



2026-2027
TRYOUT PACKET

**INAUGURAL
SEASON**



Ready to Become a Legend?

Here's what you need to know.

Our All-Star Team Tryouts are open to athletes ages 3 and up! We offer three tiers of All-Star cheerleading—**Novice, Prep, and Elite**; and every athlete who completes the tryout process will be placed on the team and level that best supports their growth and success.

Parents are welcome to stay and watch from the parent viewing area, but we ask that you stay out of the gym space.

We've designed our tryout process to be **fun, encouraging, and stress-free**, while giving each athlete the opportunity to shine. The process includes three phases:

Phase One: Tumbling, Jumps & Showmanship Evaluation

Phase Two: Flyer Evaluation (*for athletes interested in a flyer position*)

Phase Three: Stunt Evaluation

Attendance Requirements:

- All athletes are required to attend **phase one and phase three**
- Athletes interested in a **flyer position** must attend **all three phases**

If you are unable to attend any portion of the tryouts, please email us at midwestlegendscheer@gmail.com so we can arrange a private tryout time that works for you.

Scheduling:

Phase one and phase two tryout times will be assigned based on **birth year**. Please refer to the chart below to find your athlete's designated date and time when they will need to be at the **Legends Lair**.

Tryout Phase 1			Tryout Phase 2 (Flyers only)	
Birth Years	May 18	May 19	Birth Years	May 20
2022-2023	5:00-6:30pm		2022-2023	5:00-6:00pm
2017-2021		5:00-6:45pm	2017-2021	6:00-7:00pm
2013-2016	6:45-8:45pm		2013-2016	7:00-8:00pm
2007-2012		7:00-9:00 pm	2007-2012	8:00-9:00pm

Pricing:

Registration Tryout Fee: \$50

- The registration fee covers coaching costs, SafeSport training & concussion training.
 - This fee is non-refundable

Season Commitment Fee \$150

**The season commitment fee is due at phase one of tryouts and must be paid prior to your athlete participating in tryouts.*

Payment types accepted: Cash, Check or Venmo

Season Commitment fee is non-refundable after June 5th.



What to Bring:

- Season commitment fee
- Completed liability waiver – Electronically signed at the time of registration.
- Tryout form
- Submitted flyer application (if applicable)
- Water Bottle
- Positive mindset!

**if you plan to bring cash or check for the commitment fee please have this in an envelope labeled with your athletes first and last name*

What to Wear:

- Sports bra or fitted top
- Shorts or athletic skort
- Cheer or clean tennis shoes
- Hair in a slicked back pony (high or low) with no flyaways
- No jewelry please
- No gum will be allowed in the gym space

Tryout Check-in Process:

When you arrive, you'll be greeted by a member of our coaching staff. At check-in, you will submit your completed tryout form along with the \$150 season commitment fee. Our team will review your paperwork to ensure all required forms, including the liability waiver, have been properly completed. Once checked in, athletes will be escorted to have their photo taken for their iClass account. They will then be shown where to store their shoes, bags, and water in the designated cubbies before being guided to the waiting area until the tryout process begins.

**Midwest Legends
Athlete Tryout Form**
Click or Scan QR Code



**Midwest Legends
Flyer Application**
Click or Scan QR Code





Phase 1 of Tryouts (May 18th & 19th)

On the first day of tryouts athletes will be scored on their tumbling, jumps and showmanship.

Tumbling Evaluation

TUMBLING IS NOT A REQUIREMENT!

The graphics below, are skills that staff will ask the athletes to perform based on their level and ability.

To show consistency of the skill, staff may ask the athlete to perform the skill a second time.

Below are the key elements staff will be evaluating in each tumbling skill performed:

- Confidence
- Execution (arm placement, straight legs, pointed toes, head position, etc)
- Pace or speed
- Landings

BEGINNER

SKILLS CHECKLIST

FORWARD ROLL _____

CARTWHEEL _____

BRIDGE OR BACKBEND _____

ROUND OFF _____

LEVEL 1

SKILLS CHECKLIST

BACK WALKOVER SERIES _____

BACK WALKOVER SWITCH LEG _____

CARTWHEEL BACK WALKOVER SERIES _____

FRONT WALKOVER CARTWHEEL _____

BACK WALKOVER _____

LEVEL 2

SKILLS CHECKLIST

BACK WALKOVER HANDSPRING _____

BACK WALKOVER SWITCH BACK HANDSPRING _____

BACK HANDSPRING STEP OUT BACK WALKOVER BACK HANDSPRING _____

ROUND OFF BACK HANDSPRING SERIES _____

ROUND OFF BACK HANDSPRING STEPOUT _____

FRONT WALKOVER ROUND OFF BACK HANDSPRING _____

LEVEL 3

SKILLS CHECKLIST

STANDING THREE BACK HANDSPRING _____

BACK HANDSPRING STEP OUT BACK HANDSPRING SERIES _____

ROUND OFF BACK HANDSPRING TUCK _____

ARIEL _____

BONUS: FRONT WALKOVER ARIEL _____

LEVEL 4

SKILLS CHECKLIST

BACK HANDSPRING TUCK _____

STANDING TUCK _____

TWO BACK HANDSPRING TUCK _____

SPECIALTY TO LAYOUT _____

ROUND OFF BACK HANDSPRING LAYOUT _____

LEVEL 5

SKILLS CHECKLIST

ROUND OFF BACK HANDSPRING FULL _____

SPECIALTY TO FULL _____

BACK HANDSPRING LAYOUT _____

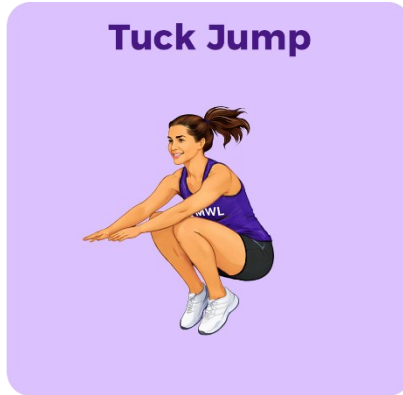
TWO BACK HANDSPRING TO LAYOUT _____

Jump Evaluation

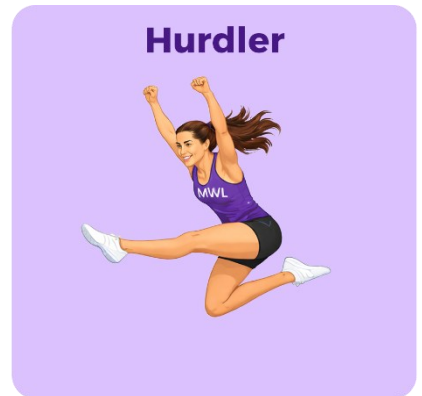
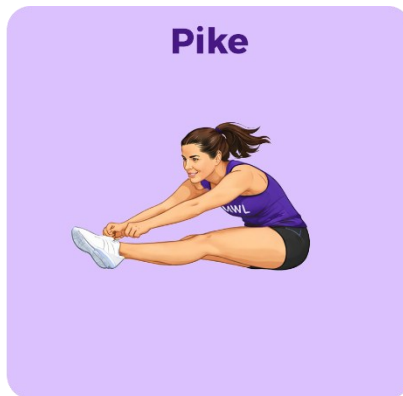
Athletes will be asked to perform three separate styles of jumps.

1. Toe Touch
2. Any single jump of their choice
3. A double jump (two connected jumps of their choice) - *Birth years 2021 and later*

Examples of jumps evaluated for athletes born 2022-2023



Examples of jumps athletes can choose from with birth years 2021 or later



Jumps will be evaluated on the following factors:

- Approach
- Arm position
- Straight legs
- Pointed toes
- Height
- Landing

Showmanship Evaluation

Athletes will be taught a two 8-count dance at tryouts. Below are key elements staff will be evaluating during this phase of the tryout:

- Learning speed
- Focus
- Confidence level
- Body awareness
- Facials
- Ability to hit motions with tightness, precision and speed



Phase 2 of Tryouts (May 20th)

**This phase of the tryouts process will only be for those who have completed a flyer application.*

The flyer position is one of the most highly sought-after roles in All-Star cheerleading. Due to the demands of this position, athletes must be able to demonstrate both right and left splits to the floor, as well as the ability to perform the following body positions on the floor:

- Lib (both sides)
- Heel Stretch (both sides)
- Front Stretch (both sides)
- Arabesque (both sides)
- Scale (both sides)
- Scorpion (Left leg required, right leg bonus)
- Bonus skill: Needle on either side
 - Note: athletes with birth years 2020-2023 will not need to show mastery of these body positions they will be evaluated more on body awareness and confidence.

During this time Flyers will also have the chance to pull these body positions in the air on our experienced coaching staff as well and any specialty skills for the level they are being considered for.

**Examples of all these body positions are on the flyer application.*

Phase 3 of Tryouts (May 26th & 27th)

During phase three of tryouts, athletes will be evaluated on their stunting abilities. Parents will receive an email on the evening of **Saturday, May 23** with their athlete's assigned date and time for stunt evaluations, this call back will be based on results from phases one and two of tryouts.

Some athletes may be invited to attend more than one stunt call back so our staff can evaluate their performance across different stunt levels. For athletes who are new to stunting, our coaches will provide instruction on fundamental skills to help set them up for success.

Why is stunting important?

Stunting is a significant component of All-Star cheerleading and plays a major role on the scoresheet. It is a highly team-oriented aspect of the sport that requires effort, focus, and attention to detail from every member of the stunt group.

During this phase, athletes may be asked to try positions they have not previously done. We encourage all athletes to keep an open mind and give their best effort, regardless of the position they are asked to try. Demonstrating teamwork, adaptability, and a positive attitude is a key part of the evaluation process.

Stunting positions:

- BASES will be evaluated on power, technique, grips and control
- BACK SPOTS will be evaluated on group leadership, power and control
- FLYERS will be evaluated on body positions, stability and body control
 - *This is their opportunity to fly on their peers to show true body control



How are athletes placed on final teams?

The industry of All Star cheerleading is becoming increasingly competitive as it continues to grow. This causes expectations to increase with heavy emphasis on execution of skills. Elite level athletes are expected to hit tumbling and stunting skills with perfection. We hope parents can keep this in mind when our staff try to put together teams that will be competitive and successful while keeping training fun and stress free.

What does the commitment look like?

Elite athletes

- Practice two days per week for two hours.
- Required to take a tumbling class throughout the season in addition to their required team practices.
- Staff will provide athletes with a slip at the end of phase one that will tell them which tumbling class they need to be registered for starting June 1.
- Elite bases and back spots are required to enroll and attend a strength training class each week.
- Elite flyers are required to enroll and attend a flexibility & stability class each week.

Youth, Junior and Senior Elite teams will have the following competition line up:

- 1 Showcase
- 4 local competitions
- 2 Regional competitions
- 1 National competition
- 1 All Star Worlds in Orlando Florida (Bid required to attend)

Mini & Tiny Elite teams will have the following competition line up:

- 1 Showcase
- 4 local competitions
- 2 Regional competitions
- 1 All Star Worlds in Orlando Florida (Bid required to attend) – Tiny Teams will not attend this event.

Prep athletes

- Practice two days per week for 1.5 hours.
- Additional tumbling, strength and flexibility classes are not required, but they are encouraged if athletes would like to progress quicker in their skills.

Prep full year teams will have the following competition line up:

- 1 Showcase
- 4 local competitions
- 1 Regional competitions

Novice athletes

- Practice one day per week for 1.5 hours.
- Additional tumbling, strength and flexibility classes are not required, but they are encouraged if athletes would like to progress quicker in their skills.

Novice full year teams will have the following competition line up:

- 1 Showcase
- 4 local competitions
- 1 Regional competitions



How are teams structured?

Teams are structured based on the scoring rubric established by the Open Championship Series. To set our athletes up for success, we aim to maximize scores across all areas of the scoresheet, including stunting, tumbling, jumps, dance, creativity, and showmanship.

To remain competitive within each division, teams are typically built toward the upper end of the age ranges when appropriate.

For more information on divisions, age requirements, levels, and scoring, please visit the Open Championship Series website at www.openchampionshipseries.com.

Team Reveal!

We are so excited to host the team reveal **in person** on May 31st at 3pm. On this day athletes and families are welcome to the Legends Lair for an exciting afternoon of meeting their teammates and finding out what division and level they will be on for the season. Staff are excited to reveal the team names for our inaugural season!

**On your athletes' first night of practice they will sign their team commitment form.*

Booster Club and Fundraising Opportunities

Midwest Legends is proud to have an established booster club, Midwest Legends Legacy Boosters, dedicated to supporting our athletes and families throughout the season. The booster club will organize a variety of fundraising opportunities, including both individual and gym-wide efforts, designed to help offset the costs associated with participation.

In addition, the booster club offers sponsorship opportunities for both individuals and businesses. A sponsorship letter and tiered sponsorship graphic are available, outlining the different levels of support and associated benefits. We encourage families to take advantage of these resources as another way to reduce overall expenses while building strong community partnerships.

To request sponsorship documents to share with potential sponsors, please email midwestlegendslegacyboosters@gmail.com.

2026-2027 Tuition & Fees

Tuition will be charged to your account on the first of each month. There will be a seven-day grace period before your card on file is automatically run and charged a \$25 late fee.

We are excited to be able to offer bi-weekly charging and payments to help our families budget better. If this is something you want to set your account up with, please send an email to midwestlegendscheer@gmail.com to get this arranged.



2026-2027 Season Pricing

Tryout Registration Fee: \$50

Fee covers coach's costs, SafeSport training and concussion training. This fee is non-refundable.

Competitive Novice and Prep Teams		
FEE	COST	DUE
Commitment Fee	\$150	At Tryouts
Monthly Tuition	\$215 (Junior & Senior Teams) \$185 (Mini & Youth Teams) \$155 (Tiny Teams)	First of the month June-March (7 day grace period)
Stunt Clinic (required for Prep Teams)	\$35	June
Uniforms	\$200	July
Warm-up Jacket	\$150	July

Elite Teams		
FEE	COST	DUE
Commitment Fee	\$150	At Tryouts
Monthly Tuition	\$350 (Junior & Senior Teams) \$295 (Mini & Youth Teams)	First of the month June-March (7 day grace period)
Tumbling Add-on	\$40	June-March
Flexibility & Stability Add-on (Flyers)	\$30	June-March
Strength Training Add-on (Bases & Backspots)	\$30	June-March
Stunt Clinic	\$35	June
Uniforms	\$500	July
Underliner Mesh (Mini, Youth & Junior Teams)	\$50	July
Warm-up Jacket	\$150	July

- Tuition includes competition fees, choreography, music and coaches fees.
- Tuition will not be prorated.
- Season commitment fee is non-refundable after June 7th.
- If teams receive a bid to All Star Worlds, there will be additional fees to cover this end of season event.



Important Dates

2026

May 2	Midwest Legends Open House
May 4-15	Two Week Intensives
May 18-19	Tryouts
May 20	Flyer Tryouts
May 26-27	Stunt Callbacks
May 31	Team Reveals
June 1	Team Practices Start
June 18	Viola Gopher Count Parade
June 20	Stunt Camp
June 27	Rochesterfest Parade
June 29-July 4	Gym Closed-Summer Break
July 13-17	Elite Team Choreography Week
July 18	Eyota Days Parade
July 19	Byron Good Neighbor Days Parade
July 20-24	Prep & Novice Team Choreography Week
August 26-September 3	Gym Closed-Back to School Break
September 13	Kellogg Watermelon Fest Parade
September 25	Gym Pep Rally
November 14	Legends Unleashed
November 21-22	Comp Day
November 23-28	Gym Closed-Thanksgiving Break
December 6	Comp Day
December 20-January 2	Gym Closed-Winter Break

2027

January 3	Elite Teams Added Practice
January 9-10	Comp Day
January 16-17	Comp Day
February 6-7	Comp Day
February 20-21	Comp Day
March 13-14	Comp Day
April 10	Full out Party
April 11	The Final Strike
April 14-18	All Star Worlds

SUMMER THEME WEEKS

June 1-5	ROCK THE BOLT (Rock n' Roll)	July 20-24	Christmas in July
June 8-12	Beach Bash	July 27-31	Out of this world
June 15-19	Wild West	August 3-7	Super Heros
June 22-26	Party in the USA	August 10-14	Nothin but Neon
July 6-10	Camo Week	August 17-21	Jungle Theme
July 13-17	Black out Week	August 24-25	Show your School Spirit