

# North Country Elite Stallions Cheer & Dance

## 2024-25 General Information

### About Us:

- ★ We are a non-profit, competitive rec cheer & hip hop organization made up of volunteers and we do NOT charge a monthly fee or tuition provided you participate in our monthly fundraisers.
- ★ Our season runs from August to late April/early May and competitions are spread out throughout the year. This allows us to spread out fundraising/payments out and allows kids to cheer for us while still participating in other sports/programs.
- ★ We accept kids ages 4-18 (must be fully potty trained) and these kids can come from ANY area and any school district.
- ★ We compete to earn bids to prestigious end of year events along the East Coast.
- ★ We have a Board of Directors and a top-notch coaching staff with years of experience in youth coaching, high school coaching, all star coaching, recreation coaching and judging. Our coaches are certified with USA Cheer and are required to undergo a background check and training. Our coaches and athletes have won multiple National Championships, Global Championships and more.
- ★ We pride ourselves on our experience and our relationships with our athletes and their families. Our teams are active in our communities and give back in many ways throughout our season (working water stations at Marathons, collecting food for community food banks and more).

### Online Registration:

- ★ Registration will be open from February 14th to April 30th, 2024. There is a \$55 non-refundable deposit due at registration per child per program.
- ★ The remaining registration fee is \$135 and will be due on or before May 12th.
- ★ Your registration fee includes one set of practice clothes that will be handed out at the first practice.
- ★ All registration will be online. Parents are required to make an account with our online platform, SportsEngine Motion, and all payments for the season will happen through this portal.

### Open Gyms/Clinics:

- ★ During the month of May there will be optional open gyms/clinics for cheer.
- ★ These are highly encouraged for all cheerleaders to attend. While they are not mandatory, attendance and effort at these open gyms can impact your team placements for the season.
- ★ The schedule for these will be sent out at a later date.

### Team Evaluations:

- ★ There will be two mandatory evaluation days in order to be placed on a team. These will be June 1st and June 2nd. Both days are required. Times will be released at a later date.

### Parent/Athlete Pre-Season Meeting:

- ★ There will be two meetings; one on Wednesday, June 26th and one on Thursday, June 27th. The night you attend will depend on what team your child is placed on. Both will be held at the Redwood Volunteer Fire Department.
- ★ *This meeting is mandatory for cheerleaders and parents to attend.* This is where we lay out the entire season and what is expected, practice hours, explain fundraising in depth, do a uniform fitting, etc. If parents and athletes do not attend this meeting you will NOT be eligible to participate. We recommend both parents/guardians attend so everyone is on the same page, especially if you are in a two-family household.

### What do I need to Cheer:

- ★ Cheer specific shoes. You can order online at [omnicheer.com](https://omnicheer.com), amazon or any other cheer site. \*If you are assigned to Mane Event (our highest level team) you will need black cheer shoes for competition. All other teams will wear white.
- ★ Practice shorts and T-shirt (team specific)
- ★ Competition bow (a team order will be done for this)
- ★ Competition Uniform. We will do a team order for uniforms. There will be a specific fundraiser done for each family to pay for their cheerleader's uniform. Any funds not raised will be at the expense of the cheerleader. Cheerleaders will KEEP their uniform after the season is over. Cost is TBD but will range around \$150.

### What do I need for Hip Hop

- ★ Clean sneakers that are only used for hip hop practices.
- ★ Specific shoes for your uniform will be ordered as a team order later in the season.
- ★ Competition Uniform. We will do a team order for uniforms. There will be a specific fundraiser done for each family to pay for their dancer's uniform. Any funds not raised will be at the expense of the dancer. Dancers will KEEP their uniform after the season is over. Cost is TBD.

### Fundraising:

- ★ North Country Elite is a non-profit recreation organization and all our board members, staff and coaches are volunteers that do NOT get paid. All expenses (competition fees, uniforms, music, equipment, etc.) are paid for through fundraising.
- ★ For the 2024-25 Season each family will either fundraise (minimal out of pocket expenses if you choose to fundraise) or pay the minimum fundraising amount out of pocket per fundraiser. This ensures all families are working together to make the program a success and everyone is pitching in equally. If a family prefers to pay all out of pocket with no fundraising, please let us know so we can set you up on a monthly payment plan.
- ★ We also offer fundraising to help families offset costs associated with travel.

### Practice:

- ★ Practice will start August 4th at the Redwood Fire Hall. Practice for cheer will include a practice on Sunday, along with 1 night during the week typically on Monday, Wednesday, or Thursday evenings. Practice for Hip Hop will be one day a week and will depend on what team your child is placed on.
- ★ These days/times are subject to change due to practice space availability (we practice at our location for very minimal cost, but this means we are subject to their schedule and changes) and team placement.
- ★ Practices are mandatory! Cheer and dance are not like other sports where we can put a sub in for you if you are absent. Cheer and dance are truly team sports and YOU are the only person that can fill your position. We understand things come up and ask that communication remains open and we are made aware of any conflicts of a certain practice.
- ★ Be sure to review the attendance policy included with this packet. We will have specific days/times set by the parent meeting.

### Competitions:

- ★ Competitions are MANDATORY with NO exceptions.
- ★ This season's competition schedule has not been finalized, however we begin competing in November or December and end in late April. Refer to the FAQ page for more information on competitions. Hip Hop members will not attend as many competitions as our cheer team and may end earlier than late April.

### Team Communication:

- ★ We use the Band App. At least one parent needs to be registered with this program. We encourage all cheerleaders to register as well, as we will post competition material and practice videos. It is private and no one will see our posts other than those on the team.
- ★ It is the parent's responsibility to know what is going on with your athlete's team. Be sure to check our Band App for the most recent news and updates.

### Team Events:

- ★ Throughout the year we will have several team events. These include, but are not limited to, parades, team dinners, award ceremonies, community service, and team/family bonding events. These events are not mandatory but are strongly encouraged. We have found the teams work better together if they are seeing each other outside of practice hours. It gives them time to bond and get to know each other without the pressures of practice and/or competition.

### Attendance Policy

- ★ Practice is MANDATORY! Everyone should arrive dressed and on time. On time is 10 minutes before the start of practice. If you cannot make a practice you MUST let your head coach know no later than 3 hours before the scheduled practice time. Excused absences will only be given for Dr. Appointments and special circumstances that must be approved by the coaching staff ahead of time. If you are injured and unable to practice you are still required to attend practices or it will count as an unexcused absence.
- ★ You are allowed 5 unexcused practices for the entire season. If you miss more than 5 you will face removal from the team. 3 late arrivals or early dismissals to practice equals one unexcused absence. Being more than 30 minutes late or leaving 30 minutes early to a practice is considered an unexcused absence.
- ★ Every athlete will receive 3 vacation days that can be used throughout the season. These vacation days may not be used the two weeks before any competition.
- ★ There will be no friends, parents, siblings or other family members allowed in the practice area during practice hours unless permission is granted from the Coaching staff. This is for the athlete's safety.

- ★ All competitions and exhibitions are MANDATORY. There are NO exceptions to this rule. Our routines depend upon every member of the squad being present. If you miss a competition or exhibition you face removal from the team.
- ★ If you are late to a competition/exhibition it will count as one unexcused absence.
- ★ You must be at ALL of the last 3 practices leading up to a competition to be eligible to compete.

## FREQUENTLY ASKED QUESTIONS

### What is performance rec?

Performance Rec is a cost-effective alternative to All Star cheer and dance. It is getting the All-Star cheer and dance experience at a cheaper price. Our teams compete a 2:30 routine. There is stunting, tumbling, jumping and dancing. Scoring and levels are the same All Star.

### Can I play school sports and/or cheer/dance for high school at the same time I am on this team?

Yes! Our teams are school-friendly. *You will be expected to attend all our competitions and adhere to our attendance policy.* You will want to be sure your school sport is also willing to work with you on our schedule.

### Do I have to live in a certain area to cheer/dance for you?

No! Anyone can be on our teams. This gives you the opportunity to cheer with elite athletes from all over the North Country!

### Do I have to have cheer experience or tumbling skills?

No! Here at the Stallions we accept anyone regardless of skill or experience. You will be placed on a team that is best suited for your skill and age. Tumbling classes are not required but are highly encouraged. At this time, we do not provide private tumbling classes, but all teams receive a tumbling lesson from a certified tumbling instructor during practices.

### Where and when are practices?

We practice at the Redwood Fire Department. Practices will be determined by team placement and are subject to change due to availability. We WILL practice on Sunday and 1 night per week. Because the fire department allows us to practice there for minimal costs, we are subject to their schedule and our practice schedule may change every once in a while to accommodate that.

### Do you offer fundraising?

Absolutely! If you fully participate in fundraising, you can keep your out-of-pocket expenses minimal.

### Is there travel involved?

Yes, the majority of our competitions will require travel because of where we live. We will compete in Syracuse, Albany, Rochester, Pennsylvania, Ohio, etc. We try to keep all our competitions as close as possible, not counting the National end-of-year events. If you ask any Stallions Cheerleader or parent, travel is one of their favorite parts! And do not forget you can fundraise to help offset these costs!

### What end-of-year events do we attend?

Our cheer teams will compete to earn bids to The ONE Global Finals (taking place in Orlando, FL. - if you are familiar with All Star this is the equivalent to The Summit or Worlds), Hard Rockin' Nationals (Cleveland, Ohio) and Lake Erie Nationals (Lake Erie PA). All of these events are prestigious events that give out amazing prizes.

Dance teams will follow a different path and that is still being finalized.

### How long is the season?

Our season runs August-late April/early May.

We will try to the best of our ability to avoid competitions during school vacations. There will be "vacation" time during Thanksgiving and again during the Christmas/New Year holiday.

### What are team evaluations/placements?

Team evaluations/ placements will happen at the beginning of June, before the parent meeting. Coaches will evaluate the skill level of all athletes on two separate days, and will then place athletes on the team that best suits the athlete and the team. Teams will be formed based on many factors such as: age, tumbling skill, maturity level, jumps, stunting & pyramids, dance and motions. The team placement process is not stressful, and we strive to keep in a fun environment! Everyone is placed on a team. If a younger athlete is more experienced, they could be placed on an older team more suitable to their skills. Keep in mind all NCE teams are built to compete at a high standard and team placements are at the sole discretion of the coaching staff.