



HANDBOOK

2019-20 MIDSEASON

OUR MISSION:

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!

OUR COACHES:

OUR PROGRAM WOULD NOT BE WHAT IT IS WITHOUT OUR AMAZING COACHES AND STAFF. WE PRIDE OURSELVES IN CHOOSING ONLY THE MOST UNIQUE, PASSIONATE, AND RESPECTABLE PEOPLE TO ENSURE YOUR CHILDREN ARE COACHED TO BE NOT ONLY GREAT CHEERLEADERS, BUT GREAT PEOPLE AS WELL! ALL OF OUR COACHES ARE USASF CERTIFIED, BACKGROUND CHECKED, AND ARE CONTINUALLY EDUCATED THROUGHOUT THE SEASON TO ENSURE OUR ATHLETES AND TEAMS ARE RECEIVING THE BEST POSSIBLE COACHING EXPERIENCE POSSIBLE.

OUR TEAMS:

WE WORK HARD TO GIVE ALL THE TEAMS IN OUR PROGRAM A CHANCE TO BE A TOP CONTENDER AT EVERY EVENT THEY ATTEND. FROM PRACTICE TO PERFORMAMNCE, OUR TEAMS ARE BUILT TO SUCCEED. THE PASSION OF BOTH OUR ATHLETES AND COACHES ALIKE IS UNMATCHED IN OUR REGION. CHOOSING TO COMPETE AT NOR★CAL ELITE – SAN RAMON IS A DECISION TO BE THE BEST ATHLETE AND PERSON YOU CAN POSSIBLY BE. TEAMWORK TRULY MAKES THE DREAM WORK AND OUR TEAMS PROVE THIS DAILY.

WHAT IS A MIDSEASON TEAM?

MIDSEASON TEAMS CONSIST OF BOYS AND GIRLS RANGING IN AGE FROM 5-18 YEARS OLD . MIDSEASON LEVEL 1 IS A BEGINNER LEVEL INTENDED TO GIVE PARTICIPANTS A WELL-ROUNDED, BASIC CHEERLEADING FOUNDATION. MIDSEASON LEVEL 2 IS AN INTERMEDIATE LEVEL FOR ATHLETES WHO HAVE SKILLS SUCH AS BACK HANDSPRINGS. 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.

POTENTIAL AGES AND DIVISIONS FOR THE 2019-20 SEASON:

MINI 1.1 AGES 5-8 NOVICE/PREP (TBD)	JUNIOR 1.1 AGES 9-14 PREP	JUNIOR/SENIOR 2.1(TBD) AGES 9-18 PREP	**JUNIOR/SENIOR 2.2 (TBD) AGES 9-18 PREP **
NO EXPERIENCE NECESSARY	NO EXPERIENCE NECESSARY	PREVIOUS EXPERIENCE NEEDED	PREVIOUS EXPERIENCE NEEDED
BEGINNER STUNTS (PREPS, THIGH STANDS)	BEGINNER STUNTS (PREPS, THIGH STANDS)	INTERMEDIATE STUNTS (EXTENSIONS)	INTERMEDIATE STUNTS (EXTENSIONS)
BEGINNER LEVEL 1 TUMBLING (FORWARD & BACKWARD ROLLS, CARTWHEELS, FRONT AND BACK WALKOVERS)	BEGINNER LEVEL 1 TUMBLING (FORWARD & BACKWARD ROLLS, CARTWHEELS, FRONT AND BACK WALKOVERS)	BEGINNER LEVEL 1 TUMBLING (FORWARD & BACKWARD ROLLS, CARTWHEELS, FRONT AND BACK WALKOVERS)	INTERMEDIATE LEVEL 2 TUMBLING (FRONT AND BACK HANDSPRINGS, ROUND OFF BACK HANDSPRING)

**** EVALUATION ON SEPTEMBER 22ND TO DETERMINE VIABILITY OF TEAM ****

HOW TO REGISTER:

SPACE IS LIMITED AND TEAMS DO FILL UP!

ALL ATHLETES MUST TURN IN THE FOLLOWING ITEMS TO BE ELIGIBLE FOR THE 2019-20 SEASON:

- ALL SIGNATURE PAGES OF THIS HANDBOOK INCLUDING PERSONAL INFORMATION, EMERGENCY CONTACT, AND MEDICAL HISTORY PAGE (PAGES 5 - 10)
- SIGNED RELEASE OF LIABILITY
- COPY OF BIRTH CERTIFICATE/PASSPORT (NEW ATHLETES ONLY)
- PAYMENT OF \$255.00 (REGISTRATION FEE, PRACTICE TANK, & USASF FEE)

DON'T MISS THE SAVINGS:

- REFER A FRIEND AND GET \$50.00 BACK
- 5% OFF TUITION IF ENTIRE SEASON IS PAID IN FULL BY OCTOBER 6TH
- 10% SIBLING DISCOUNT ON TUITION (ALL SIBLINGS)
- TEAM MEMBERS RECEIVE 30% OFF RECREATIONAL CLASSES DURING THE SEASON
- \$5 OPEN GYM FOR TEAM MEMBERS DURING THE SEASON (OCT '19 – MAR '20)

PROGRAM / COST & FEES:

FEES	DUE DATE	AMOUNT	REFUNDABLE
REGISTRATION FEE	AT REGISTRATION	\$200	WITHIN 1 WEEK OF REGISTRATION
USASF FEE	AT REGISTRATION	\$30	WITHIN 1 WEEK OF REGISTRATION
PRACTICE TANK	AT REGISTRATION	\$25	WITHIN 1 WEEK OF REGISTRATION
TUITION	1 ST OF THE MONTH OCT 2019 – MAR 2020	\$100 PER MONTH (\$50 MARCH ONLY)	NO
UNIFORM FEE	OCTOBER 21 ST	\$275 APPROXIMATE	NO
CHOREOGRAPHY / MUSIC	NOVEMBER 1 ST	\$275 APPROXIMATE	NO
COMPETITION FEE	DECEMBER 1 ST	\$300	NO

PRACTICES:

- PRACTICES BEGIN OCTOBER 6TH, 2019 AND RUN THROUGH MARCH 8TH, 2020
- TEAMS PRACTICE FOR A 2 HOUR BLOCK ON SUNDAYS SOME TIME BETWEEN 3:00 – 8:00 P.M.
- TUMBLING CLASSES ARE NOT REQUIRED, BUT STRONGLY ENCOURAGED
- TEAMS ARE SUBJECT TO ADDITIONAL PRACTICES AT THE COACHES DISCRETION
- ALL PRACTICES ARE MANDATORY

COMPETITIONS:

TEAMS WILL ATTEND 3 REGIONAL COMPETITIONS THROUGHOUT THE COMPETITION SEASON (JANUARY 2020 – MARCH 2020):

**USA CALIFORNIA OPEN – DAVIS, CA.
JANUARY 26TH, 2020**

**NCA NOR CAL OPEN CHAMPIONSHIPS – DALY CITY, CA.
FEBRUARY 15TH OR 16TH (TBD), 2020**

**CHEERSPORT GRAND CHAMPIONSHIP – STOCKTON, CA.
MARCH 14TH OR 15TH (TBD), 2020**

ALL COMPETITIONS ARE MANDATORY, MISSING A COMPETITION FOR ANY REASON WILL RESULT IN A \$100 PENALTY FEE. WE WILL LET YOU KNOW WHICH DAY THE COMPETITION IS AS SOON AS IT IS ANNOUNCED.

PRACTICE ATTIRE:

- ATHLETES ARE TO WEAR GYM-ASSIGNED PRACTICE TANK AND BLACK SHORTS
- HAIR MUST BE KEPT IN A PONY TAIL AND BOW FOR ALL PRACTICES
- UNDERGARMENTS SHOULD NOT BE VISIBLE
- ANY BRAND WHITE CHEERLEADING SHOE MUST BE WORN TO ALL PRACTICES AND COMPETITIONS. PARENTS ARE RESPONSIBLE FOR THEIR OWN PURCHASE. INTERNET SEARCH “CHEER SHOE” WILL YIELD A VARIETY OF WEBSITES.
- JEWELRY AND PIERCINGS MUST BE REMOVED BEFORE ALL PRACTICES AND COMPETITIONS

COMPETITION UNIFORM (\$275 APPROXIMATE):

- BODY LINER, SKIRT, AND A BOW

CONTRACT AND RESPONSIBILITIES:

ABSENCES

Attendance is crucial to team success. Please remember, this is a team sport (not a recreational class). **A \$25.00 fee per practice will be charged for excessive absences** (more than 2 throughout the season) – regardless of excuse.

Excessive vacations and/or absences may result in an athlete being replaced in the routine.

No practice can be missed TWO weeks prior to competition. This may result in athlete being removed from the routine and not competing. **Missing any competitions will result in a \$100 fee (for any reason).**

Withholding your child from a practice CANNOT be used as a form of discipline. This is unfair to the rest of the team.

Vacations are discouraged during competition season, unless the gym is closed and the athlete has already cleared it with their coaches. It is possible that extra practice is scheduled during gym closures/breaks.

Punctuality is a MUST. Arrive 10 minutes early to all practices, competitions, and functions.

Parents are encouraged to keep in communication with Coach(es) regarding attendance or any other questions or concerns.

We (NCE) try our best to accommodate families.

EXCUSED ABSENCES

Contagious illness (vomiting/fever)
School function that affects grade
Family emergencies

UNEXCUSED ABSENCES

Non-mandatory school event
Traffic
Too much homework
Feeling tired
Don't have a ride
A cold/non-contagious illness
Injury

PRACTICES/CHOREOGRAPHY

All practices and choreography sessions are closed to spectators except for the last 10 minutes. We find that athletes focus better during closed sessions. When viewing during the last 10 minutes of practice, parents/friends are asked to stay in the designated area and not come onto the floor. We want your child to get the most of every practice. In order for this to happen, we need their full attention, therefore distractions must be minimalized.

Coaches/Director reserves the right to close practice or the gym at any time.

Practice schedules can change. If we feel the team needs more practice to ensure their readiness, we may call an extra practice. We will add practices before competitions. We will inform you as soon as possible about such changes.

Athlete's may be moved from one position to another, or one team to another at the discretion of the coaches. Although every athlete participates in the choreography, positions are not guaranteed. Coaches make decisions for the safety and the good of the team as a whole.

CONTRACT AND RESPONSIBILITIES (continued):

TRANSPORTATION/TRAVEL

All transportation/accommodations to competitions, practices, and other events are the sole responsibility of each family. We will make every effort to provide information in a timely manner. However, if a competition is cancelled or rescheduled, NorCal Elite will not be responsible for reimbursement for any reason.

Please make arrangements for your child to participate in the entire competition if you (parent) are unable to stay for the entire competition.

UNIFORMS/ATTIRE

Please keep all NCE clothing, warm-ups, and uniform in good condition. Please report any lost/damaged uniform items to the front desk. The cost of replacement will be the responsibility of the parent/athlete.

In compliance with USASF guidelines, all undergarments should not be visible. Options include clear bra straps, adhesive, etc. If standards are not met, athletes will not be permitted to move forward with call time procedures.

Although we appreciate your NCE pride, you CANNOT create and/or sell your own NCE clothing or accessories of any kind. That includes anything showcasing the NCE logo/name. please discuss any ideas for apparel or gear with the NCE Staff, all usage requires prior approval from the management.

PARENT EXPECTATIONS

Challenging the coach or person in charge, by a parent may be grounds for automatic dismissal.

Inappropriate, aggressive, or otherwise negative behavior will not be tolerated.

Do not post negative comments, routines, or music on message boards, Instagram, Facebook, or any other websites/apps.

Ensure your child is on time and ready for practice at designated practice times.

Parents are to inform the gym if their child is going to be late via email to the gym or a direct message to their coaches in BAND.

To stay informed, check your email, monthly calendars, and any other handouts/apps regularly. If you are not receiving emails or text messages, contact the gym immediately.

Parents are to fulfill any financial obligations ON TIME or risk expulsion from our program.

Demonstrate good sportsmanship, positive conduct, and professionalism at all competitions and practices.

Parents are to hold children accountable for their actions. If there is an issue, encourage your child to speak to the coach, this gives your child a sense of being heard and understood.

Athletes are expected to stay at competitions to support all NCE teams

Other arrangements need to be made if a parent cannot stay for the duration of the competition.

Support the rules and encourage your child to abide by them.

Parents are to support NCE coaches. Our coaches have your child's best interest and safety in mind at all times.

Parents are to stay off the practice mat at ALL TIMES unless otherwise directed by a coach.

If a parent or athlete decides to leave the team for any reason between October 15th, 2019 and March of 2020 the parent is responsible for paying a cancellation fee of \$500.00.

CONTRACT AND RESPONSIBILITIES (continued):

ATHLETE EXPECTATIONS

I will be on time to practice and dressed appropriately. (Athletic clothing until practice clothes arrive, cheer shoes, hair up with a bow, and NO jewelry)

I promise to give 100% at every practice.

I will not say "I can't".

I will do my personal best to achieve all my goals.

I will respect my coach and trust that they make decisions for the good of the entire team.

My parent is not responsible for any assignments my coach(es) give me.

I will maintain the highest example of behavior.

I will respect each other's personal space.

BULLYING (physical or verbal) will not be tolerated.

I will come to practice ready to work and ready to listen to my coaches.

I am aware of the responsibilities I am taking on by joining a competitive team.

Each member must be willing to work hard and give 100% at all times.

I understand that my coach and office staff are available to me to communicate any questions or concerns.

USAGE OF LIKENESS

Parents understand and agree that videos and photographs will be taken from time to time of all cheerleading and dance activities. These videos and photographs and the likeness of the undersigned customer are for official use of NorCal Elite on its website, brochures, flyers, and other advertising materials such as social media.

Parents understand that their child might be in these videos and photographs and agree to let NorCal Elite use his/her likeness. NorCal Elite will not release or sell these photos or videos to any other entity for profit. Videos and photos are for use by NorCal Elite exclusively.

COMMUNICATION (via email, in person, phone):

We, at Nor*Cal have an open door policy and welcome and encourage parents and athletes to keep in constant communication with us regarding any questions, absences, or circumstances that may arise.

I have read, understand, and agree to abide by the contents set forth in this 2019-2020 Midseason handbook:

Print Parent/Guardian Name

Print Cheerleader Name

Parent/Guardian Signature

Date

PERSONAL INFORMATION:

PARENT/GUARDIAN NAME (FIRST, LAST): _____

ADDRESS: _____

CITY: _____ ZIP CODE: _____

EMAIL: _____ PHONE #: _____

HOW DID YOU HEAR ABOUT US? _____

1ST ATHLETE NAME (FIRST, LAST): _____

GENDER: MALE | FEMALE BIRTHDATE: ____ / ____ / ____ AGE: _____

2ST ATHLETE NAME (FIRST, LAST): _____

GENDER: MALE | FEMALE BIRTHDATE: ____ / ____ / ____ AGE: _____

3ST ATHLETE NAME (FIRST, LAST): _____

GENDER: MALE | FEMALE BIRTHDATE: ____ / ____ / ____ AGE: _____

EMERGENCY CONTACT AND MEDICAL HISTORY:

NAME (FIRST, LAST): _____

RELATIONSHIP TO ATHLETE: _____

HOME #: _____ CELL #: _____

LIST ANY AND ALL DISABILITIES/ALLERGIES: _____

MEDICATIONS TAKEN & TIME OF DAY: _____

PRIMARY DOCTOR: _____ PHONE #: _____

OFFICIAL ACCOUNT AUTHORIZATION:

I, _____, parent / legal guardian of _____, do hereby give Nor*Cal Elite – San Ramon authorization to use my credit/debit card to charge fees associated with the team program as outlined in this handbook.

_____ (Initial please) 1. I acknowledge the fees will be deducted on the 1st of each month.

_____ (Initial please) 2. I acknowledge that if the 1st of the month falls on the weekend or holiday, that my card will be charged on that Friday prior to the weekend or holiday.

_____ (Initial please) 3. I acknowledge that if my card cannot successfully be charged, a late fee of \$25.00 will be added to my account. I acknowledge that if my account is still not current after 7 days, my athlete may not be permitted to participate until account is made whole.

_____ (Initial please) 4. I understand that if my child misses practice for more than 5 days, or decides to quit NCE – SR Competition Program at any time from the acceptance dates to the end of competition season, I will be charged a \$500.00 CANCELLATION FEE. This fee will be deducted from the card given. If a card is not available or valid, the fee will be due by check or cash within 3 days of drop fee posting.

_____ (Initial please) 5. I acknowledge that if my child has an unexcused absence a \$25.00 fee will be charged to my account.

_____ (Initial please) 6. I acknowledge that I am responsible for updating my credit/debit card information before the card expires, or I will be responsible for any fees that may result in an insufficient payment. If a fee was incurred, and the card was a victim of fraud or theft, you will need to provide a statement from your financial institution to have the fee removed.

I (parent/guardian) agree to be solely responsible for the financial commitment (tuition, team fees and uniform) set forth in this handbook. I understand that Merchandise (i.e. uniform, practice clothing) will not be distributed if ANY NCE -SR balance is past due. All payments are non-refundable and non-transferable. Payments are never pro-rated/refunded... including cases of illness/injury, sitting-out, joining late, or leaving early. Pay-in-full prices are discounted and therefore non-refundable. If my child leaves the program between OCTOBER 15, 2019 and MARCH 31, 2020 I forfeit all payments & will be charged a \$500 cancellation fee.

I HAVE READ AND AGREE TO THE CONTENTS OF THIS 2019-2020 MIDSEASON HANDBOOK

Print Parent/Guardian Name

Print Cheerleader Name

Parent/Guardian Signature

Date

PLEASE SELECT ONE OF THE PAYMENT METHODS BELOW:

- Monthly tuition will be charged to card on the 1st of each month for that month's classes. Uniform, choreography/music and competition fees will be charged on the dates due specified in this handbook.

- ☐ **INVOICED** and provide payment with Check/Cash/Credit Card (due within the first week of every month)

Note: NCE - SR requires a credit/debit card to be placed on file in a secured location. This card will only be charged if payment is not received by the member by the end of the first week of each month.

☐ FULL TUITION PAYOFF (5% DISCOUNT)[illegible]

CARDHOLDER NAME: _____ CVC: _____

BILLING ADDRESS:

CITY: _____ STATE: _____ ZIPCODE: _____

X

CARDHOLDER SIGNATURE

BY SIGNING ABOVE, I AUTHORIZE NCE – SAN RAMON TO CHARGE MY CARD ON FILE FOR FEES LISTED IN THIS HANDBOOK/CONTRACT AS WELL AS FOR ANY TUMBLING CLASSES.

IMPORTANT DATES CHECKLIST (SUBJECT TO CHANGE OR ADJUSTMENT):

- ☐ **SEPTEMBER 16TH:** REGISTRATION OPENS (REGISTRATION FEE, USASF FEE, AND PRACTICE TANK DUE)
- ☐ **OCTOBER 6TH:** PRACTICE STARTS
- ☐ **OCTOBER 20TH:** UNIFORM FITTING 4:00 – 6:00 PM
- ☐ **OCTOBER 21ST:** UNIFORM FEE DUE (APPROXIMATELY \$275)
- ☐ **NOVEMBER 1ST:** CHOREOGRAPHY/MUSIC FEE DUE (\$275)
- ☐ **NOVEMBER 1ST – 3RD** (WILL BE 2 OF THESE DAYS): CHOREOGRAPHY (TIMES T.B.D., SUBJECT TO ADJUSTMENT, EXPECT A 6-8 HOUR BLOCK)
- ☐ **NOVEMBER 24TH:** NO PRACTICE (THANKSGIVING BREAK)
- ☐ **NOVEMBER 30TH:** PRACTICE RESUMES
- ☐ **DECEMBER 1ST:** COMPETITION FEE DUE (\$300)
- ☐ **DECEMBER 21ST – JANUARY 4TH:** NO PRACTICE (WINTER BREAK)
- ☐ **JANUARY 5TH:** PRACTICE RESUMES
- ☐ **JANUARY 18TH:** EXTRA PRACTICE (TIME T.B.D.)
- ☐ **JANUARY 25TH:** EXTRA PRACTICE/SHOWCASE (TIME T.B.D.)
- ☐ **JANUARY 26TH:** USA CALIFORNIA OPEN COMPETITION (DAVIS, CA)
- ☐ **FEBRUARY 15TH OR 16TH:** NCA NOR CAL OPEN CHAMPIONSHIP COMPETITION (DALY CITY, CA; DAY AND TIME T.B.D.)
- ☐ **MARCH 14TH OR 15TH:** CHEERSPORT GRAND CHAMPIONSHIP COMPETITION (STOCKTON, CA; DAY AND TIME T.B.D.)