



2023-2024

Half Season Prep Information

Registration Opens August 1st

Email NEASCheer@gmail.com to
register after September 10th.

WWW.NECHEER.COM



Half Season Prep Information

Ages 7-14 years old (Birth Year must be 2008-2015)

Practices Mondays 6:30-8:30pm

First Practice: Monday, September 25th

Cost:

\$1500- \$300/month for 5 months (October-February)

Costs include the following:

NE Registration, Choreography and Music fees, Monthly Tuition, Uniform and Bow, Logo Tank, and Competition Fees.

(Returning Prep Athletes will receive \$300 credit for Uniform/Bow.)

Costs DO NOT include the following:

White Cheer Shoes

Optional Apparel Items (Lip Kit, Makeup Kit, Backpack, etc.)

\$49 USASF Annual Membership Fee paid directly to USASF

Choreography Date: Saturday, December 2nd (Time TBD)

Competition Dates:

NCA Classic- February 3rd, 2024 – Minneapolis, MN @ Minneapolis Convention Center

Celebrity Championships- February 17th, 2024 – Saint Paul, MN @ Roy Wilkins Auditorium

Rockstar Championships- February 18th, 2024 – Saint Paul, MN @ Roy Wilkins Auditorium

WOW Factor- February 24th, 2024 - Minneapolis, MN @ Minneapolis Convention Center

CODE OF CONDUCT

If you have any questions or concerns that need immediate attention, please use the following chain of command:

1. Team Rep
2. Head Coach
3. Program Director
4. Owner

Northern Elite maintains the right to refuse services to anyone at any time.

NE is not responsible for any lost or stolen items.

If an athlete is moved to alternate status, your tuition will remain the same, and you are expected to attend all team practices and local competitions.

NO GOSSIP about a child on your team or another team.

NO GOSSIP about coaches and staff. It is much better to address a problem than to listen to idle gossip.

Our gym is a positive environment. Negative behavior and comments are not welcome in the gym, the lobby, or outside of the gym.

Please keep in mind the gym is not a babysitting service. We want our athletes to use the gym as often as possible, but no child should be dropped off at the gym unsupervised or left waiting to be picked up. Athletes not picked up within 15 minutes of their practices end time will be charged for a 30-minute private.

Practices may be modified or added at any time during the season.

Anyone threatening to quit or to pull their child from a team will be dismissed from the program immediately.

Only cheerleaders and coaches are allowed in the gym.

Families are not allowed to yell onto the floor or try to make contact through the viewing area window during practices or classes.

The coaches reserve the right to close practices at ANY time for ANY reason.

It is the parent/guardian's responsibility to know what is going on with your team. Check your emails and the Band App regularly.

Withholding a child from a practice or a competition should never be used as a form of punishment.

Athletes should be able to handle school, work, practices, and events. Homework, studying, work, etc. is not an acceptable excuse for missing practice. An important aspect of extracurricular activities is the emphasis on time management.

If a problem arises between an athlete and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with your coach/allstar director and/or owner.

If a problem arises between parents, it is expected that it will be handled outside of the gym and is not a responsibility of NE.

Anonymous emails/letters/texts/twitter mentions, etc. will be ignored.

The NE logo, Name, and Team Names/Logos are a trademark and you may not use it without permission from Carin Moore.

Northern Elite has a zero-tolerance policy for drugs, alcohol, and tobacco. Any athletes found to be in possession/using drugs, alcohol, or tobacco at the NE facility or competition may immediately be removed from the program.

Text or Email is the preferred method of communication with the coaching staff. In-person or phone calls should be previously scheduled with the coaches via text or email. Please be respectful to keep all communication within reasonable hours (Avoid early mornings and late nights).

Food and drinks are NOT allowed in the locker room. Athletes found violating this rule will be required to volunteer 1 hour of time to gym cleaning or miscellaneous tasks.

Athlete Expectations

Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.

Athletes should arrive at scheduled practices 15 minutes prior to start time.

It is your responsibility to wear the appropriate practice wear to every practice. Athletes that fail to wear the assigned practice wear will be required to stay after practice for 15 minutes and complete an assignment from the coaches. Examples: putting equipment away, cleaning the locker room, stretching, jumping, conditioning, etc.

Personal items such as cell phones, school bags, or gym bags must be stored in the locker room. No items are to be left in the gym hallways and cell phones must be turned off and stored when practice starts.

You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST. Tardy athletes will be required to stay after practice for 15 minutes and complete an assignment from the coaches. Examples: putting equipment away, cleaning the locker room, stretching, jumping, conditioning, etc.

During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.

Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example, approaching a coach in the middle of a practice would not be an appropriate time.

Any behavioral issues that pertain to NE will result in 1 verbal and 1 written warning before being dismissed from the program.

Competitions

We look at the athletes in our program as brand ambassadors. Sportsmanship and respectable behavior are of the utmost importance at competitions. Failure to adhere to this guideline will be treated with the same consequences as a behavioral issue.

Athletes are required to be at all practices leading up to a competition. Failure to attend the 2 practices prior to a competition will result in the athlete being pulled from the routine. Any awards/bids received during this time may be forfeited by the athlete. The athlete will be added back to the routine at the convenience of the coaching staff.

Athletes are required to stay/arrive at competitions to support the teams assigned to them, as well as their awards session. Any exception must be approved by Carin Moore no later than one week prior to the event. Consequences of not following this rule will result in one of the following three consequences:

1. Removal from next competition
2. \$100 fine
3. 3 volunteer hours to be completed within one month.

*If the next competition is followed by a competition the following weekend, the athlete will be removed from both. Athletes are still expected to attend the competition, unless approved by Carin Moore.

Competitions are not optional. If an athlete misses a competition for an unexcused reason, their Summit/Worlds eligibility may be forfeited. Examples of an excused miss would include a death/funeral, serious injuries/illnesses (at the discretion of NE), or any previously approved absence.

Athletes with any pre-scheduled vacations are responsible for alerting NE at tryouts. Our competition schedule will be released on or by July 15th. We suggest waiting for this to book any travel during the competition season.

Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason.

Parents are never allowed to represent Northern Elite under any circumstances concerning accommodations, competitions, vendors, etc.

Travel to out of state competitions on the day of competition is NOT allowed.

Injury

Athletes need to be able to physically and mentally perform all aspects of competitive cheerleading. Please review our injury policy provided in this tryout packet.

Athletes with chronic injuries/illness may be moved to alternate status at any time. It is our belief that we owe it to our program, teams, and families to make sure our teams are competing as close to 100% capacity at every competition.

Social Media

Social media posts that include the NE logo in any form must be professional. No profanity or inappropriate behavior can be included.

Additionally, NE athletes found using abusive/inappropriate behavior on social media (excessive swearing, inappropriate pictures, pictures showing drugs/alcohol) will receive 1 verbal warning and 1 written warning, before being removed from the program.

Never post any negative comments on social media about our program or ANY program.



Northern Elite 2023-2024 Half Season Contract

Please initial below:

_____ I have read and understand the information provided below (Liability Agreement and Financial Responsibility).

_____ I have read and agree to the Code of Contract attached.

Liability Agreement:

In consideration of NEAS accepting me/my child into participation and training in cheerleading, tumbling, or dance which activity I hereby acknowledge involves greater than normal risk of injury. I agree to assume responsibility for all risks, cost, or losses sustained by me, my child, or my child's family in connection with participation in classes, programs, lessons, or competitions/meets. I give my permission to NEAS and/or appropriate medical facilities to make whatever emergency (first aid, disaster evacuation, etc.) measures as deemed necessary for the care and protection of my child while under the supervision of NE.

In case of an emergency, I understand that I/my child will be transported to an appropriate medical facility by the local emergency unit for treatment if the local emergency resources deem it necessary. Me/my child will be transported at my expense.

It is understood that in some medical situations, the staff will need to contact the local emergency resource before the parent, student's physician, and/or other acting on behalf of the parent can be reached.

WARNING! Catastrophic injury, paralysis, or even death can result from the improper conduct of the activity. Further, I hereby release and agree to hold harmless and to indemnify NEAS employees, owners, or volunteers from any claims, losses or expenses incurred or on the behalf of me, my child or my child's family.

Financial Information (REQUIRED):

Cheerleader's Name: _____

Name as it appears on the card: _____

Full Billing Address: _____

Credit Card #: _____

Expiration Date: _____ CVC Code: _____

Cardholders Signature: _____ Date: _____

It is your responsibility to inform the office of any changes to this card.

Monthly fees will be due on the 1st of every month. Payment is expected no later than the 5th of every month. If payment is not received, this card will be charged +3% service fee on the 6th. If the card is not valid or has insufficient funds, a \$35 late fee will be applied and athlete will not be able to participate until account is brought current.