



MIDSEASON

2022-2023 SEASON

PROGRAM INFORMATION



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Our mission is to create an environment where the youth and teens in our community can learn, train, and grow as cheer and tumbling athletes. We will strive to provide an environment that is filled with positive encouragement, safe instruction, and overall fun experiences for athletes and parents. At Nor*Cal Elite, we care about every individual that walks through our front door. We are eager to share our love of the sport with girls and boys of all ages. This is our "train for life" commitment to you!

WHAT IS MIDSEASON?

Midseason teams consist of boys and girls ranging in age from 5-14 years old. Teams are separated into age groups or divisions that allow the athletes to compete against other teams of similar age and skill set. Skill sets define the level in which a team competes, these range from Novice to Level 1. Beginner levels are intended to give participants a well-rounded, basic cheerleading foundation. It is our goal to give our athletes the safest cheerleading experience possible in an atmosphere that is optimal for their skills, goals, work ethic, and maturity.

LEVELS / DIVISIONS

All our teams at Nor*Cal Elite adhere to the divisions regulated by the USASF - the governing body of All Star Cheerleading. This season, we anticipate offering teams for the following age groups:

DIVISION

BIRTH YEAR

MINI NOVICE

2013 - 2016

JUNIOR TBD

2006 - 2015

NOVICE - This "level" is intended for entry level athletes and aims to focus on a fun and exciting introduction to All Star Cheer.

JUNIOR TBD - The exact level/division for this age group will be determined after the first few practices.



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PRACTICES

OCT - MARCH

SUNDAYS

TIME

MINI NOVICE

3:30 PM - 5:30 PM

JUNIOR TBD

2:30 PM - 4:30 PM

Our Midseason Teams will practice in 2-hour blocks on **Sundays (1x/week)** for the season. Practices will begin on **October 2nd** and run through **March 2023**.

As we get closer to competitions, **PRACTICE TIMES MAY BE ADDED OR ADJUSTED** and will be announced prior to allow ample time for families to plan.

PLEASE NOTE: Practices will be scheduled **November 13th** and **January 15th**

ABSENCES

As in any team sport, attendance is critical for the success of the athlete and the team as a whole. In an effort to be fair and consistent, Nor*Cal Elite has implemented an absence policy for all teams. Athletes are allowed to miss up to 2 practices throughout the season.

Absences after the 2-practice grace period will incur a \$35/absence fee for each practice an athlete misses.

ALREADY KNOW YOU ARE GOING TO BE ABSENT?

All absences should be submitted via our **Absence Request form** on our website at nceallstars.com/sanramon. For urgent day of practice absences, please email us at sanramon@nceallstars.com



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COST / FEES

REGISTRATION	\$175	DUE AT REGISTRATION
PRACTICE GEAR	\$25 - \$35	DUE AT REGISTRATION
USASF FEE	\$49	OCT/NOV PAID DIRECTLY TO USASF
TUITION	\$100/MONTH	OCTOBER - MARCH PAID THE 1ST OF THE MONTH
ROUTINE/MUSIC FEE	\$300-\$350	OCTOBER
UNIFORM FEES	\$350 APPROX	NOVEMBER
COMPETITION FEES	\$400	DECEMBER 1ST

ALL COSTS / FEES ARE NON-REFUNDABLE.

IMPORTANT DATES

Please make note of these important dates coming up in the next few months:

REGISTRATION OPENS

SEPTEMBER 1ST

PRACTICES BEGIN

OCTOBER 2ND

SAVE THE DATES:
MANDATORY CHOREOGRAPHY OCTOBER 28TH-31ST
(WILL BE A 2-DAY BLOCK)



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COMPETITIONS

Competitions last approximately 4-6 HOURS and typically held on either a Saturday **or** Sunday (single day only), depending on the event.

ALL COMPETITIONS ARE MANDATORY. ATHLETES WHO MAY MISS A COMPETITION WILL BE INELIGIBLE TO PARTICIPATE IN THE MIDSEASON PROGRAM. IF AN ATHLETE IS PLACED ON A TEAM & NOTICE OF INABILITY TO ATTEND A COMPETITION DURING THE SEASON IS GIVEN, A \$200 FEE MAY BE ASSESSED.

NCA SHOWDOWN

FEBRUARY 11 OR 12, 2023

ROSEVILLE, CA

CHEERSPORT CLASSIC

MARCH 18, 2023

TBD, NORTHERN CA

SPIRIT ROYALE

MARCH 4 OR 5, 2023

SACRAMENTO, CA

**DATES ARE TENTATIVE
AND SUBJECT TO
CHANGE.**

GYM CLOSURE

Please make note of these important gym closure dates for the 22-23 season:

THANKSGIVING BREAK

NOVEMBER 20TH - 26TH

PRACTICE RESUMES

NOVEMBER 27TH

WINTER BREAK

DEC 23RD - JAN 6TH

PRACTICE RESUMES

JANUARY 8TH

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