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PROGRAM HANDBOOK

2024-2025

TEAMS | PRICING | POLICIES

SACRAMENTO



WHAT WE'RE ABOUT

Welcome to Nor*Cal Elite, where we're proud to be known as one of Northern California's premier All-Star Cheerleading programs! For over 19 years, we've been nurturing the talent and spirit of youth and teens across our region, helping them grow into strong, confident athletes and individuals. At NCE, we're dedicated to creating an environment where every athlete can thrive and learn important lessons in sportsmanship, teamwork, and personal achievement.

Our coaches not only bring a wealth of knowledge but also a deep understanding of competitive cheerleading. With their extensive experience, our program has proudly claimed numerous championships over the years. Plus, we prioritize safety—our coaches undergo regular background checks and annual SafeSport certification training, ensuring your athlete's well-being is always our top priority.

With three convenient locations in San Jose, San Ramon, and Sacramento, we're excited to offer your athlete an unforgettable and highly competitive season.

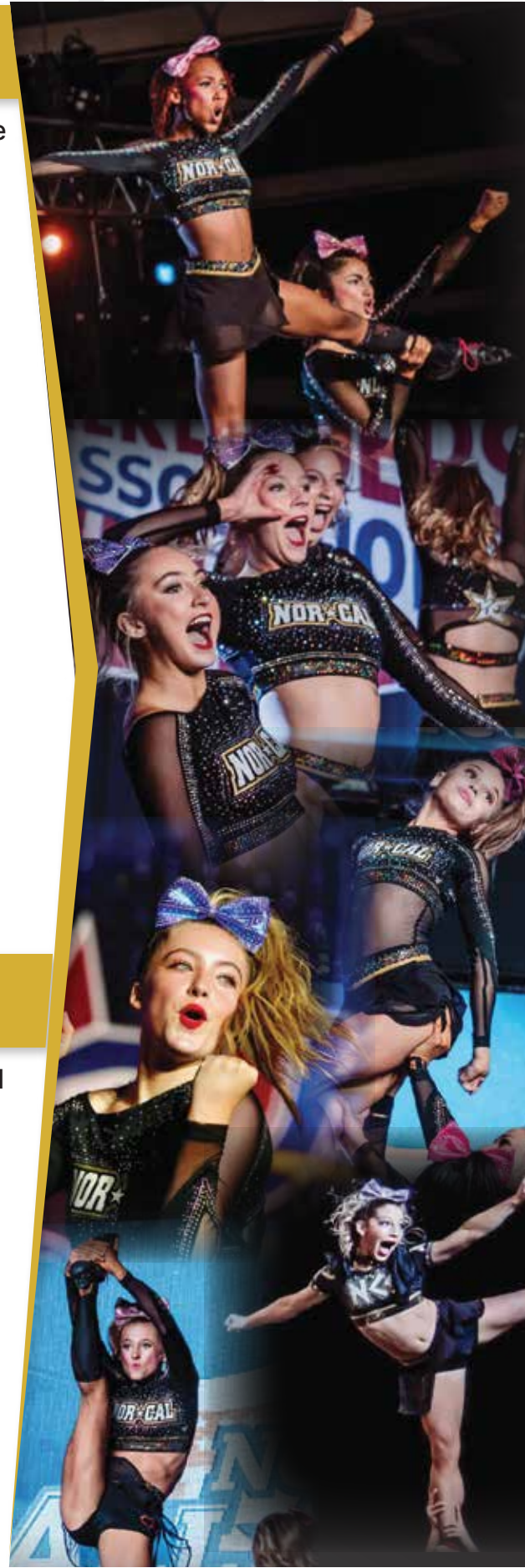
At NCE, you can rest assured your athlete can shine, grow, and be part of something truly special!

HOW WE EVALUATE TRYOUTS

At NCE, our evaluation process is designed to be straightforward and completely stress-free. Whether you're new to cheerleading or a seasoned pro, all levels are welcome!

During tryouts, you'll get the chance to demonstrate your tumbling skills to our NCE staff, who will then find the perfect team based on your abilities. After your provisional placement, you will work through the various stunting requirements of your level over a 3-4 week period before receiving your final placement.

We're committed to making the evaluation and placement process smooth and enjoyable so that every athlete has a confident season!





IMPORTANT DATES

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FIRST DAYS OF PRACTICE

May 22/23

TEAM ASSESSMENT TARGET DATES

June 17/18 and July 15/16

CHOREOGRAPHY BLOCKS

2-3 weekday period between July 15-August 6th

2-3 weekend days August 26-September 24th

1-2 days between September 27-October 3

Exact dates/times will be finalized by the end of June.

NCE SHOWCASE (Mandatory Event)

November 9, 2024

VACATION DAYS

During the following dates NCE will be closed for all practices:

MEMORIAL DAY

May 25 - May 27, 2024

JULY BREAK

July 3 - July 7, 2024

LABOR DAY

August 31 - September 2, 2024

HALLOWEEN

October 31, 2024

THANKSGIVING BREAK

November 20 - November 24, 2024

WINTER BREAK

Each location will set their dates in August

Please plan all vacations and family activities to coincide with the above dates to eliminate the potential risk of setbacks to the teams or absence fees.

PRACTICE COMMITMENT

All-Star Cheerleading requires a significant time commitment at all levels! Here is what you should plan to expect for each team's practice commitment depending on their type:

ELITE TRAVEL TEAMS

SEASON RUNS:

★ MAY 2024 - MAY 2025

PRACTICES HELD:

★ 2-3 DAYS PER WEEK

★ 2-2.5 HOURS EACH PRACTICE

Additional and extended practices will be added 1-2 weeks prior to every competition/event

FULL-YEAR PREP TEAMS

SEASON RUNS:

★ MAY 2024 - MAY 2025

PRACTICES HELD:

★ 1-2 DAYS PER WEEK

★ 2-2.5 HOURS EACH PRACTICE

Additional and extended practices will be added 1-2 weeks prior to every competition/event

WEEKLY CLASS SESSIONS

INCLUDED IN COSTS:

★ 1 WEEKLY TUMBLING SESSION

★ 1 WEEKLY JUMP SESSION

These weekly sessions are included in the monthly installments. We hope these opportunities allow athletes to continually progress their skill sets throughout the season.



ATTENDANCE POLICY

ABSENCE / ATTENDANCE POLICY

At Nor*Cal Elite, we believe in the importance of consistent attendance to maintain the integrity and success of our teams. Therefore, we do not excuse absences from practices for any reason. Every absence, regardless of the reason, impacts the team equally. In order to ensure fairness and equal treatment for all families, we have implemented an attendance deduction system that applies to all NCE athletes.

SUMMER SEASON ABSENCES

(JUNE 1-AUGUST 14)

Athletes are allowed to miss a total of **4 PRACTICES** throughout the summer training months. Every absence that exceeds the 4 allotted will result in a **\$40.00 PER PRACTICE** fee.

FALL SEASON ABSENCES

(AUGUST 15 - OCTOBER 30)

Teams will be learning and repping their choreography during these months.

PRACTICES **2 WEEKS** PRIOR TO NCE SHOWCASE

(THIS INCLUDES ALL EXTENDED OR ADDED PRACTICES)

\$100
PER PRACTICE

ABSENCES **WITH** REQUEST NOTICE

(REQUIRED TO BE AT LEAST 14-DAYS PRIOR TO SCHEDULED ABSENCE)

\$30
PER PRACTICE

ABSENCES **WITHOUT** REQUEST NOTICE

(THIS INCLUDES REQUESTS SUBMITTED WITHIN THE 14-DAY WINDOW)

\$50
PER PRACTICE

COMPETITION SEASON ABSENCES

(NOVEMBER 1 - MAY 5)

Teams will be constantly detailing and upgrading their routines to best prepare for competitions.

ABSENCE FROM A COMPETITION

(FEE WILL BE DEPENDENT ON THE EVENT AND COST TO REPLACE ATHLETE)

\$200+
FEE

PRACTICES **THE WEEK OF** A COMPETITION

(INCLUDES ALL EXTENDED OR ADDED PRACTICES 7 DAYS PRIOR TO AN EVENT)

\$200
PER PRACTICE

PRACTICES WITHIN **2 WEEKS** OF A COMPETITION

(INCLUDES ALL EXTENDED OR ADDED PRACTICES 14 DAYS PRIOR TO AN EVENT)

\$150
PER PRACTICE

ALL OTHER ABSENCES

(REQUEST FORM REQUIRED AT LEAST 14-DAYS PRIOR TO SCHEDULED ABSENCE)

\$70
PER PRACTICE

SPECIAL CIRCUMSTANCES

Serious illness, mandatory school absences, and extenuating circumstances will be taken into consideration, but may still result in the posted fee.

EXCESSIVE ABSENCES

Excessive absences (especially in the summer months) may result in an athlete being removed from their team, moved to another team, or potentially made an alternate without a refund.

COMPETITION ABSENCES

Any athlete who misses an event is subject to replacement. A fee will be assessed for the replacements participation in the event. Any athlete who misses an event will be put back into the routine at the coaches discretion, meaning there is no guarantee if/when an absent athlete will be put back into the routine.

Strict adherence to the Policies on this page and Dates provided on the previous page are MANDATORY.



COST AND FEES

MINI ELITE

REGISTRATION / MEMBERSHIP

ITEM	COST	DUE DATE	INCLUDES
EVALUATION FEE	\$50	MAY '24	TRYOUT EVALUATION *WAIVED IF REGISTERED BY TRYOUTS*
REGISTRATION FEE	\$607	MAY '24	SUMMER CAMPS, CHOREOGRAPHY, MUSIC
USASF MEMBERSHIP	\$49	JULY '24	ALL STAR MEMBERSHIP *PAID DIRECTLY TO VENDOR*

APPAREL / UNIFORMS

ITEM	COST	DUE DATE	INCLUDES
PRACTICE SETS	\$175	JUNE '24	*OPTIONAL* *WAIVED IF REGISTERED BY TRYOUTS*
TEAM SHOES	\$100	JUNE '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*
TEAM BOW	\$30	AUGUST '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*
UNIFORMS	\$590	AUGUST '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*

MONTHLY INSTALLMENTS

MONTHS	MONTHLY COST	ANNUAL COST
MAY 2024 - APRIL 2025	\$267/MONTH	\$3,208/YEAR

MONTHLY INSTALLMENTS INCLUDE:

INSTRUCTION

- 1 WEEKLY TUMBLING SESSION
- 1 WEEKLY JUMP CLASS SESSION
- 2 WEEKLY TEAM PRACTICE SESSIONS

EVENTS

- 5 COMPETITION EVENTS
- ADDITIONAL PRACTICE TIME(S)
- ROUTINE UPGRADES
- COACHES TRAVEL FEES

TEAM APPAREL

- TEAM PRACTICE TOP(S)
- TEAM SPORTS BRA

PLEASE NOTE:

**Team warm ups, bags, shoelaces and competition makeup are not included*

**Travel expenses are family responsibility*



COST AND FEES

L1-L6 ELITE

REGISTRATION / MEMBERSHIP

ITEM	COST	DUE DATE	INCLUDES
EVALUATION FEE	\$50	MAY '24	TRYOUT EVALUATION *WAIVED IF REGISTERED BY TRYOUTS*
REGISTRATION FEE	\$607	MAY '24	SUMMER CAMPS, CHOREOGRAPHY, MUSIC
USASF MEMBERSHIP	\$49	JULY '24	ALL STAR MEMBERSHIP *PAID DIRECTLY TO VENDOR*

APPAREL / UNIFORMS

ITEM	COST	DUE DATE	INCLUDES
PRACTICE SETS	\$175	JUNE '24	*OPTIONAL* *WAIVED IF REGISTERED BY TRYOUTS*
TEAM SHOES	\$100	JUNE '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*
TEAM BOW	\$30	AUGUST '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*
UNIFORMS	\$590	AUGUST '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*

MONTHLY INSTALLMENTS

MONTHS	MONTHLY COST	ANNUAL COST
MAY 2024 - APRIL 2025	\$416/MONTH	\$4,995/YEAR

MONTHLY INSTALLMENTS INCLUDE:

INSTRUCTION

- 1 WEEKLY TUMBLING SESSION
- 1 WEEKLY JUMP CLASS SESSION
- 2 WEEKLY TEAM PRACTICE SESSIONS

EVENTS

- 6-8 COMPETITION EVENTS
- ADDITIONAL PRACTICE TIME(S)
- ROUTINE UPGRADES
- COACHES TRAVEL FEES

TEAM APPAREL

- TEAM PRACTICE TOP(S)
- TEAM SPORTS BRA

PLEASE NOTE:

**Team warm ups, bags, shoelaces and competition makeup are not included*

**Travel expenses are family responsibility*

ALL COSTS AND FEES ARE NON-REFUNDABLE



COST AND FEES

PREP TEAMS

REGISTRATION / MEMBERSHIP

ITEM	COST	DUE DATE	INCLUDES
EVALUATION FEE	\$50	MAY '24	TRYOUT EVALUATION *WAIVED IF REGISTERED BY TRYOUTS*
REGISTRATION FEE	\$607	MAY '24	SUMMER CAMPS, CHOREOGRAPHY, MUSIC
USASF MEMBERSHIP	\$49	JULY '24	ALL STAR MEMBERSHIP *PAID DIRECTLY TO VENDOR*

APPAREL / UNIFORMS

ITEM	COST	DUE DATE	INCLUDES
PRACTICE SETS	\$175	JUNE '24	*OPTIONAL* *WAIVED IF REGISTERED BY TRYOUTS*
TEAM SHOES	\$100	JUNE '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*
TEAM BOW	\$30	AUGUST '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*
UNIFORMS	\$590	AUGUST '24	ESTIMATED COST *PAID DIRECTLY TO VENDOR*

MONTHLY INSTALLMENTS

MONTHS	MONTHLY COST	ANNUAL COST
MAY 2024 - APRIL 2025	\$242/MONTH	\$2,908/YEAR

MONTHLY INSTALLMENTS INCLUDE:

INSTRUCTION

1 WEEKLY TUMBLING SESSION

1-2 WEEKLY TEAM PRACTICE SESSIONS

EVENTS

4 COMPETITION EVENTS

ADDITIONAL PRACTICE TIME(S)

ROUTINE UPGRADES

COACHES TRAVEL FEES

TEAM APPAREL

TEAM PRACTICE TOP(S)

TEAM SPORTS BRA

PLEASE NOTE:

**Team warm ups, bags, shoelaces and competition makeup are not included*

**Travel expenses are family responsibility*

ALL COSTS AND FEES ARE NON-REFUNDABLE



COMPETITION SCHEDULE

BELOW IS A LIST OF POSSIBLE EVENTS FOR THE 2024-2025 SEASON.

We will not be attending all of these events. We will select events from this list to include on our final event schedule. By sharing all the available events for the season with our families, we aim to eliminate any chances of scheduling conflicts. Please plan your trips around ALL of the dates below.

THE FINAL EVENT SCHEDULE WILL BE SET BY **JULY 2024**

ELITE TEAMS Attend **6-8 events total** with **4-6 events requiring travel**

PREP TEAMS Attend **4-5 events total** with **1 event requiring travel**

EVENT	DATE	LOCATION
NCE TSN SHOWCASE	11/9	SANTA CLARA, CA
AMERICAN CHEER POWER - SHOWDOWN	12/7-12/8	ROSEVILLE, CA
AMERICAN GRAND - GRAND NATIONALS	12/13-12/14	LAS VEGAS, NV
JAMFEST SUPER NATIONALS ★	1/18-1/19	INDIANAPOLIS, IN
GSSA - GRAND NATIONALS	1/18-1/19	BAKERSFIELD, CA
TSN SPIRIT ROYALE	1/18-1/19	SANTA CLARA, CA
AMERICAN MASTERPIECE - NATIONALS	1/25-1/26	SAN JOSE, CA
NCA NOR CAL - SHOWDOWN	2/8-2/9	ROSEVILLE, CA
CHEERSPORT ALL STAR NATIONALS ★	2/15-2/16	ATLANTA, GA
NCA ALL-STAR NATIONAL CHAMPIONSHIP ★	2/28-3/2	DALLAS, TX
ENCORE - SHOWDOWN	3/8-3/9	SAN JOSE, CA
ALOHA SPIRIT - GRAND NATIONALS ★	3/8-3/9	GLENDALE, AZ
USA ALL STAR SUPER NATIONALS ★	3/22-3/24	ANAHEIM, CA
ONE UP NATIONALS	3/29-3/30	BELLEVUE, WA
TSN SPIRIT ROYALE	4/5-4/6	SANTA CLARA, CA
CHAMPIONS LEAGUE ★	4/12-4/13	LAS VEGAS, NV
THE CHEERLEADING WORLDS (BID ONLY)	4/25-4/28	ORLANDO, FL
THE SUMMIT (BID ONLY)	5/1-5/4	ORLANDO, FL

THIS LIST IS TENTATIVE AND SUBJECT TO CHANGE

★ ***SELECT* EVENTS** - SPECIFIC TEAMS MAY BE CHOSEN TO ATTEND *SELECT EVENTS* THROUGHOUT THE SEASON. THESE EVENTS ARE SUBJECT TO ADDITIONAL COMPETITION AND COACHES' FEES IF THE TEAM IS CHOSEN TO ATTEND.



ADDITIONAL INFORMATION

COMPETITION INFO

Each team is assigned an arrival time to the venue and asked to check in with a designated NCE staff member at that time. Athletes and parents will receive an itinerary the week of competition describing exactly how and when to arrive to the venue; such as hair, make-up, apparel etc. When the athlete checks in, the “performance factors” (hair, make-up, uniform, etc.) are checked and approved by NCE staff.

COMPETITION DAYS

The final schedule for each competition is made available to us the week of competition. We will provide an itinerary as soon as we receive the final schedule from the Event Producer.

Athletes should expect an all-star competition to be an **all-day commitment**, which can sometimes last until late in the evening. We expect our athletes to support ALL assigned Nor*Cal teams at EVERY competition until dismissed. Any reason that an athlete needs to leave early requires approval prior to competition day.

TRAVEL COMPETITIONS

When our teams travel to competitions, they are typically two-day events, which take place on Saturday and Sunday. Prep competes 1 day.

Athletes may be required to arrive Friday evenings by 5:00 PM for practice at various events. Please be aware that award ceremonies can run quite late on Sunday evening.

COMMITMENT

Participating in All-Star cheerleading at NCE means making a dedicated commitment where your team becomes a top priority. In our pursuit of open communication and respect for our families, we make every effort to inform you well in advance about any additional practices. In return, we kindly request that you ensure your athlete can attend both their regular practices and any extra sessions, including unforeseen emergency practices.

It's important to note that our competition season often overlaps with holidays. We expect all athletes to maintain their commitment by attending every practice, even during these times. Your dedication plays a crucial role in our team's success, and we appreciate your understanding and cooperation in upholding these standards.

Participating in All Star Cheerleading requires a significant financial commitment. It is important to carefully consider the investment involved.

AGREEMENT

By completing your registration payment, you acknowledge and agree to adhere to the terms and fees specified in this handbook. It's important to understand that failure to comply with these guidelines may lead to consequences such as athlete removal or financial penalties. Your commitment to following these directives is crucial for maintaining a positive and successful experience for everyone involved.



EVALUATION INFO

HOW TO GET STARTED

STEP 1 >

FILL OUT THE 24-25 INTEREST FORM



STEP 2 >

RECEIVE AN EMAIL

You will receive an email outlining the next steps for your tryout.

STEP 3 >

RECEIVE YOUR TRYOUT APPT

You will receive an email with the date/time your tryout will be held. All tryout appointments will be scheduled May 13-19.

STEP 4 >

ATTEND TRYOUTS

Arrive on the specified date of your tryout appointment at the location you registered at.

STEP 5 >

RECEIVE YOUR PROVISIONAL PLACEMENT

Provisional team placements will be sent no later than May 20th.

IMPORTANT NOTE:

ALL ATHLETES MUST COMPLETE THE INTEREST FORM AND REGISTER FOR AN ACCOUNT IN ORDER TO RECEIVE A TRYOUT APPOINTMENT.

DON'T FORGET THE DISCOUNTS!

EARLY BIRD DISCOUNT

PAY THE REGISTRATION FEE BY

APRIL 30

YOUR TRYOUT FEE WILL BE WAIVED

TUITION DISCOUNT

PAY YOUR SEASON IN FULL BY

JUNE 30

RECEIVE 10% OFF YOUR 24-25 TUITION