



# 2024-2025 SEASON HANDBOOK



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## WELCOME & MEET THE COACHES

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, and accountability. Our dynamic training environment goes beyond the mat, empowering our athletes with life lessons and strong character traits that will support them throughout their unique journeys. Come grow with us and experience the difference of a fully-rounded athletic development!



**Chelsea Hermanson**  
Gym Owner & Coach

*Thank You, Chelsea Hermanson*



**Emily Smedhammer**  
All-Star Director  
Elite Team Coach



**Acacia Wetszein**  
Tumbling / Class Director  
Elite Team Coach



**Brenna Lachowitz**  
Events & Camps Director  
Elite Team Coach

# MEET THE COACHES!



**Savanna Dufault**

Dynasty Director  
Sideline & Novice Team Coach



**Allison Nicholson**

Prep & Novice Team Coach



**David Farrenkopf**

Elite Team Coach



**Annie Mattern**

Sideline & Prep Team Coach



**Danielle Rueckhert**

Prep Team Coach



**Lexi Fuher**

Prep Team Coach



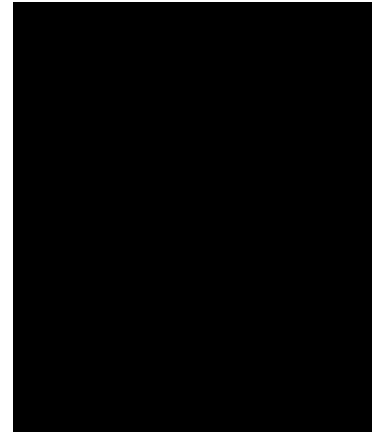
**Stausley Erovick**

Elite Team Coach



**Avery Nelson**

Prep Team Coach



**Bailey Fletcher**

Prep & Novice Team Coach

## PROGRAM COMPARISON

| Program           | Duration | Practice Hours   | Competition Schedule  | Ages                       |
|-------------------|----------|------------------|---|----------------------------|
| FUNDamentals      | Feb-Apr  | 1 hour per week  | Performance Only  | 6-11                       |
| Tiny Novice       | Oct-Apr  | 1 hour per week  | Performance Only  | 3-5                        |
| Mini/Youth Novice | Oct-Apr  | 1 hour per week  | Up to 2 competitions  | Mini : 6-8<br>Youth : 7-11 |
| Open              | Oct-Apr  | 2 hours per week | Performance Only  | 16+                        |
| Half-season Prep  | Oct-Apr  | 3 hours per week | Up to 3 competitions no further than 4 hours travel             | 7-12                       |
| Tiny Prep         | Jun-Apr  | 2 hours per week | Up to 3 competitions no further than 5 hours travel             | 5-8                        |
| Full-season Prep  | Jun-Apr  | 3 hours per week | Up to 5 competitions no further than 5 hours travel             | 7-12                       |
| Elite             | Jun-Apr  | 6 hours per week | 7-8 competitions traveling as far as Dallas, TX and Orlando, FL | 6-18                       |

For a price comparison check out the next page

## TUITION & FEES

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

**Additional Fees :** Additional fees will be split into multiple payments and will be charged to the card on your iClass portal on the 15th of each month.

| Program           | Monthly Tuition | Additional Fees  | Fee Payments  |
|-------------------|-----------------|--|---|
| FUNdamentals      | \$55            | \$45 (uniform rental)                                    | Summer Session Due July 15th<br>Winter Session Due March 15th   |
| Tiny Novice       | \$55            | \$50<br>\$100 (Uniform)                                  | \$50 Due October 15th<br>\$100 Due November 15th  |
| Mini/Youth Novice | \$75            | \$100<br>\$100 (Uniform)                                 | \$100 Due October 15th<br>\$100 Due November 15th   |
| Open Team         | \$30            | \$175  | Fees Divided into payments<br>November - April  |
| Half-season Prep  | \$100           | \$500<br>\$250 (Uniform)                                 | Uniform Payment Due October 15th<br>\$500 divided into 6 payments<br>November - April                         |
| Tiny Prep         | \$75            | \$500<br>\$250 (Uniform)                                 | Uniform Payment Due October 15th<br>\$500 divided into 6 payments<br>November - April                         |
| Full-Season Prep  | \$100           | \$1000<br>\$250 (Uniform)                                | Uniform Payment Due August 15th<br>\$1000 divided into 4 payments<br>September, October, January, February    |
| Elite             | \$150           | \$1600 JR & SR<br>\$1400 Mini & Youth<br>\$475 (Uniform) | Uniform Payment Due August 15th<br>Fees divided into 4 payments<br>September, October, January, &<br>February |

\*Additional fees for End of Season events are not included

**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 16-23           | Routine Choreo (Elite only)                   |
| Aug 30-Sept 2        | Closed for Labor Day Weekend                  |
| Oct 5&6              | Fullout Camp (Elite only)                     |
| Oct 10-14            | No Team Practice                              |
| 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 4th - 10th   | Choreography Upgrades w/ Triston (Elite only) |
| April 20, 2025       | Closed for Easter                             |

# 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 100% mandatory. There are a handful of excused absences which you can find listed below, in the event your athlete will be absent from a practice you are required to fill out an absence request form a minimum of 2 weeks prior to the absence. This form can be found on our website.

## Excused Absences

- Contagious Illness
- Funeral/Death in Family
- Graded School Function

**Vacations :** When planning family vacations try to ensure your scheduling aligns with our break schedule so that your athlete does not miss practices. You can find a list of scheduled breaks on Page 5 of this handbook.

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

**Allotted Absences :** We do allow a set number of allotted unexcused absences per season. Once you reach and/or exceed your allotted absences your athlete(s) may be removed from portions of the routine or even the routine as a whole at the discretion of the coaches.

## Number of allotted unexcused absences

- Elite & Full Season Prep teams are allotted 4 unexcused absences June - August and 6 unexcused absences September - May
- Half-Season Prep & Novice teams are allotted 6 unexcused absences
- FUNdamentals is allotted 4 unexcused absences

**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.**



## COMPETITION POLICIES

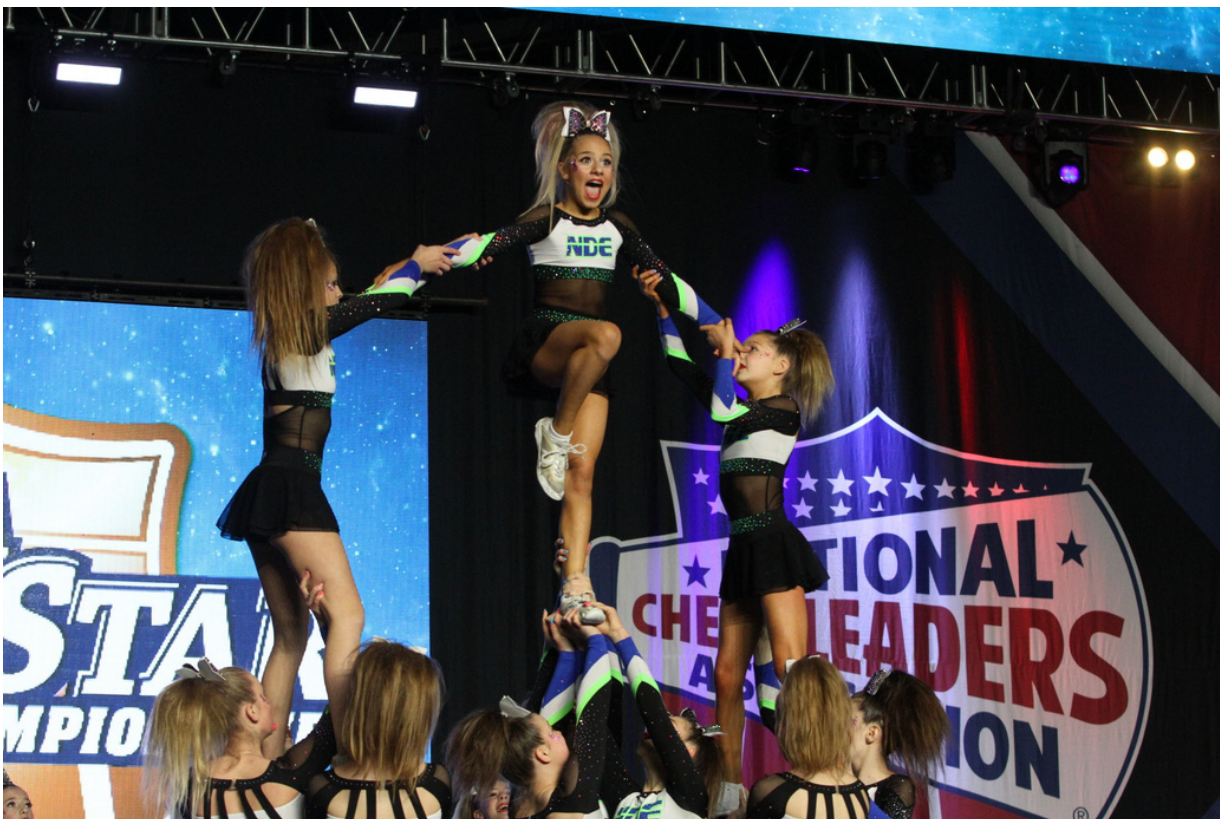
**Travel :** Parents/Guardians are responsible for getting their athletes to and from all competitions. The majority of our competition season is in the middle of winter so you will need to plan your travel accordingly, as the events we attend do not cancel.

**Competition/Performance Schedule :** Our 2024-25 competition schedule will be finalized and released by August 1st. All competitions and performances are mandatory.

### **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

**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.**





## ATHLETE/PARENT POLICIES

**Practice Wear :** NDE no longer requires team practice wear for athletes, however athletes are required to wear all black for all practices. Hoodies are not allowed to be worn during practice. Athletes must wear shoes to all practices.

**Anti-Bullying Policies :** Group texts of any kind between athletes and/or parents are not allowed. There should be no negative social media posts made in regards to athletes, coaches, teams, etc.

[Anti-Bullying Waiver](#)

**Parent Code of Conduct :** An athlete should never be withheld from practices or competitions as a form of punishment. If you threaten to pull your athlete from a team it is grounds for immediate dismissal. All social media postings must be favorable and may not directly state or imply negative things about athletes, coaches, teams, etc.

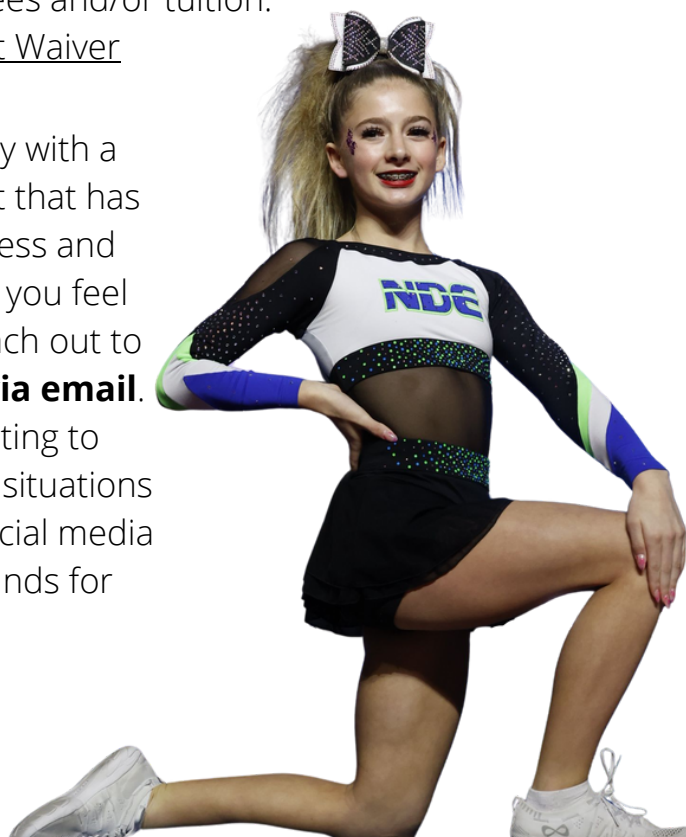
[Parent Code of Conduct Contract](#)

**Financial Agreement :** You are responsible for all fees aforementioned on Page 4 of this handbook. Failure to pay these will result in a late fee and possible dismissal from a team and/or the program. All fees are nonrefundable, if you choose to leave or are dismissed for any reason you will not receive a refund for any fees and/or tuition.

[Financial Agreement Waiver](#)

**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.



# COMMUNICATION

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

**Tumbling Director** - Coach Acacia (coachacacia@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 following placements. 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!