



Legacy Elite

Are you ready to step into our high performance development pathway?

Legacy Elite is a premier athlete development programme for exceptional athletes who demonstrate the potential to compete at Level 4 and Level 5 – with the long-term goal of progressing to our World Championship teams.

Designed for athletes with outstanding technical ability, athleticism and commitment, Legacy Elite is where future elite athletes are identified, challenged and prepared for the highest levels of Allstar cheer.

What Is Legacy Elite?

Legacy Elite is an advanced training programme created for athletes who aspire to compete on our most elite teams and ultimately pursue opportunities on the World Championship stage.

Athletes will train in a focused, high-performance environment with our experienced coaching team, developing the technical skills, consistency and mindset required to succeed at Levels 4 and 5.

Sessions will focus on:

- Elite Level 4 and Level 5 tumbling development**
- Advanced stunting technique for bases, back spots and flyers**
- Strength, flexibility and body control**
- Performance quality and execution**
- Mental resilience and competitive confidence**
- Leadership, accountability and professionalism**

Entry Criteria

Athletes selected for Legacy Elite will typically demonstrate:

- Elite Level 4 and/or Level 5 tumbling skills**
- Exceptional ability as a base, back spot or flyer**
- Outstanding work ethic and commitment**
- Strong coachability and attention to detail**
- Consistency under pressure**
- A positive attitude and leadership qualities**

Above all, Legacy Elite is for athletes who consistently demonstrate what it means to be an exceptional teammate and person.



World Championship Pathway

Legacy Elite is more than an advanced training programme – it is the foundation of our World Championship pathway.

Participation does not guarantee placement on a Level 4 or Level 5 team. However, it offers athletes a clear opportunity to develop the technical skills, performance standards and mindset required to compete at the highest levels of Allstar cheer.

Who This Programme Is For

Legacy Elite is designed for athletes who:

Athletes currently in our Level 5 Programme to increase difficulty

Athletes nearing elite tumble and/or stunting Levels 4 and 5

Athletes who are committed to training at an elite standard

Thrive in a challenging environment

Want to pursue long-term goals within our World Championship pathway

Training Details

Legacy Elite training dates can be found on athletes coacha sign up.

How to Register

Invite Only

Invited Athletes will receive a Coacha link via email.

Excellence is earned. Greatness is built. This is Legacy Elite.