



2025-2026 HANDBOOK

HALF SEASON TEAMS

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

WELCOME TO NORTH DAKOTA ELITE

Here at North Dakota Elite, we are 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, and 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 cultivate 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

Our Elite Values will be followed and represented by myself, the coaches, the athletes, and the parents of our program.

- **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

Thank you. Chelsea Hermanson

MEET OUR TEAM



Emily Smedshammer
All-Star Director
Team & Class Coach



Brenna Lachowitzer
Events & Camps Director
Team & Class Coach



Acacia Wetzstein
Merchandise Director
Team & Class Coach



Cheyenne Kyner
Social Media Director



David Farrenkopf
Team & Class Coach



Savanna Wixo
Team & Class Coach



Annie Mattern
Team & Class Coach



Lexi Fuher
Team & Class Coach



Kennedy Fitzloff
Team & Class Coach



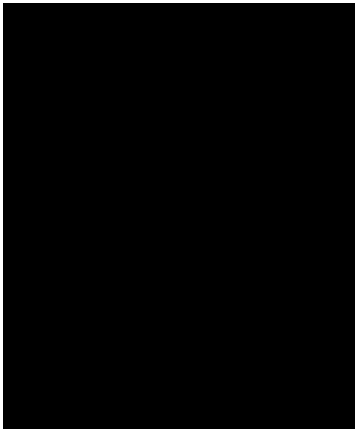
Allison Nicholson
Team & Class Coach



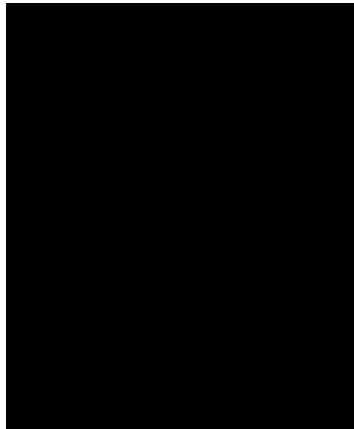
Alyssa Impola
Team & Class Coach



Bailey Fletcher
Team & Class Coach



Danielle Rueckert
Team & Class Coach



Jane Hegg
Team & Class Coach



COMMUNICATION EXPECTATIONS

COMMUNICATION FROM NORTH DAKOTA ELITE

Most of the communication you'll receive from the gym and your coaches will be through **email** and **our weekly newsletter**. Additionally, we utilize Facebook groups as another primary communication channel. It is your responsibility to stay updated by reading all email communication to ensure you don't miss any crucial information. If you encounter any issues with receiving emails, please contact your team coaches for assistance.

COMMUNICATION TO COACHES

To connect with your team coaches, please use their designated email addresses listed below. We strive to respond promptly, but kindly allow up to 24 hours for a reply. We ask that you avoid reaching out through Facebook Messenger or text, as these methods may be overlooked or forgotten.

EMAILS

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

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

Events & Birthday Parties Director - Coach Brenna (coachbrenna@ndelite.com)

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

Social Media Director - Cheyenne (cheyennekyner@gmail.com)

Coach Allison (coachallison@ndelite.com)

Coach Annie (coachannie@ndelite.com)

Coach David (coachdavid@ndelite.com)



PROGRAMS WE OFFER

North Dakota Elite is proud to offer a variety of teams that work with different practice, travel, and financial commitments to suit athletes and families of all situations. Learn more about our Novice and Prep Half Year Programming.

Tiny Novice	Mini & Youth Novice	Half Year Prep
Online Registration	Online Registration	Online Registration
Ages: 4.5-6	Ages: 7-12	Ages: 8-13
Season Length: 8 months	Season Length: 8 months	Season Length: 8 months
Weekly Practice: 1 Hour	Weekly Practice: 1 Hour	Weekly Practice: 3 hours
Choreo Camp: Required	Choreo Camp: Required	Choreo Camp: Required
Travel: Local	Travel: Regional ND & SD	Travel: Regional ND, SD, MN
Performance Only	Competitive Events: 1-2 and local performances	Competitive Events: 2 and local performances
Fees: Uniform, Bow, Registration, Choreography, Music, Performances, & Shoes	Fees: Uniform, Bow, Registration, Choreography, Music, Performances, & Shoes	Fees: Uniform, Bow, Registration, Choreography, Music, Performances, & Shoes

ATHLETE STANDARDS

PRACTICE ATTIRE AND APPEARANCE

- **Hair:** Must be *slicked back* in a low or high pony for every practice.
- **Apparel:** Athletes are required to wear their scheduled practice wear unless otherwise stated. If an athlete is not in the appropriate practice wear, they will be given a replacement item from the pro-shop and your card on file will be charged.

CROSSOVERS

We will not be placing athletes as crossovers going into the 2025 - 2026 season.
Crossovers will only be used on an emergency basis to fill in for other teams.

ADDITIONAL REQUIREMENTS

Athletes may be given additional requirements throughout the season. These requirements may include, but are not limited to: stretching, registering for flyer classes, taking extra tumbling classes or lessons, added or extended practices, and repetitions outside of practice with your stunt group. *These requirements are at the discretion of North Dakota Elite coaching staff* for the betterment of the athlete and their team. All athletes are encouraged and welcome to take additional classes and private lessons at North Dakota Elite. Should additional classes be needed for your athlete, a coach will communicate via email.

BULLYING

We have a zero tolerance policy for bullying and harassment of any kind for anyone who is a part of North Dakota Elite, including athletes, parents, and coaches. We want ND Elite to be a safe place for all that are a part of our program. The following steps will be taken in a situation where bullying occurs:

- *Written warning via email*
- *In person meeting*
- *Dismissal from the program*

We have the right to dismiss anyone from our program at any time if we feel it is necessary.

ELITE PARENT STANDARDS

Please read through our Elite Parent Standards below.

- 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 go to the gym directly.
- NDE is not responsible for any lost or stolen items, so please use discretion when bringing valuables to the gym. Our staff is also not responsible for tracking down lost items, and all Lost and Found items will be donated monthly.
- Practices may be modified or added at any time during the season.
- Only cheerleaders and coaches are allowed on the mats and equipment. All athletes, siblings, friends, etc. are to stay off 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.
- Third parties are not allowed to use any of the North Dakota Elite logos without license, signed agreement, or other written permission from the ND Elite office. All logos and branding, both those trademarked and those not, are protected by US Copyright Law. The image of our gym Family, Culture, and Presence is very important to us, so we have strict usage guidelines for all apparel containing the Gym logos or Team logos. Thanks for understanding – and if there's something you want to see in the pro shop, let us know.
- Food and drinks (other than water) are NOT allowed on the mats or the equipment at any time.
- It is important to remember that any tensions or disagreements that arise between parents or athletes outside of the program should be handled appropriately and respectfully. However, should these issues persist and negatively impact the team's morale or overall well-being, the program reserves the right to intervene and take necessary action to address the situation.

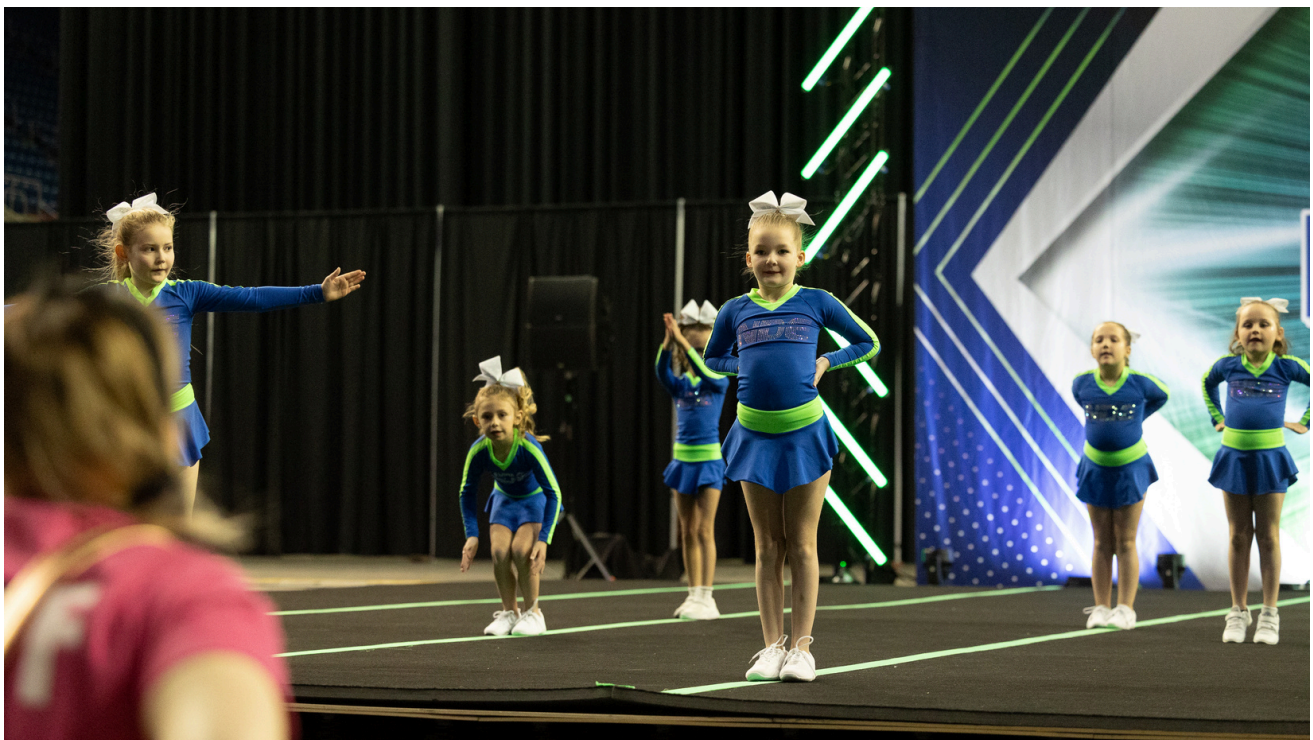
ELITE PARENT STANDARDS CONTINUED

- Social media posts about our program must be professional. Our athletes and families are representatives of our program, and we expect posts to be positive and reflect well on our community.

24-HOUR RULE: If you are unhappy with a decision or an event that has occurred, please take 24 hours to decompress and reflect on the situation. If, after 24 hours, you still feel a discussion is necessary, contact both your team coaches and the NDE office **via email**. We will then arrange a meeting to discuss the issue and find a solution. Please note that name-calling, rude texts, and inappropriate social media posts will not be tolerated and may result in dismissal from the program.

FUNDRAISING

Our Booster Club, NDECP, offers several fundraising opportunities to help offset the costs of All-Star Cheerleading. Allocation of funds are based on when checks are received. Reimbursements can also be made for competition expenses such as hotels, gas, etc. with the submission of a receipt once all season fees have been paid in full to NDE. For more information please click **HERE** to review the NDECP Handbook.



ATTENDANCE POLICY

PRACTICE ABSENCE POLICY

Our Attendance Policy runs on a point system as shown below.

We want to emphasize the importance of attendance for a successful season. To give our athletes the best possible chance, attendance at all practices is mandatory. There will be no excused absences or tardies. All absences will result in the reduction of points. We have taken into account school functions, illness, and family emergencies, and we feel that this policy is fair and offers flexibility to our families, while still preserving each family's investment.

Please note, **practices during the week of competitions are mandatory**. Any conflicts the week of a competition need to be given to the team coach upon the release of the competition schedule.

POINT SYSTEM

Novice and Prep athlete will start with **12 points**. *Any athletes joining late in the season will be given 1 less point for every month missed.*

- Absences: **2** Points Deducted
- Tardy (15+ minutes): **0.5** Point Deducted

If an athlete goes over the allotted points, their role within the routine is subject to adjustments including but not limited to: formations, stunt groups, and tumbling passes. Practice is essential, and if other athletes are not able to practice because of one individual's excessive absences, then the team will find someone who can be more committed. If the fill-in is found to be more competent in that position for any reason, they may be permanently placed in that spot. All decisions are made with the team's best interest in mind.

RECORD ABSENCES IN ICLASS

In the event that your athlete will be missing practice, please record their absence in the app and email your team coaches.

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. Closures due to weather will not affect any points.



IMPORTANT DATES

CHOREOGRAPHY DATES COMING SOON

DATE(S)	DETAILS
July 15th	Registration Opens
Aug 29 - Sept 1	Gym Closed for Labor Day Weekend
Week of September 8th	Team Practices Start
October 16 - 18	Fall Break - No Team Practices - Classes are still on
Nov 26 - 30th	Gym Closed for Thanksgiving Break
Dec 22 - Jan 1	Gym Closed for Holiday Break
March 15 - 20	Spring Break - No PREP Team Practices - Classes and Novice teams are still on
April 5th	Gym Closed for Easter

COMPETITIONS

ALL COMPETITIONS ARE 100% MANDATORY

TRAVEL

Parents and guardians are responsible for transporting their athletes to and from all events. Since most of our competition season takes place in the heart of winter, it's crucial to plan your travel accordingly, as the events we participate in are not subject to cancellation.

COMPETITION AND PERFORMANCE SCHEDULES

Our 2025-2026 competition schedule will be finalized and released by September. Dates are subject to change and in-town performances may be added throughout the season. We suggest waiting to book any travel during competition season until our competition schedule is released.

WEEK OF COMPETITION

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

ARRIVAL AND PERFORMANCE TIMES

ND Elite will provide event information regarding specific competition and performance schedules as soon as it is received. Likely, these schedules will not be finalized until the week of the event. Schedules are subject to change at any time. Due to this, please expect to block off entire days/weekends for competitions.

AWARDS

Athletes must attend all awards ceremonies pertaining to their team(s). Athletes should look performance ready: full uniform with bow, hair and makeup ready, no backpacks, no cell phones, no warm-ups, and no t-shirts.

OTHER COMPETITION POLICIES/INFORMATION

- Regardless of distance from home and compete time, all athletes are **REQUIRED** to be present and cheer on *every NDE team* at each event, unless otherwise stated
- 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

HALF YEAR PREP

This schedule is TENTATIVE

DATE	LOCATION	COMPETITION
December	Fargo, ND	Green & Gold Show
Decmeber	West Fargo, ND	West Fargo Dance Show
January 17th	Fargo, ND	Best of the Midwest
January	Fargo, ND	West Fargo Dance Show
February 1st	Sioux Falls, SD	Valentines Classic
March 28th	Brookings, SD	Rumble in the Jungle
April	Fargo, ND	End of Season Showcase

NOVICE TEAMS

This schedule is TENTATIVE

DATE	LOCATION	COMPETITION	TEAM ATTENDING
December	Fargo, ND	Green & Gold Show	All Novice
Decmeber	West Fargo, ND	West Fargo Dance Show	All Novice
January 17th	Fargo, ND	Best of the Midwest	All Novice
January	Fargo, ND	West Fargo Dance Show	All Novice
March 28th	Brookings, SD	Rumble in the Jungle	Mini & Youth Novice
April	Fargo, ND	End of Season Showcase	All Novice

PROGRAM COST BREAKDOWN

FEES	TINY NOVICE	MINI + YOUTH NOVICE	PREP	DUE DATES
Registration	\$45	\$45	\$45	September
Monthly Tuition	\$65	\$65	\$105	September - April
Competition Bow	\$25	\$25	\$30	October
Competition Uniform	\$185	\$185	\$265	October
Choreography & Music	\$50	\$75	\$200	November
Warm Up Jacket	\$75	\$75	\$75	OPTIONAL
Competition, Performance, & Coaches Fees	\$50	\$150	\$300	December
Cheer Shoes	Any White Cheer Shoe. Purchased on your own.	Any White Cheer Shoe. Purchased on your own.	Any White Cheer Shoe. Purchased on your own.	as needed
Booster Club Fee <i>**Per Family</i>	\$35	\$35	\$35	September - Paid to NDECP

Above prices do not include travel or lodging expenses.

PROGRAM COST BREAKDOWN

STANDARD BILLING PROCEEDERS

- Monthly Tuition will be charged to the card on file the *1st of each month*.
- There will be a *\$25 late fee* for any account 10 days past due.
- If your account is more than *30 days past due*, you will be charged a re-choreograph fee, and your athlete will be unable to compete in their spot until your account is brought current.
- *Other Fees* will be charged to the card on file the 15th of the associated month (see due dates on table above)

REGISTRATION

The \$45 per athlete non-refundable registration fee is due each year at the time of sign up. Athletes attending a team placement will have this fee included in their tryout fee. No participants will be placed on a team or be allowed to practice without having this fee paid **each season**. All athletes who participate with teams, tumbling, privates, camps, etc.. need to pay that fee annually or upon registration.

COMPETITION UNIFORM

Uniforms will be new for the 2026 - 2027 Season. Styles and prices may vary by team/program.

COMPETITION BOW

A competition bow will be ordered for all active athletes according to their program and level placement. Styles vary by team.

WARM-UP JACKET

Our Competition Warm-Up Jacket will be the only cover up allowed at events. *All other cover up items are not allowed while in uniform*. This includes pajama pants, sweats, blankets, etc.

CHEER SHOES

We require an all white cheerleading shoe. Shoes will be purchased on your own through any vendor you choose.

COACHES FEE

This will help cover a small portion of the expenses that come with our staff traveling to events and all of the costs that come with it, such as registration fees, parking, per diem, accommodations, and other travel expenses.

PROGRAM COST BREAKDOWN

CHOREOGRAPHY

All teams will learn in house choreography either during practice or on a specific added date(s). The mandatory choreography fee includes the cost of choreography, instruction, and music production. All members **MUST** pay this non-refundable fee, regardless of camp attendance, which would also include members who might join later in the season. They will still use the choreography and music provided.

COMPETITION FEES

Competition fees are **NON-REFUNDABLE** even if the athlete quits, is removed, or becomes injured. Competition fees include event registration for your athlete for the season.

NDECP BOOSTER CLUB

North Dakota Elite Cheer Parents (NDECP) is a non-profit organization that works with our families in partnership with North Dakota Elite, LLC. All team families will be required to sign the Booster Club contract and pay their Booster Club Membership Fee. Booster fees go towards a program shirt, team parties, team gifts, our holiday party, the end of season banquet, and more.

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.



PARENT CONTRACT

Please initial each line below. While these encompass most of the policies laid out in this handbook, you are agreeing to all obligations, both time and financial, as well as our gym standards of behavior by signing and submitting this packet.

___ I have read all North Dakota Elite policies for the 2025-26 Season.

___ I will represent North Dakota Elite in the most respectful, professional way.

___ I understand that if I, as a spectator, am a disruption to practice time, I will be asked to leave the facility, and I further understand the viewing policies of practice for teams.

___ I understand coaches have been trained to place and instruct teams.

___ I understand the financial obligations as detailed in this packet and agree to pay all dues on time in accordance with the fee schedule.

___ I understand the attendance policy laid out in this packet.

___ I understand that if I have a known absence I need to record the absence in iClass and email the appropriate team coaches.

___ I understand that if my athlete misses practice the week of a competition they may be removed from the team for the event.

___ I understand that my athlete must be present to support all North Dakota Elite teams at competitions, regardless of their individual team meet time.

___ I understand that all fees paid to North Dakota Elite are non-refundable.

(Parent Signature)

(Date)