



# 2024-2025 SEASON HANDBOOK



3870 34TH AVE S  
FARGO, ND 58104  
NDELITE.COM  
OFFICE@NDELITE.COM

## WELCOME TO NORTH DAKOTA ELITE

Here at North Dakota Elite, we're not just passionate about building athletic stars, but also crafting individuals who shine bright in all aspects of life! Through our diligent efforts, we teach the value of hard work, mental resilience, teamwork, accountability and community. We are dedicated to cultivating an environment that celebrates collaboration and selflessness, fostering a collective mindset that values unity over individual triumphs. Our goal is not just to excel in sports performance but also to nurture personal growth, build character, and foster a tight-knit community within our athletes, staff, and families. Together, we aim to inspire and uplift each other to reach new heights, embodying our Elite values of Empowerment, Leadership, Integrity, Teamwork, and Excellence.



**Chelsea Hermanson**  
**Gym Owner & Coach**

## ELITE VALUES

- **Empowerment** - Empowering young athletes to reach their full potential
- **Leadership** - Instilling leadership skills on and off the mat
- **Integrity** - Promoting honesty, fairness, and good sportsmanship
- **Teamwork** - Emphasizing the value of collaboration and working together
- **Excellence** - Striving for excellence in skill development and personal growth

**Our Elite Values will be followed and represented by myself, the coaches, the athletes, and the parents**

*Thank you, Chelsea Hermanson*

# MEET THE COACHES!



**Emily Smedhammer**  
All-Star Director  
Team & Class Coach



**Acacia Wetszein**  
Merchandise Director  
Team & Class Coach



**Brenna Lachowitzer**  
Events & Camps Director  
Team & Class Coach



**Savanna Dufault**  
Dynasty Director  
Team & Class Coach



**Mason Celum**  
Tumbling & Class Director



**Cheyenne Kyner**  
Social Media Director



**Annie Mattern**  
Team & Class Coach



**Danielle Rueckert**  
Team & Class Coach



**David Farrenkopf**  
Team & Class Coach

# MEET THE COACHES!



**Allison Nicholson**  
Team & Class Coach



**Stausley Erovick**  
Class Coach



**Bailey Fletcher**  
Team & Class Coach



**Lexi Fuher**  
Team & Class Coach



**Avery Nelson**  
Team & Class Coach

# PROGRAM COMPARISON

Program	Duration	Practice Hours	Competition Schedule	Ages
<b>FUNDamentals</b>	Feb-Apr	1 hour per week	Performance Only	6-11
<b>Tiny Novice</b>	Oct-Apr	45 min per week	Performance Only	3-5
<b>Mini/Youth Novice</b>	Oct-Apr	2 hours per week	Up to 3 competitions with only 1 being out of town & multiple performances	Mini : 6-8 Youth : 7-12
<b>Open</b>	Oct-May	4 hours per week	Up to 3 competitions travel varies	18+
<b>Half-season Prep</b>	Oct-Apr	3 hours per week	Up to 3 competitions no further than 4 hours travel	7-18
<b>Tiny Prep</b>	Jun-Apr	2 hours per week	Up to 3 competitions no further than 4 hours travel	5-8
<b>Full-season Prep</b>	Jun-Apr	3 hours per week	Up to 5 competitions no further than 5 hours travel	6-18
<b>Elite</b>	Jun-May	6 hours per week	6-8 competitions traveling as far as Dallas, TX and Orlando, FL	6-18

# TUITION & FEES

**Monthly Tuition :** Automatically charged to the card on your iClass portal on the first of each month.

**Additional Fees :** Fees will be split into multiple payments and will be charged to the card on file on the 15th of each month. \*Additional fees for End of Season events are not included\*

Program	Monthly Tuition	Additional Fees	Fee Payments
<b>FUNdamentals</b>	\$55	\$45 (uniform rental)	Summer Session Due July 15th Winter Session Due March 15th
<b>Tiny Novice</b>	\$55	\$75 \$100 (Uniform)	\$75 Due October 15th \$100 Due November 15th
<b>Mini/Youth Novice</b>	\$75	\$150 \$100 (Uniform)	\$150 Due October 15th \$100 Due November 15th
<b>Open Team</b>	\$30	\$175	Fees Divided into payments November - April
<b>Half-season Prep</b>	\$100	\$500 \$250 (Uniform) Fee to USASF: \$49	Uniform Payment Due October 15th Fees divided into 6 payments November - April
<b>Tiny Prep</b>	\$75	\$500 \$250 (Uniform)	Uniform Payment Due October 15th Fees divided into 6 payments November - April
<b>Full-Season Prep</b>	\$100	\$1000 \$250 (Uniform) Fee to USASF: \$49	Uniform Payment Due July 15th Fees divided into 4 payments September, October, January, February
<b>Elite</b>	\$150	\$1600 JR & SR \$1400 Mini & Youth \$475 (Uniform) Fee to USASF: \$49	Uniform Payment Due July 15th Fees divided into 4 payments September, October, January, & February

**Booster Club Requirement:** Membership in our booster club will be mandatory for all team athletes entering the 2024-2025 Season, as it benefits all athletes in the program.

**Quitting/Athlete Dismissal :** Any athletes who quit or are dismissed from a competitive team during the season, will not be refunded for any items already charged and/or ordered. There will also be a \$250 re-choreography fee charged immediately.

# IMPORTANT DATES

Date	Details
Apr 26, 27, or May 3	Placement Evaluations
May 16	Training Teams Released
May 24-27	Close for Memorial Day Weekend
May 28	Summer Practices Begin for Full Season Teams
June 7-9	Technique Camp For Elite Teams
June 30-July 6	Gym Fully closed for Summer Break
July 14th - 16th	Full Year Prep Choreography
July 16-23	Elite Routine Choreography
Aug 30-Sept 2	Closed for Labor Day Weekend
October 1	Novice & Half Season Prep Starts
Oct 5&6	Full Season Teams Full Out Camp
Oct 18 - 20th	1/2 Year Prep and Novice Choreography
Nov 2 OR 3	Opening Season Showcase
Nov 27-Dec 1	Closed for Thanksgiving
Dec 22-Jan 1	Gym Fully closed for Holiday Break
January 19th - 24th	Choreography Upgrades for Elite Teams
April 20, 2025	Closed for Easter

## CODE OF CONDUCT

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

Team Parents are not gym employees. Any issues with billing, staff, etc. should be directed to the gym directly.

NDE is not responsible for any lost or stolen items. Our staff is also not responsible for tracking down lost items.

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

Only cheerleaders and coaches are allowed on the mats and equipment. Athletes, siblings, friends, etc. are to stay off of the equipment unless they are in class or at team practice.

Families are not allowed to yell onto the floor or try to make contact with an athlete during practices or classes.

The coaches reserve the right to close practice 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 Facebook groups regularly.

The NDE logo, name, and team names/logos may not be used without explicit written permission from Chelsea Hermanson. All Merchandise and team apparel orders will go through the Merchandise Director.

Food and drinks (other than water) are NOT allowed on the mats or on the equipment. Athletes or coaches found violating this rule will be required to volunteer 1 hour of time to gym cleaning or miscellaneous tasks.

In the event of tensions arising between parents of athletes or between athletes outside of the program, it is expected that such issues be handled appropriately. However, should these issues persist and begin to impact the team's morale, the program reserves the right to intervene and address the situation as deemed necessary.

Social media posts that are in reference to our program must be professional. Our athletes and families are representatives of our program and we expect it to be in a positive manner.

**24 hour rule :** In the event you are unhappy with a decision that has been made and/or an event that has occurred, please take 24 hours to decompress and think over the situation. If after the 24 hours you feel that there still needs to be a conversation reach out to both your team coaches and the NDE office **via email**. Once you reach out we will set up the meeting to discuss and come to a solution. Regardless of situations name calling, rude texts, and inappropriate social media posts will not be tolerated and may be grounds for dismissal from the program.



## 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, stretching, jumping, conditioning, etc.

Personal items such as cell phones, school bags, or gym bags must be kept in the designated athlete storage area.

Athletes are expected to clean up after themselves at the gym. We want to be proud of our space, and we want our athletes to take pride in it as well.

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, stretching, jumping, conditioning, etc.

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 NDE will result in 1 verbal and 1 written warning before being dismissed from the program.

### **Injuries**

Athletes need to be able to physically and mentally perform all aspects of competitive cheerleading. 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.

## COMPETITION POLICIES

**Travel:** Parents/Guardians are responsible for getting their athletes to and from all competitions. The majority of our competition season is in the middle of winter so you will need to plan your travel accordingly, as the events we attend do not cancel.

**Competition/Performance Schedule:** Our 2024-25 competition schedule will be finalized and released by August 1st. Dates are subject to change and in town performances may be added throughout the season. All competitions and performances are 100% mandatory unless excused by a coach with proper notice. Athletes with any pre-scheduled vacations are responsible for alerting NDE at placements. We suggest waiting to book any travel during competition season until our competition schedule has been released.

**Practices the Week of Competition:** Athletes are required to be at all practices the week of a competition. Failure to attend the practices prior to a competition without prior approval, may result in the athlete being pulled from the routine. Any awards/bids received during this time may be forfeited by the athlete as well.

### Other Competition Policies/Information:

- No swimming the evening before competitions
- You are encouraged to stay and support other NDE teams
- All athletes are required to stay in full uniform for awards
- Parents, relatives, friends, and cheerleaders are never allowed to speak with competition officials for any reason
- All jewelry and piercings must be removed for competitions.

**We do not receive performance times/schedules for competitions until the week of the event. We provide these to you as soon as we have them, but please keep in mind these schedules are subject to change and you are responsible for having the most up to date schedule/times. Due to this you will need to block off all day for all competitions.**



## ATTENDANCE POLICY

**Practice Absence Policy :** We understand that many of our athletes and families enjoy traveling and spending time together and we want to ensure that you can do that while also ensuring we give our teams the best opportunity to have a successful season. Due to this, attendance at all practices are required, and all practices the week of a competition are mandatory.

**Every Elite and Prep athlete will start with 16 points. Teams that are in the gym 1 day per week will start with 8 points. Any athletes joining late in the season will be given 1 less point for every month missed.**

**Absences prior to Labor Day: 1 Point**

**Absences after Labor Day: 2 Points**

**Tardy (15+ minutes): .5 Point**

There are NO EXCUSED absences or tardies. All absences will result in the reduction of points.

NDE has taken into account school functions, illness, and family emergencies. We feel that this policy is fair and offers flexibility to our families while still preserving each family's investment. It will be at the discretion of the Program Director/Owner to grant more points for extenuating circumstances.

In the event that an athlete goes over the allotted points, athletes may be removed from spots, stunts, etc. Practice is essential and if athletes are not able to practice because of one individual's excessive absences, then it is best for the team to find someone that can be more committed.

Keep in mind, all practices are considered mandatory. An Athlete's absence may result in someone filing in for their current spots. Should the fill in be found more competent in that position for any reason, they may be permanently placed in that spot. Decisions are always made with the teams' best interest in mind.

**Inclement Weather :** In the event of inclement weather we will communicate any closures to you as soon as we can via email and Social Media.

**In the event your athlete is late to and/or misses practice the week of a competition your athlete may be removed from the routine at the discretion of the coaches. Any conflicts the week of a competition need to be given to the team coach when the competition schedule is released.**



# COMMUNICATION

**Communication from NDE :** The majority of communication you receive from the gym and your coaches will be via email and our weekly newsletter.

Our other primary form of communication is Facebook groups. You are responsible for reading all emails from NDE and your team coaches so you do not miss any important information. If you are experiencing issues receiving emails please reach out to your team coaches and they will help resolve this.

**Communication to Coaches :** The best way to get in touch with your team coaches is via their coaches email, all of which are listed below. Please refrain from reaching out via facebook messenger or text message as these can get easily lost or forgotten about and we want to be able to get back to you in a timely manner.

## Coaches Emails

**Gym Owner** - Coach Chelsea (coachchelsea@ndelite.com)

**All Star Director** - Coach Emily (coachemily@ndelite.com)

**Dynasty Director** - Coach Savanna (coachsavanna@ndelite.com)

**Camps & Events Director** - Coach Brenna (coachbrenna@ndelite.com)

**Merchandise Director** - Coach Acacia (coachacacia@ndelite.com)

**Tumbling Director** - Coach Mason (coachmason@ndelite.com)

## **Other Team Coaches**

- Coach Allison (coachallison@ndelite.com)
- Coach Annie (coachannie@ndelite.com)
- Coach Danielle (coachdanielle@ndelite.com)
- Coach David (coachdavid@ndelite.com)



## FREQUENTLY ASKED QUESTIONS

### **When will my team(s) practice?**

Practice schedules are released with training teams in May. In the summer our teams typically practice Tuesday & Thursday. In the fall our teams practice Sunday-Thursday.

### **When will we know what time we compete?**

Competition schedules generally come out on Monday the week of a competition, we share these with you as soon as we receive them. These schedules are subject to change so be sure to watch your emails for the most recent schedule.

### **My athlete has \_\_\_\_ skill, what team will they make?**

We build our teams based on a multitude of criteria including, but not limited to, tumbling, stunting, attitude, and age. Our athletes on our level 1 team(s) are working level 2 skills. Athletes on our level 2 team(s) are perfecting their level 2 skills and working on level 3 skills, and so on and so forth. We build our teams to ensure they are the most competitive in their respective divisions.

### **Will we have opportunities to fundraise throughout the season?**

Yes! Fundraising is offered in various forms for all of our programs throughout the season through our Booster Club, NDECP. Some examples of fundraisers we have done in the past are, DoubleGood Popcorn, Butter-braids, concessions, Heggie's Pizza, the Fargo Air Show and so much more!

### **Should my athlete be on an elite team or a prep team?**

Great question! Refer to page 4 to see which program is the best fit for you!