

Stepping on the mat,
we're ready to shine
Legacy Elite,
we're the best of our time!

LEGACY
ELITE

**Join the Elite
Become a Legacy**

WELCOME TO SEASON ONE!
www.legacyelitecanada.com

ABOUT LEGACY ELITE

Legacy Elite is excited to partner with Woodbridge Academy Gymnastics to start a new Allstar Cheer Experience.

Legacy Elite's mission is to provide a family atmosphere consisting of mutual trust and respect, in a safe inclusive environment for all.

We can't wait to kick off our inaugural season and are so excited to be doing so with you!

Cheers,

Madison + Carrie-Anne McQuaid



Our focus is to provide our athletes with the motivation and direction that they need to achieve their personal and team goals. We pride ourselves on an approach that fosters the growth of confidence, self-esteem and leadership skills in each of our athletes.

At Legacy Elite, we have a team for absolutely EVERYONE. We offer a wide range of age groups and skill levels and will take extra care in properly assigning our athletes to teams which will ensure the best possible success for the individual AND the team.

Welcome to the Legacy Elite Family!

www.legacyelitecanada.com



PROGRAMS

At Legacy Elite we are happy to provide an amazing all-star cheerleading experience for athletes of all ages and ability levels. All athletes, from beginner to elite, and exceptional abilities, are welcome here at Legacy Elite Allstar Cheer.

NOVICE PROGRAM

- This is the perfect place to start!
- For athletes born 2012–2020
- No tryout or experience required
- Team Fees approx \$951* Plus HST
- \$199.99* Seasonal Legacy Membership
- September–December
- January–April
 - *trains once a week*
- 1 local competitions/ performance per session

ALL-STAR PREP

- For athletes born 2008–2017
 - September–April
 - *trains once a week*
 - Choreography in Sept
 - 2 Local Competitions
- REQUIRED**
- Team Fees approx \$ 2175.50 * Plus HST
 - \$199.00* Seasonal Legacy Membership
 - \$420.00* Uniform
- OPTIONAL**
- \$175.00* warm-up jacket \$95 *warm up pant
- *taxes not included

ALL-STAR

- For athletes born 2006–2017
- Team placement required
- Everyone makes a team
- Choreography in June and Sept
- July–Aug
 - *trains once a week*
- Sept–April
 - *trains twice a week*
- 5 competitions
- Conditioning and Top specific training is included

REQUIRED

- \$199.00* Seasonal Legacy Membership
 - Team Fees approx \$ 3495.00 * Plus HST
 - \$175.00* warm-up jacket \$95*warm up pant
 - \$549.00* Uniform
 - \$49.00* bow/scrunchie
- *taxes not included



NOVICE

A perfect place to start!

For all athletes born 2012–2020

No tryout or experience required

Program starting Sept 2024

[Register Here](#)

TEAM	AGE	PRACTICE SEPT - DEC JAN - APRIL	FEES PAID IN FULL*	FEES PAID IN INSTALLMENTS*
Mini Martians	U6 (2018–2020)	Sundays 11:30–1:00pm	\$951	\$195 up front 4 installments of \$199
Shooting Stars	U8 (2016–2020)	Wednesdays 6:30pm –8:00pm	\$951	\$195 up front 4 installments of \$199

***Plus hst. Pricing is subject to change until registration opens on May 25, 2024.**

PREP

A great way to introduce all-star cheerleading with affordable pricing and flexible commitment!
Here athletes will focus on the fundamentals of cheerleading. Teams practice once a week and compete
in 2 local cheer competitions.

No tryout or experience required

Program starting Sept 2024

Register now to hold your spot!

[Register Here](#)

TEAM	AGE	PRACTICE SEPT - MARCH	FEES PAID IN FULL*	FEES PAID IN INSTALLMENTS*
Stormy	U8 (2016-2020)	Sundays 11:30am-1:00pm	\$2375.50	\$350 up front 8 installments of \$270
Shooting Stars	U12(2012-2017)	Sundays 1:00pm -2:30pm	\$2375.50	\$350 up front 8 installments of \$270
Moonbeam	U12(2012-2017)	Sundays 1:00pm-2:30pm	\$2375.50	\$350 up front 8 installments of \$270
Lightning	U12 (2012-2017)	Tuesdays 7:30pm-9:00pm	\$2375.50	\$350 up front 8 installments of \$270
Galaxy	U16 (2008-2013)	Thursdays 8:00p-9:30pm	\$2375.50	\$350 up front 8 installments of \$270
Thunder	U16 (2008-2013)	Sundays 11:30am-1:00pm	\$2375.50	\$350 Up front 8 installments of \$270

Thunder

*Plus hst. Pricing is subject to change until registration opens on May 25, 2024.

Payments are Sept to April

LEGACY
ELITE



ALLSTAR

Engage in top-tier competitive cheerleading with our All-Star Program. Athletes of all age groups and Levels 1 through 6! Teams practice twice weekly. Here they will focus on skills specific to their level. From November to April, they compete in 4 to 6 carefully chosen events, showcasing technical precision and passion for the sport

[Register Here](#)

TEAM	AGE	LEVEL	PRACTICE (JUL-AUG)	PRACTICE (JUNE) (SEPT-MARCH)	FEES PAID IN FULL*	FEES PAID IN INSTALLMENTS*
Vortex	U12 (2012-2017)	1	Monday	Monday/ Wednesday	\$3495.95	\$350 up front 10 installments of \$329
Velocity	U16 (2008-2013)	2	Monday Wednesday	Wednesday Sunday	\$3495.99	\$350 up front 10 installments of \$329
Turbulence**		Sr 2	Monday Wednesday	Sunday Add Mondays in Jan, 2024	\$3495.99	\$350 up front 10 installments of \$329



*Plus hst. Pricing is subject to change until registration opens on May 25, 2024. Installments are June to April

**Turbulence will be Summit/NCA bound teams

ALL- INCLUSIVE PRICING

For All-Star, Prep and Novice teams we have all the fees associated with a season into one easy, understandable payment/payment plan. It's meant to help families better plan and means there are NO SURPRISES.

What's included: all training/team practice, all competition fees (NCA /Worlds excluded) Choreography, Music, and 2 practice t-shirts.

Not included are your NCA and Worlds coaches travel fees, yearly gym membership, uniform, shoes and warm up jacket.

Refund Policy

Withdrawal requests must be sent to Legacy Elite at least 10 days' prior to any scheduled payment to allow for adjustments. All withdrawals requests must be received via email within 10 days of first payment to receive 100% refund 11-90 days after first payment 75% of fees not allocated by the gyms behalf will be refunded (comp fees, uniform etc) 91-180 days after first payment will receive 65% of fees not already allocated by the gym. No refund will be issued 181+ days after first payment.

www.legacyelitecheerleading.com



SCHEDULE

2024/2025 Competition Information Sheet

(Links for tickets and directions will be added upon registration. Oct 2024)

Please remember 4 practices before each comp is Mandatory!

Fall Classic

Saturday November 9th, 2024 – CAA Centre Brampton

Teams – Vortex, Velocity

Spectators info – Admission for this event is free, but the venue still requires a ticket to enter

Waiver – Coming Soon

Breath of Life

Sunday November 23rd, 2024 – University of Guelph

Teams – Mini Martians, Shooting Starrs Vortex, Velocity

Spectators info – Admission is FREE

Waiver – Coming Soon

Legacy Showcase

Sunday December 15th, 2024 – At our Gym

Teams – All Teams

Spectators info – Admission is a Donation to our Holiday Drive or \$10 per person (which will be donated to a local charity)

Winterfest

Saturday January 18th, 2025 – Oshawa Tribute Centre

Teams – Vortex, Velocity

Spectators info – Admission for this event is free, but the venue still requires a ticket to enter

Cheer Evo Provincials

Friday February 7th – Saturday February 8th, 2025 – International Centre in Mississauga.

Teams – Vortex, Velocity

Spectators info – There is a cost associated with this competition. When pricing is released we will update here.

Cheer Evo Nationals

Friday April 4th – Sunday April 6th or Monday April 7th, 2025 – Niagara Falls Convention Center, Niagara Falls, ON

*There is discussion to have this a 4 day competition with teams going on either Friday/ Saturday, Saturday/Sunday or Sunday / Monday. We will know closer to the end of 2024 for the block schedules.

Teams – Vortex, Velocity

Spectators info – There is a cost associated with this competition. When pricing is released we will update here.

2024/2025 Prep Information Sheet

(Links for tickets and directions will be added upon registration. Oct 2024)

Extreme Chill

Saturday January 26th, 2025 – Barrie

Teams – All Prep

Spectators info – Admission for this event is free, but the venue still requires a ticket to enter

Cheer Challenge

March 30, 2025 – St. Catharines

Teams – All Prep

Spectators info – Admission for this event is free, but the venue still requires a ticket to enter



TEAM PLACEMENTS

Correct level and team placement is important to an athlete's confidence and success in cheerleading. Here at Legacy Elite teams are first determined by birth year, then athletes are sorted by their skill level including running and standing tumbling, jumps, performance, and stunt experience. There will be athletes that stunt above their tumbling level and those athletes may be considered for one of our U18 or Open (non-tumbling) teams. Below is a list of skills required at each level. For any of our All-Star teams, athletes should have these skills **MASTERED** to be placed at that level.

LEVEL	MASTERED TUMBLING SKILLS	MASTERED STUNTING SKILLS
1	FRONT AND BACK WALKOVERS	SINGLE-FOOTED STUNTS, TWO-FOOTED PREP, STRAIGHT CRADLES
2	BACK HANDSPRINGS, ROUND OFF BACK HANDSPRING, LEVEL 1 TUMBLIG CONNECTION TO A HANDSPRING	PREP LEVEL SINGLE LEG STUNTS, TWO FOOTED STUNTS, HALF TWISTING MOUNTS, BARREL ROLLS, BEGINNER BASKET TOSSING. TOPS MUST HAVE GOOD LEG POSITIONS
3	ROUND- OFF BACK HANDSPRING TUCK, STANDING SERIES BACK HANDSPRINGS, JUMP CONNECTED TO A BACK HANDSPRING	FULL TWISTING MOUNTS TO PREP LEVEL, FULLTWISTING DISMOUNTS, EXTENDED SINGLE LEG STUNTS, TWISTING BASKET TOSSES, TOPS MUST HAVE GOOD LEG POSITIONS
4	STANDING BACK TUCK, STANDING SERIES TO TUCK, RUNNING SERIES TO LAYOUT	FULL TWISTING MOUNTS TO EXTENDED ONE OR TWO-FOOTED STUNTS, DOUBLE TWISTING DISMOUNTS FROM TWO-FOOTED STUNTS, RELEASE TO EXTENDED SINGLE-LEG STUNTS, TWO TRICK BASKET TOSSES, TOPS MUST HAVE GOOD LEG POSITIONS



SUMMER SCHEDULE

During the Summer Months we will All Start team will training 1 time a week, and NCA, Summit and Worlds bound teams will train twice a week. Additional tops, stunt and tumbling classes will be offered. This is great opportunity to level up your skills.

All athletes will have a summer conditioning program that must be competed weekly (flyers daily)

Legacy Elite will have regular guests coaches through out the summer!

CLASS	FOCUS
JUMP/STRENGTH/STRETCH	ATHLETES WHO ARE LOOKING TO IMPROVE JUMP TECHNIQUE AND IMPROVE IN OVERALL STRENGTH AND FLEXIBILITY
TOP TRAINING	WE ARE CONFIDENT THAT YOUR ATHLETE WILL SEE IMPROVEMENT IN THIS PROGRAM, TOPS WILL WORK TO IMPROVE THEIR OVERALL FLEXIBILITY AND STRENGTH, WORK CONFIDENCE AND PERFORMANCE. USING STRENGTHENING/STRETCHING TOOLS AND EQUIPMENT
TUMBLING CLASSES	LEVEL 1-5 TUMBLING CLASSES. WORK ON MASTERING SKILLS IN EACH LEVEL. YOU MUST HAVE MASTERED THE SKILLS OF THE LEVEL BEFORE MOVING TO THE NEXT LEVEL
STUNTING CLASSES	THESE CLASSES WILL WORK ON LEVELS 1-5 STUNTING THROUGHOUT THE SUMMER IN ADDITION TO YOUR REGULAR TEAM PRACTICE. IN THESE CLASSES YOU WILL FOCUS ON SKILL BASICS TO MASTER THE LEVEL YOU REGISTER FOR
TUMBLING AND STUNTING SPECIAL GUEST COACH CLASSES	PREPARE FOR AN EXTRAORDINARY SUMMER AT LEGACY ELITE AS WE WELCOME INDUSTRY-LEADING COACHES TO GUIDE YOU TOWARDS EXCELLENCE.

