

LEGACY CHEER ACADEMY

SKILL CLINICS



TRYOUT PREP

Calling All Boys & Girls Ages 4-18 Years
NO EXPERIENCE NECESSARY

STUNTING / TOSSING CLINICS

HELD SUNDAYS 12:00 PM - 1:00 PM
\$20 / ATHLETE PRE-REGISTRATION IS REQUIRED

This Tryout Prep Clinic will teach and train the basics of stunting like learning how to base, lift and fly. Coaches will work at each athletes' level from beginners to the more advanced stunts. This clinic is for anyone who wants to explore the world of cheer stunting!

TUMBLING / JUMPING CLINICS

HELD SUNDAYS 1:00 PM - 2:00 PM
\$20 / ATHLETE PRE-REGISTRATION IS REQUIRED

This Tryout Prep Clinic will work the basics of forward and backward tumbling. Athletes will learn standing and running tumbling skills at their unique ability level. Coaches will enforce tumbling progressions and safe practices. This clinic is for anyone who is interested in learning to tumble, jump and combine the two!

\$20 PER CLINIC OR \$35 WHEN YOU PRE-REGISTER FOR BOTH!

TRY 1 CLINIC AS A NON-MEMBER BEFORE AN ANNUAL MEMBERSHIP FEE IS REQUIRED!

HELD MOST SUNDAYS IN MARCH AND APRIL - PRE-REGISTRATION REQUIRED - SPACE IS LIMITED!

MARCH 8th ▪ MARCH 15th ▪ MARCH 22nd ▪ MARCH 29th ▪ APRIL 5th ▪ APRIL 26th

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