



2022-2023 HANDBOOK
INFORMATION PACKET

FULL SEASON ELITE | PREP | NOVICE

SAN JOSE - SAN RAMON - SACRAMENTO

WHO ARE WE?

Nor*Cal Elite is widely regarded as the premier All Star Cheerleading program in Northern California. For 17 years, NCE has been cultivating the youth and teens of our area into strong and confident athletes and people. We pride ourselves in offering an environment where all athletes alike learn lessons of sportsmanship, teamwork, and achievement.

Our coaches are not only knowledgeable, but wise in all things competitive cheer and that level of experience has earned our program countless titles over our 17 year history. They undergo periodic background checks and yearly SafeSport certification training allowing you to rest assured that your athlete is in great hands!

Offering three locations to call home in San Jose, San Ramon and Sacramento, we can confidently guarantee an optimal and highly competitive season that your athlete will be proud to be a part of!

EVALUATIONS

NCE's evaluation process is not stressful or complicated. Tryouts are open to anyone interested in joining the NCE family. We welcome athletes of all skill levels, from those with no experience to very high-level cheerleaders. You will have an opportunity to demonstrate your proficient skills to the NCE staff and then be placed accordingly on the team that best suits your proficient skill level and ability.

Teams are selected so that each have the best possible chance of a highly successful competitive season. After placements are complete, parents (or athletes) are contacted via email to let them know the team(s) they will call family for the season ahead.





PRACTICE ATTENDANCE

MANDATORY EVENTS

ATHLETE ASSESSMENT TARGET DATES

June 20, 2022

July 15, 2022

CHOREOGRAPHY BLOCKS

All Locations

3 day period between July 18-August 7th

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

CHAMP CAMP (TBD)

Summer 2022

COMPETITIONS (See page 4)

VACATION DAYS

During the following dates NCE will be closed for all Practices and Classes:

MEMORIAL DAY

May 27 - May 31, 2022

INDEPENDENCE DAY

July 1 - July 5, 2022

LABOR DAY

September 3 - September 5, 2022

HALLOWEEN

October 31, 2022

THANKSGIVING BREAK

November 23 - November 27, 2022

WINTER BREAK

Each location will set breaks in September

Please plan all vacations and family activities to coincide with the above dates to eliminate the potential risk of consequences.

PRACTICES / ATTENDANCE

ELITE	2 DAYS	- 2 HOURS/DAY
PREP	1-2 DAYS	- 2 HOURS/DAY
NOVICE	1-DAY	- 2 HOURS/DAY

During important times of the season, practices may be added on weekdays or weekends to ensure a safe and competitive advantage for all our teams.

PRACTICE ATTENDANCE POLICY

Nor*Cal Elite does not excuse absences from practices for any reason. All absences affect the team in the same way, regardless of the reason. To accommodate every family equally, Nor*Cal has created an attendance deduction system to be adhered to by all NCE athletes.

Absence Deductions 8/15-12/20	Fee
- Practices 2 Weeks Prior to Comp	\$100
- ALL Absences with Request Form	\$20
- Absences without Request Form	\$40

Absence Deductions 1/3-5/6	Fee
- Practices 2 Weeks Prior to Comp	\$100
- ALL Absences with Request Form	\$35
- Absences without Request Form	\$60
- NCA/Summit/Worlds Practices	\$75

Please note: Serious illness, mandatory school absences, and extenuating circumstances will be taken in to consideration, but still may incur absence fees. Excessive absences may result in an athlete being moved to another team or potentially made an alternate without a refund.

All fees equally apply to ALL added practices.

COMPLIANCE

Strict adherence to the Policies and Dates provided on this page is **MANDATORY**. Any discretions may result in athletes being removed from the team and/or program without a refund of fees incurred beginning **AUGUST 15th, 2022**.



PROGRAM COSTS + FEES

REGISTRATION / MEMBERSHIP

ITEM	COST	DUE DATE
EVALUATION FEE	\$50	DUE BEFORE TRYOUTS
REGISTRATION FEE	\$300	DUE BEFORE TRYOUTS OR MAY 22ND-24TH
USASF MEMBERSHIP FEE	\$49	PAID TO USASF BY JULY 31ST

MONTHLY TUITION (MAY 2021 - APRIL 2022)

TEAM TYPE	COST	DUE DATE
NOVICE (TINY/MINI/JUNIOR/SENIOR)	\$100/MONTH	DUE THE FIRST OF EACH MONTH
PREP (MINI/YOUTH/JUNIOR/SENIOR)	\$100/MONTH	DUE THE FIRST OF EACH MONTH
ELITE (YOUTH/JUNIOR/SENIOR)	\$195/MONTH	DUE THE FIRST OF EACH MONTH
CROSSTOVERS (FOR ATHLETES ON MULTIPLE TEAMS)	\$30/MONTH	DUE THE FIRST OF EACH MONTH

TEAM FEES

ITEM	COST	DUE DATE
COMPETITION FEE - PAYMENT 1	\$425	JUNE 1ST, 2022
CHOREOGRAPHY	\$300-\$450	JULY 1ST, 2022
TEAM GIFTS AND GOODIES <small>TEAM PARENTS MAY REQUEST ADDITIONAL FOR EOS EVENTS</small>	\$75	AUGUST 1ST, 2022
ROUTINE MUSIC	\$150-\$300	SEPTEMBER 1ST, 2022
COMPETITION FEE - PAYMENT 2	\$425	OCTOBER 1ST, 2022
SELECT / YEAR-END EVENT FEES <small>TEAM ATTENDANCE TBD</small>	\$150-\$300 <small>PER EVENT</small>	DUE 1 MONTH PRIOR TO *SELECT* EVENT
CHAMP CAMP (CAMP TBD)	\$200-\$400	TBD
COMPETITION FEE - PAYMENT 3	\$425	DECEMBER 1ST, 2022

APPAREL / UNIFORM FEES

TEAM TYPE	COST	DUE DATE
PRACTICE WEAR (PRICE TBD)	\$75-\$100	JUNE 1ST, 2022
ELITE UNIFORM <small>(NEW MEMBERS)</small>	\$500	JULY 15TH, 2022
PREP UNIFORM <small>(NEW MEMBERS)</small>	\$275	JULY 15TH, 2022
TEAM BOW / TEAM SHOES	TBA	TBA



COMPETITION SCHEDULE

ELITE TEAMS / LEVEL 10

EVENT	DATE(S)	LOCATION
STAR CHALLENGE	NOVEMBER 26, 2021	SAN MARCO, CA
AMERICAN CHEER POWER	DECEMBER 4 & 5, 2021	ROSELAND, CA
STAR CHAMPIONSHIP	JANUARY 15-16, 2022	WINDYBROOK, CA
AMERICAN WHISTLEPIECE	JANUARY 22-23, 2022	SAN JOSE, CA
SPORT SPORTS - GEAR IN THE GEAR	FEBRUARY 5 & 6, 2022	TRACY, SPRINGFIELD, CA
NCA NATIONAL OPEN		ROSELAND, CA
AMERICAN CHEER POWER		ROSELAND, CA

SCHEDULE TBD

NOVEMBER 2022 - APRIL 2023

All Star cheer is a highly competitive sport. Making the commitment to join means that your NCE team is a priority. Out of respect for our families, we strive to communicate any additional practices well in advance. In return, we ask that you ensure your athlete is available for both their regular practices and any additional practices, including any unforeseen emergency practices. Please note: our competition season falls during many holidays and it is expected that all athletes remain committed to attending every practice.

FRHS TEAMS / FULL SEASON

EVENT	DATE(S)	LOCATION
STAR CHALLENGE	NOVEMBER 26, 2021	SAN MARCO, CA
AMERICAN CHEER POWER	DECEMBER 4 & 5, 2021	ROSELAND, CA
AMERICAN WHISTLEPIECE	JANUARY 22-23, 2022	SAN JOSE, CA
NCA NATIONAL OPEN	FEBRUARY 12-13, 2022	ROSELAND, CA
AMERICAN CHEER POWER	MARCH 5 & 6, 2022	ROSELAND, CA



COMPETITION ETIQUETTE

WHAT TO EXPECT

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.

EVENT SCHEDULE

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 Nor*Cal teams at EVERY competition until dismissed. Any reason that an athlete needs to leave early requires approval prior to competition day.

TRAVEL EVENTS

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

Athletes may be required to arrive Friday evenings by 5:00 PM at various events. When and if needed, teams practice on Friday evening and sometimes, time permitting, have team bonding activities following practice. Please be aware that award ceremonies can run quite late on Sunday evening.

Failure to follow directives for competition days may result in financial consequences for parents.

PARENTS/SPECTATORS

Crowd participation is a **HUGE** factor in the teams performance and overall placement. Parents/Spectators are expected to cheer and chant to the best of their ability throughout the entirety of **ALL** NCE routines (not just your athlete's team).

It is expected that superior sportsmanship is exhibited towards all programs, teams, and staff members at every event.

COMMITMENT

All Star cheer is a highly competitive sport. Making the commitment to join means that your NCE team is a priority. Out of respect for our families, we strive to communicate any additional practices well in advance. In return, we ask that you ensure your athlete is available for both their regular practices and any additional practices, including any unforeseen emergency practices. Please note: our competition season falls during many holidays and it is expected that all athletes remain committed to attending every practice.

QUESTIONS?

If you have any questions regarding competition event weekends and what is involved, please contact the NCE staff at the email addresses below:

San Jose sanjose@nceallstars.com

San Ramon sanramon@nceallstars.com

Sacramento sacramento@nceallstars.com

Failure to follow directives for competition days may result in financial consequences for parents.



STEP 1 | GO TO NCEALLSTARS.COM

Complete the interest form and register for a tryout appointment or the season (two different links will be available).

STEP 2 | RECEIVE YOUR TRYOUT APPOINTMENT

An email will be sent with the day/time of your evaluation during our tryout week May 11-15th.

STEP 3 | ATTEND YOUR TRYOUT APPOINTMENT

This will be your tryout time at the location of your choice to be placed on a provisional team.

STEP 4 | RECEIVE YOUR PROVISIONAL PLACEMENT MAY 17TH

Your provisional team will be based off of your evaluation and can be adjusted prior to final rosters being set.

STEP 5 | REGISTRATION FEE DUE

If not already signed up, the Registration Fee will be due prior to your first practice.

ASK US ABOUT OUR SPECIAL DISCOUNTS

STEP 6 | FIRST PRACTICES BEGIN

Practices begin May 22-24th!

STEP 7 | WELCOME TO NOR*CAL ELITE!

