Registering and participating in tryouts means you agree to all contracts listed for the 2026-2027 Legacy Athletics All Star season.

USASF AGE GRID

USASF AGE GRID	
TINY (Level 1)	2019 - 2021
MINI (Level 1/2)	2017 - 2020
YOUTH (Level 1-5)	2014 - 2019
JUNIOR (Level 1-6)	2011 - 2018
SENIOR (Level 1- 5)	6/1/2007 - 2014

TEAM PLACEMENT

Team placements will be determined after tryout evaluations are complete. Teams are formed based on the skill level of athletes who attend tryouts. Years of experience do not determine level placement, as an athlete is only considered ready for the next level once they have fully mastered their current one. Mastering a level typically takes 2-3 years.

Team placement will be based on both the age grid and skill level. If an athlete is placed on the same team as last season, they will still experience new routines and stunts, ensuring a fresh and challenging experience.

If you are not satisfied with your child's placement, please refrain from speaking negatively to your athlete or other parents.



TUMBLING SKILLS BY LEVEL

Below you will find the “Elite Tumbling Skills” for each level. When selecting your tryout level, athletes should have mastered 90% of the skills listed for that level. We will also evaluate “Level Appropriate,” and “Advanced Skills” for each level.

Attending a specific level tryout does not guarantee you a spot on that team. The coaches will decide the best fit for each athletes skill set.

LEVEL	STANDING TUMBLING	RUNNING TUMBLING
1	<ul style="list-style-type: none"> • BWO SERIES • BWO SWITCH LEG • BACK EXTENSION ROLL - BWO/BWO SERIES • VALDEZ 	<ul style="list-style-type: none"> • CARTWHEEL - BWO SERIES • FWO - CARTWHEEL / ROUND OFF • FWO - CW - BWO/BWO SERIES • FWO - CW - BWO SWITCH LEG • HANDSTAND FORWARD ROLL CARTWHEEL BWO/BWO SERIES
2	<ul style="list-style-type: none"> • BWO - BHS STEP OUT - BWO • BWO SWITCH LEG - BHS • BHS STEP OUT - BWO - BHS • VALDEZ - BHS / BHS STEP OUT • BACK EXTENSION ROLL - BHS / BHS STEP OUT 	<ul style="list-style-type: none"> • FHS SERIES • BOUNDER / FLYSPRING • CW - BHS SERIES • RO - BHS SERIES • FWO - RO - BHS / BHS SERIES • CW - BHS STEP OUT - BWO - BHS / BHS SERIES
3	<ul style="list-style-type: none"> • BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES 	<ul style="list-style-type: none"> • FWO - AERIAL • BOUNDER / FLYSPRING - AERIAL • RO - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER / FLYSPRING - RO - TO - TUCK • FHS - PF

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