



***Flip N Cheer Legacy Competitive Cheer Packet  
2026 - 2027***

*Please return forms to office at time of evaluation along with the following:*

- ***Check of \$100 made payable to FNC Legacy (check will be returned if your athlete is not placed on a team).***
- ***Full Packet filled out.***



## Competitive Cheer Overview

Competitive Cheerleading also known as All Star Cheer, has evolved into one of the most exciting, fast-paced, and strenuous sports scored by a panel of judges in the world. Our sport is broken down into competitive levels by age and ability level.

**The age levels are focused to reach target age groups. This target will be used to place athletes. At this time, we are in The Open system but we will consider the USASF age grid when developing teams if we choose to attend any USASF competitions.**

### USASF AGE GRID FOR THIS SEASON

Tiny	2019-2021
Mini	2017-2020
Youth	2014-2019
Youth Flex**	2013-2021
Junior	2011-2018
Junior Flex**	2010-2019
Senior	6/1/07-2014

### THE OPEN AGE GRID FOR THIS SEASON

Tiny	2019 and later
Mini	2017 and later
Youth	2013 and later
Junior	2010 and later
Senior	2007 - 2016

### Ability Level Preferred Tumbling Skills

Level 1	Backbend kickover, back walkover, front walkover Cartwheel, Round-off, Series Cartwheel Round-off backbend kickover
Level 2	Back Handspring, Front/Back Walkover Back Handspring, Round-off Back Handspring
Level 3	Back Handspring Series, Jumps to Back Handspring Series, Round-off Back Tuck, Round-off Back Handsprings Back Tuck, Punch Front

The chart above lists the preferred level of skills necessary for each division. This chart is merely a guideline. If a candidate demonstrates exceptional strength in areas besides tumbling, such as jumps, dancing, basing, back spotting, or flying, they may be placed on a squad that is higher than their individual tumbling skills. On the other hand, having the preferred tumbling skills does not mean a candidate will automatically make that level. We must all remember that tumbling is but one category on the score sheet, and our teams must be well rounded.

## Evaluation Information

Evaluations will be held on June 6. Please find evaluation times/info at time of turning in your packet.

This evaluation time will allow staff to evaluate their skills in stunting, tumbling, jumping and dance. We will NOT close the gym during this time this year but do ask that you avoid talking with your athlete during these times.

Each athlete should attend evaluations with hair pulled back out of their face and wear shorts/spanx, shirt/tank/sports bra and cheer/tennis shoes.

If you are unable to attend tryouts on the set evaluation date, please make that selection on the tryout information form so we can work to find a time for your athlete's evaluation. Please only utilize an exception in the case of an excusable schedule conflict.

Evaluation results will be posted by creating group me chat groups no later than June 12<sup>th</sup>.

Team Placements: Flip N Cheer staff will be evaluating each student on his or her skills, attitude, behavior, work ethic and cheer experience. Competitive Cheerleading is a TEAM sport, not an individual sport. Individuals contribute to the success or failure of the team; therefore, each individual will be placed on the team that the staff feels best suits the athlete's skill level and the team needs. We will not place team members on teams in order to keep friends with friends, facilitate car pools or avoid conflicts with other types of schedules or for any other personal reasons. **\*\*\*WE WILL NOT PLACE ATHLETES ON TEAMS AFTER TRYOUTS UNLESS THERE IS A NEED TO FILL SPECIFIC POSITIONS ON THE TEAM. ALL THOSE ADDED MUST PAY ALL PAST FEES INCURRED BY ALL INCLUDED TUITION FOR THE MONTHS THEY HAVE NOT ATTENDED.\*\*\***

Team Acceptance: All placement declines must be made by EMAIL to [krystl@flipncheer.org](mailto:krystl@flipncheer.org) by June 15, 2026. If we have not heard from you directly by email, we will acknowledge that you have accepted your position and practice wear will be ordered.

Practices will begin mid June.

## **Choreography Camp**

Choreography Camp will be held in the WEEK OF JULY 19-23. Each team will COME IN 1-2 DAYS TO LEARN CHOREOGRAPHY. Set dates will be announced by June 15.

## **Practice**

All team members are required to attend **EVERY** practice. We ask that athletes make Flip N Cheer a priority. Once competition season arrives, the coaches may call extra practices as necessary. All extra practices are mandatory and full attendance is necessary for successful practices.

Teams will practice 2-4 hours per week. Add on tumble classes are suggested during the competition season to ensure your athlete continues to progress in their own tumbling goals. This add on is just \$25 per class and definitely a great deal.

Summer Practices: During the summer months, team practices will continue to be held although many families will take time for family vacations, which we encourage. Families are free to take vacations without fear of their athlete being penalized, however full tuition rates still apply.

**\*\*\*WE WILL BE OUT FOR THE FOLLOWING DATES**

**JULY 4-12**

**AUGUST 10 – 14 (BACK TO SCHOOL)**

**SEPTEMBER 7 (LABOR DAY)**

**NOVEMBER 23 – 27 (THANKSGIVING)**

**DECEMBER 21 – 25 (CHRISTMAS)**

**DECEMBER 30 – JANUARY 1 (NEW YEARS)**

## Absences

Flip N Cheer offers a team sport that requires everyone on a team to be present. One person's absence can limit what the entire group at practice can accomplish. If a team member misses **2 or more practices a month**, FNC has the right to remove the child from the squad without notice and no monetary refunds. If you are injured, we still want you at practice, just let your coach know about the situation. You can sit and watch so that you don't miss any instruction. **Please do not use exclusion from FNC practices, competitions, camps, etc. as a punishment for your athlete. When your child misses a practice, the entire squad suffers.**

**ATHLETES ARE NOT ALLOWED TO MISS PRACTICE THE WEEK OF A COMPETITION FOR ANY REASON. DOING SO, COULD FORFEIT YOUR ATHLETES PLACE ON THE TEAM AND/OR THE COMPETITION.**

## Practice Wear

Each team member is required to wear the correct practice wear to each practice. Extra practice wear will be available for purchase. Proper cheer practice attire consists of the following:

White Cheer Shoes, Practice Set, Hair up and out of face, No jewelry (other than approved medical tags)

## Competition Wear

Each team member is expected to show up to the competition venue fully dressed and ready to perform. This means that when the athlete walks through the entry doors, their uniform and cheer shoes should be on, hair fixed and make-up complete. Nail polish will need to be removed. Athletes are allowed to wear their FlipN Cheer warm-ups and a FlipN Cheer shirt to and from competitions, if desired, but athletes are expected to be in full uniform during competition and remain in such uniform through the awards ceremony.

Awards Ceremonies: Athletes must be in full competition uniform and may not wear backpacks, warm-ups, or any other items during their teams' awards ceremonies. All athletes are expected to wear their uniform and the uniform must be clean. We will be dressed as a team, we will warm up as a team and will perform as a team.

## Refunds and Early Termination Fee

If you quit or are removed from the program by FlipN Cheer you will not receive a refund of any kind including but not limited to tuition or prepaid expenses. When an individual quits the team mid-season, a hardship is created for the coaches and remaining team members, as routines and positions have to be reworked, often resulting in extra practices and lost productivity. As such, if a team member quits or is removed from the team for any reason other than family relocation of 60+ miles away from FlipN Cheer facility or other extreme situations, the following penalties will apply:

- If you quit between July 1 - August 1 there will be a \$150.00 fee plus any cost already incurred by FNC
- If you quit between August 1- Sept 1 there will be a \$250.00 fee plus any cost already incurred by FNC
- If you quit between October 1 – End of Season you \$500 fee plus any cost already incurred by FNC

*\*\*No refunds will be given for any prepaid expenses\*\**

## Uniform Agreement

Any and all parts of FlipNCheer Legacy's All Star Program uniform may be worn during specific and official program activities. The uniform may not be worn without prior written consent from FlipNCheer. No part of the uniform may be loaned to any person that is not a current member of the program. Athlete's warm up is not considered part of the uniform and may be worn outside of specific events.

## Valuables in Gym

Please realize many items of jewelry, etc. come up missing in gyms every year. The best way to avoid this is to leave valuables at home or in the car. If you bring valuables into the gym you are doing so understanding you are taking a risk. Don't become a victim of lost valuables.

## Tuition/Competition Fees/Practice Wear/Choreography/Music Cost to FNC Legacy

All-Star team monthly costs will be an all-inclusive monthly payment this season. This will allow families to better budget the financial responsibilities of competitive cheer.

The payment options will be as follows:

OPTION 1      Payments made on 1<sup>st</sup> and 15<sup>th</sup>

OPTION 2      Full Payment due by June 15.

(Those wishing to pay in full one lump sum will be given a 5% discount)

Payment Schedule below should give further clarification on this payment schedule.

Date	1 <sup>st</sup> and 15 <sup>th</sup> Payment Schedule	Covers
June 6th	\$100 (Tryout/Registration Fee)	
June 15 <sup>th</sup>	\$100	JULY
July 1 <sup>st</sup>	\$100	
July 15 <sup>th</sup>	\$100	AUGUST
August 1 <sup>st</sup>	\$100	
August 15 <sup>th</sup>	\$100	SEPTEMBER
September 1 <sup>st</sup>	\$100	
September 15 <sup>th</sup>	\$100	OCTOBER
October 1 <sup>st</sup>	\$100	
October 15 <sup>th</sup>	\$100	NOVEMBER
November 1 <sup>st</sup>	\$100	
November 15 <sup>th</sup>	\$100	DECEMBER
December 1 <sup>st</sup>	\$100	
December 15 <sup>th</sup>	\$100	JANUARY
January 1 <sup>st</sup>	\$100	
January 15 <sup>th</sup>	\$100	FEBRUARY
February 1 <sup>st</sup>	\$100	
February 15 <sup>th</sup>	\$100	MARCH
March 1 <sup>st</sup>	\$100	
March 15 <sup>th</sup>	\$100	APRIL
April 1 <sup>st</sup>	\$100	
April 15 <sup>th</sup>	\$100	MAY

**Breakdown of Fees Include**

Competition Fees (Approximately 5-6 competitions at \$60-\$150 per competition)...	\$710
Competition Bow.....	\$30
Practice Wear .....	\$75
Choreography.....	\$150
Music.....	\$70
Monthly Tuition Paid to the Gym .....	\$110/month

**Uniform Costs to FNC Legacy**

Show Team Uniform @ \$150

All-Star Performance Uniform @ \$300

Payable to FNC Legacy by cash or money-order by **August 1st. If NOT paid by August 1st, the amount will be withdrawn from the account on file for auto draft on August 5th.** This price does not include cheer shoes.

**Competition Schedule**

FlipNCheer Legacy will be traveling to competitions including but not limited to Hot Springs, Shreveport, Longview, and Dallas. Please note that travel, food, spectator fees, and lodging expenses are the responsibility of the athlete's parents. Spectator fees usually range from \$10 to \$20 per person for 1 day competitions and could be up to \$50 per person for national events.

## Parent & Athlete Code of Conduct

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I will not be involved in any matter of disrespect toward any members of FlipNCheer Staff.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I understand that all athletes are required to wear the appropriate practice wear

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I understand that the coaches reserve the right to suspend any athlete or parent's participation in activities at FlipNCheer or at any FlipNCheer functions as a disciplinary action.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I understand the importance of punctuality and will arrive at all scheduled events on time.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I will not participate in negative gossip or communications that adversely affect FlipNCheer or its members.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I will not post any negative comments on websites or in chat rooms.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I will not post any FlipNCheer music, choreography, routines, stunts, etc. on any websites. This includes Facebook, My Space, YouTube and all others.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ N/A As a parent, I will not hold or threaten to hold my child from practice or competition as a form of punishment.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I will conduct myself with respect and integrity, displaying positive sportsmanship at all times.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I will not use inappropriate language or engage in any verbal or physical confrontation. I understand that the parent viewing area should be a positive atmosphere, and I may be prohibited from using the parent viewing area if I cannot maintain a positive attitude while there.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I understand this is an eleven (11) month long commitment from July through May that I am making and I will honor my commitment.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I understand that if I quit or I am removed from the program. I may be charged up to a \$500.00 fee (based on date of removing athlete from the program) and I will not be entitled to a refund of any kind. This includes all monies paid to FlipNCheer including pre-paid expenses.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ Athletes, parents, relatives, and friends are never allowed to contact competition companies or their officials for any reason. Contact FlipNCheer if you have any questions or comments relating to competition companies or their officials.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I authorize FlipNCheer to use photographs, video, and/or other likenesses of my athlete for use in its promotional materials or sales and waive any rights of compensation or ownership thereto.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ I have read and understand the 2026-2027 All Star Packet and agree to abide by its contents. I have kept a copy of this packet for my record.

Parent/ Guardian

Signature \_\_\_\_\_.

Print Name \_\_\_\_\_.

Date Completed \_\_\_\_\_ Athlete's Name \_\_\_\_\_.

**903-733-6727**



207 N. West St.  
Atlanta, TX 75551  
www.flipncheer.org

### Legacy Payment Form

Athlete Name: \_\_\_\_\_

Billing Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Driver's License # \_\_\_\_\_

#### **Credit Card Automatic Debit**

Name on Card: \_\_\_\_\_

Credit Card/ Debit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Zip Code \_\_\_\_\_ CVV Number \_\_\_\_\_

#### **Payment Schedule**

*Please initial by the option that you are choosing and sign at the bottom.*

\_\_\_\_\_ I choose to pay for all fees by automatic draft in two separate monthly payments on the 1<sup>st</sup> and 15<sup>th</sup> of each month.  
\$100 on the 1<sup>st</sup> and \$100 on the 15<sup>th</sup>

\_\_\_\_\_ I choose to pay for competition fees/tuition fees in one lump sum of \$1980.00

**YOU MUST INITIAL ACCEPTING UNIFORM PAYMENTS AND SELECT IF YOU ARE ADDING A TUMBLE CLASS.**

\_\_\_\_\_ I understand that my uniform fee is due by August 1<sup>st</sup>. I understand that if I do NOT pay this amount by August 5<sup>th</sup>, the full fee will be deducted from the card on file.

\_\_\_\_\_ I would like to add on a tumble class for just \$25 to my monthly fee taken out on the 15<sup>th</sup> of each month. Please get with the front office to enroll in your class of choice.

**If this debit is returned unpaid, FlipNCheer may debit returned item fees, as posted, from my account in the same manner with a \$25 NSF Fee.** *I further understand that all purchases that have not been paid such as clinics, clothes, camps, etc., will be debited on the first of the month with tuition. A late fee of \$10 will be added if payment is over 7 days late.*

Signature \_\_\_\_\_

Print Name \_\_\_\_\_ Date Completed \_\_\_\_\_