



# NORTH DAKOTA ELITE SEASON 11

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**NDE**  
NORTH DAKOTA ELITE

# Meet Your Elite Team Coaches & Directors



**Chelsea Hermanson**  
Owner & Coach



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



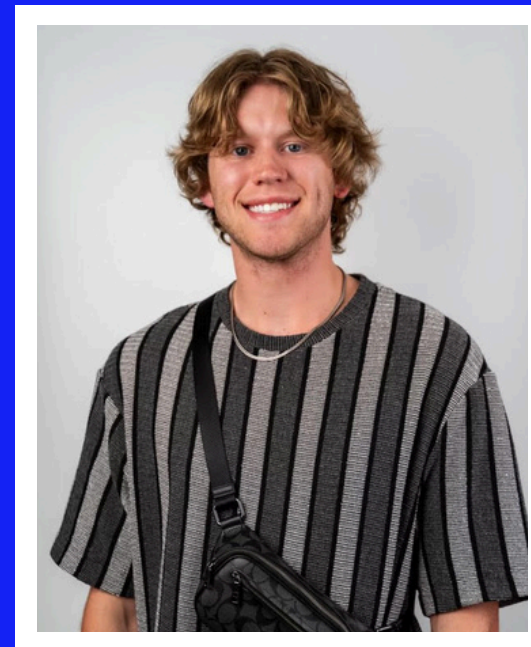
**Acacia Wetszein**  
Merchandise Director  
Team & Class Coach



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



**David Farrenkopf**  
Team & Class Coach



**Mason Celum**  
Tumbling Director &  
Class Coach



**Cheyenne Kyner**  
Social Media Director

# Meet Your Prep and Novice Team Coaches



**Allison Nicholson**  
Team & Class Coach



**Annie Mattern**  
Team & Class Coach



**Danielle Rueckert**  
Team & Class Coach



**Avery Nelson**  
Team & Class Coach



**Savannah Wixo**  
Team & Class Coach




**Lexi Fuher**  
Team & Class Coach



**Bailey Fletcher**  
Team & Class 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

# What program is right for you?

	<b>Novice</b>	<b>Half-year Prep</b>	<b>Prep</b>	<b>Elite</b>
<b>Practice Commitment</b>	- 2 Hours a week (Fall Only - Not Tiny)	- 3 Hours a week	- 3 Hours a week	- 4 Hours a week in the summer -6 hours a week in the fall
<b>Competition Commitment</b>	1-3	2-4	4-5	6-8
<b>Performance Commitment</b>	Up to 4	Up to 4	Up to 4	Up to 4
<b>Travel Commitment</b>	Up to 3 hours for 1 competition, others will be in town	Up to 4 hours	Up to 4 hours	As far as Dallas, TX and/or Orlando, FL for JR & SR Teams
<b>Tuition Commitment</b>	\$55 tiny novice \$75 mini & youth novice	\$100	\$100	\$150
<b>Fees Commitment</b> (Uniform & Some additional fees not included)	\$150 registration fee - Mini & Youth \$75 - Tiny	\$85 x 6	\$250 x 4	\$400 x4 - Junior & Senior \$350 x4 - Mini & Youth
<b>Uniform &amp; Bow</b>	\$100	\$250	\$250	\$475 *Mesh Liner not included

# May Practices

## Potential Youth & Mini Teams:

**Dates:** May 28th, 29th, & 30th

**Time:** 4:45 - 6:45pm

## Potential Junior & Senior Teams:

**Dates:** May 28th, 29th, & 30th

**Time:** 7:00pm - 9:00pm

\*\* We will email out on May 16th which time(s) your athlete should attend

# Summer Practices

## Potential Youth & Mini Teams:

**Days:** Tuesdays & Thursdays

**Time:** 1pm - 3pm

## Potential Youth Teams:

**Days:** Tuesdays & Thursdays

**Time:** 3:00 - 5:00pm

## Potential Junior & Senior Teams:

**Days:** Tuesdays & Thursdays

**Time:** 5:00 - 7:00pm

\*\*Fall schedule will be released with the final released teams. Teams will practice Monday-Thursday between 4:30-9:00pm and Sundays 12:00-9:00pm in the fall. They will have 3 - 2 hour practices for a total of 6 hours.

# Elite Teams



We will Email out on May 31st which practice time will be for your athlete

# Summer Practices Starting June 2nd

## Tiny Prep

**Days:** Sundays & Wednesday

**Time:** Sunday 3-4pm & Wednesday 5:30 - 6:30pm

## Mini Prep

**Days:** Sundays & Thursdays

**Time:** Sunday 4-5:30pm & Thursdays 5:30-7pm

## Youth Prep

**Days:** Sundays & Thursdays

**Time:** Sunday 5:30 - 7pm & Thursday 7-8:30pm

**Prep Team Schedule will stay consistent  
All Season**

# Full Season Prep



# Important Dates

## May

16th

Training Teams Released

24th-27th

Closed for Memorial Weekend

28th

Practice Begins for Elite

## JUNE

7th-9th

Required Technique Camp for Elite Teams. Optional for Prep

## July

1st-6th

Closed for Summer Break

14th-16th

Full Year Prep Choreography

16th-23rd

Elite Choreography

## August & September

20th

Fall Schedule Starts

30th-Sept. 2nd

Closed for Labor Day

## October

1st

Novice and Half Season Prep Starts

5th-6th

Full Season Teams Full Out Camp

18th-20th

1/2 Year Prep and Novice Choreography

## November

3rd

Opening Season Showcase

27th-Dec. 1st

Closed for Thanksgiving

## December

27th-Jan. 1st

Closed for Holiday Break

## January

17th-19th

Best of the Midwest Weekend

19th-24th

Choreography Upgrades for EliteTeams

## April

20th

Closed for Easter

27th

End of Season Showcase



# Potential Competitions

## November

16th & 17th

Minneapolis

Teams

Full Season Prep & Elite

## December

14th -15th

Kansas City

Teams

All Elite Teams

## January

11th & 12th

Council Bluffs, IA

Teams

All Elite Teams

18th-20th

Best of the Midwest - Fargo

Teams

All Programing

## February

TBD

Jamfest Fargo

Teams

All Teams

8th & 9th

Sioux Falls, SD

Teams

All Prep Teams

2/28 - 3/2

Dallas, TX

Teams

Junior & Senior Elite

## March

29th

Brookings, SD

Teams

All Teams

## April

TBD

US Finals - Des Moines

Teams

All Elite Teams

## May

TBD

D2 Summit

Teams

Qualifying JR & SR Elite

**\*\* THIS SCHEDULE IS VERY TENTATIVE\*\***

WE AIM TO HAVE A FINALIZED SCHEDULE BY BEGINNING OF AUGUST WITH ADDED PRFORMANCES AS WELL

# ATTENDANCE POLICY

Cheerleading is a team sport and we would like to thank you in advance for helping us teach your athlete the importance of commitment!

If your athlete is going to miss a practice you must fill out the absent request form on our website giving the coaches proper notice to plan practice accordingly.

**Every full year athlete will start with 16 points. Every half year athlete 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**

All practices one week prior to a competition are 100% mandatory. Athletes not in attendance are at risk of being removed from positions and/or the routine for that competition with the exception of funerals, athlete hospitalization/doctors note, and required school events with at least 1 month prior notice.

**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.

# Meet Your NDECP Board Members



**Kelly Collings**  
President



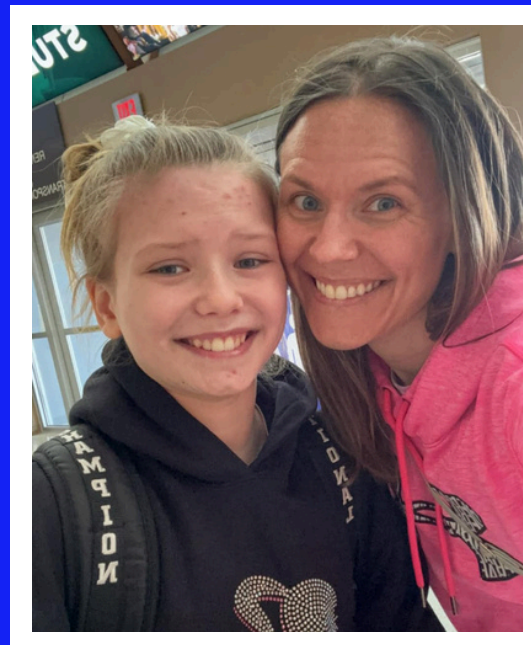
**Bryce Vanderwerff**  
Vice President



**Randi Berglund**  
Secretary



**Rachel Kinneberg**  
Treasurer



**Nicole Pederson**  
Fundraising



**Brittany Groshong**  
Fundraising



**Melissa Gillund**  
Social Media

# NDECP - FUNDRAISING

Our Booster Club, North Dakota Elite Cheer Parents, provides fundraising opportunities to reduce the expenses of All-Star Cheer. Additionally, it supports NDE, contributes to our athletes, and gives back to the community.

**NEW THIS SEASON - Participation is optional, however, membership is required by all Team Families.**

**Membership Fee : \$35 per family per year**

To encompass our Elite Values, we are working to become more unified as a program. NDECP benefits all team athletes in our program by:

- Paying for the Christmas Party
- Supporting gym wide Team Building Events
- Supporting gym wide Community Events
- Paying for end of Season Banquet
- and More to Come!

MORE INFO TO COME LATE MAY / EARLY JUNE!



# Handbook

Please Review the Handbook  
for our 2024 - 2025 Season

# Waiver

Each athlete MUST have a new  
waiver on file by May 28th, 2024

**THANK YOU**

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