



NORTH SHORE ELITE CHEER COMPETITION PROCEDURES

The time has come, a summer of hard work comes down to the moment of truth, Competition!!! This document contains most of the information you and your athlete will need to prepare for and be successful during competition season. We encourage you to talk with the directors, coaches and veteran parents. We are all here to support one another and most importantly our athletes.

How to Prepare

1-2 days before competition day - The first key to success for competition day is preparation. At least 2 days before, all uniform pieces should be gathered. The night before, prepare their bag to have all necessary pieces inside and ready to go. DO NOT WAIT UNTIL THE MORNING OF TO DO THIS.

Your athlete has their name inside their shoes – this should hopefully help alleviate lost shoes at practice.

If you athlete wears glasses, they MUST have a secured strap to hold them in place. This is a safety rule, if the athlete doesn't have their strap, they can't wear their glasses on the mat.

On competition day - The second key to success is attitude. While this will be exciting and stressful for you as the adult, your athlete will be experiencing their own stress as they prepare to take the mat with their team in front of hundreds of people and the judges. We ask that you do whatever you can to keep your nerves in check and encourage a smooth and stress-free morning.

The third key to success is food and hydration. More than ever, on competition day, what your athlete consumes will have an immediate impact on their performance. Paired with nerves poor nutrition is a recipe for disaster.

The Do's and Don'ts:

DO FEED YOUR ATHLETE – whole foods with proper nutritional value will ensure their bodies are ready for increased adrenaline, stress and exertion. Protein, fruits and veggies along with lots of water are best.

DO NOT FEED YOUR ATHLETE FRIED OR SUGARY FOODS BEFORE COMPETING – these foods will almost certainly ensure they are lethargic, crabby and not ready to push their bodies to perform at top level.

Competition Attire

Competition Attire consists of NSE issued uniform top and skirt, spankies, shoes, black no show/ankle socks, competition bow, warm up jacket and designated team shirt. The t-shirt should be in their bag to wear over their uniform while eating or drinking. Competition shoes should never be worn outside while traveling to and from competition. **Please be sure competition shoes are new, clean and in good shape for competition.**

NO eye shadow, blush, lipstick, false eyelashes, glitter or nail polish may be worn. Seniors will be instructed on the MINIMAL amount of makeup they are allowed to wear. Fingernails must be cut short and filed.



Hair must be done according to the designated direction given by your coach. Any question or request for assistance with hair should be directed to your coach or manager.

****PRO TIP:** Athlete should be wearing their uniform top BEFORE you do their hair. Uniform tops are snug and can undo the work you have put into a perfect ponytail(s)!**

Juniors and Seniors – a high ponytail is placed 2-3 fingers from the hairline. Braids may need to be wrapped or doubled up. Please do not wait until Competition Day to figure out what works best. Send them to practice in their competition hair for a trial run. Straight hair should be curled.

Munchkins – Two high pig tails are required. Bows go on the front of the pigtails. Straight hair should be curled.

Travel

Cheerleaders should wear their full uniform when traveling to the competition. Warm up pants can be worn under her skirt and jackets over their tops. Once you arrive, she should change into her competition shoes. Hair must be finished and bow in place before checking in with coach.

Arrival time will typically be 30 mins-1 hour prior to athlete drop off. There may be occasions when this time is more than 1 hour early, we thank you ahead of time for being flexible.

****IF YOU ARE RUNNING LATE – communicate this with your Momager 1 on 1, NOT IN A GROUP TEXT! NOT TO THE COACH(ES) ALSO, ANSWER YOUR PHONE IF WE CALL YOU!****

What to do upon arrival

Some venue logistics require meeting in the parking lot, others will allow some gathering space in the building. Please plan ahead, arrive early, and meet us on time. Under no circumstances is it acceptable for anyone to enter without when required.

Once you have arrived, make sure your cheerleader goes to the bathroom, complete any last-minute preparation details (hair, uniform changing, etc.) BEFORE they check in with their coaches. DO NOT feed your cheerleader just before check in. Eat before arriving!

Family and friends should proceed to the designated spectator area. All NSE Families will sit together. IMPORTANT NOTE: SEAT SAVING IS NOT ALLOWED. Any items left unattended to save seats will be confiscated by venue staff and/or security.

Photography and Videography – VERY IMPORTANT CHANGE

The ICA has updated the rules related to **photos and videography**. As you know, one of the ICA waivers you signed online covered your agreement to abide by the photo/video requirements. This requirement states any PERFORMANCE photos/videos taken at ICA events are for HOME USE ONLY and WILL NOT be posted on public social media or Internet sites. All entrants are held to these requirements. Please ensure your guests are aware and follow



the requirements. If you or your guests fail to adhere to these requirements, North Shore Elite Cheer reserves the right to discipline the perpetrator and or athlete as it sees fit, up to and including removal from the program.

Coach Drop Off

Each squad will have a designated drop off time and place. NSE staff will be in the designated place to receive their squad. The time and location will be communicated by your Momager once we have arrived. When arriving to drop off, athletes should be in full uniform ready to compete. PLEASE BE SURE YOUR CHEERLEADER DOES NOT HAVE ANY ADDITIONAL ITEMS WITH THEM WHEN THEY ARE DROPPED OFF – NO CELL PHONES, WARM-UPS, BAGS OR WATER BOTTLES. Once cheerleaders have been dropped off you are free to go enjoy the competition and prepare to cheer our squads on. You will be free to get refreshments, shop at the various vendor booths set up in the facility and enjoy the other squads competing before ours.

Back Stage Movement

Once the girls have been dropped off to their coaches, they will begin their carefully scheduled movement through warm ups. They will have access to water and any other necessary items. Backstage is a secure child-safe zone. Friends, families and spectators are not allowed backstage without a staff wristband. Wristbands are only provided to necessary staff (directors, coaches or momagers).

After Performance

Once the squads compete, they will prepare for the announcement of awards. Depending on order of performance or space in the spectator are, they may not be able to return to you until after awards. NSE Staff will make the decision on where they will go after they have competed. We ask that you please do not deviate from the planned schedule. If you must depart with your cheerleader before awards, please make sure your coaches know your intentions BEFORE the competition.

Competition Groupings, Awards and Score Sheets

Each squad will be grouped to compete directly with up to 2 other teams or solo – “against the numbers”. When competing against other teams, the squad earning the highest number of points will receive 1st place. When competing solo (against the numbers) we are aiming to earn the minimum score established by the ICA to earn a “Bid to State”. Earning a “bid” is required to compete at the 2025 ICA State Championship in December. Each cheerleader competing will receive a medal no matter what place we earn. Our teams compete in CREC Small Division C category. Small teams have 6-19 athletes on the team. Division C designation is for programs with 108 or fewer total athletes registered.

The Munchkins will compete in the “exhibition” category, always going “against the numbers”. They are looking to score at least **65** points to earn their “Bid to State”.

The Junior team will compete against other teams in 6th grade Small CREC. At the last competition in November, they will compete “against the numbers” looking for a minimum score of **74** points.



The Senior team will compete against other teams in the 8th grade Small CREC. At the last competition in November, they will compete “against the numbers” looking for a minimum of **79** points.

Coaches will receive score sheets after awards. These score sheets are the property of NSE Coaches and Staff and will not be shared or distributed. Coaches will discuss feedback given by the judges with the squad at their discretion. Please do not approach the coaches or NSE staff members with questions pertaining to the score sheets or judges feedback. In the event of a less than optimal performance, we ask that you remain in good spirits and not approach coaches or NSE staff to discuss details of the performance. Please honor the 24-hour rule and hold off on any discussions, questions or concerns regarding performance or placement. Coaches reserve the right to wait until the following practice to respond to any requests to discuss competition outcome. If you feel you are unable to adhere to this requirement, please contact Jennessa 24 hours after the competition.

During the first practice after competition, coaches will discuss judge’s feedback and scoring in detail with the team. Directors or Coaches may opt to share judges feedback during practice at a designated time, and only during that designated time.

UNDER NO CIRCUMSTANCES ARE NSE FAMILIES, FANS OR CHEERLEADERS TO APPROACH ICA JUDGES OR OFFICIALS TO CONTEST, DISCUSS OR COMPLAIN ABOUT THE OUTCOME OF THE AWARDS OR OUR PLACEMENT. Our organization can and will be disqualified and removed from the ICA. Any breach of this requirement will result in immediate dismissal from our program.

No gifts or goodie bags of any type will be allowed on the competition floor during the awards session unless designated by the staff. Please respect this rule, and our request to keep the competition day focused.

Adherence to these guidelines in addition to those in the NSE Parent Guidelines is required and expected per your agreement at the time of registration. Any deviation of these guidelines will be deemed a breach of the agreed code of conduct and can result in dismissal from the program.

KEYS TO SUCCESS ON COMPETITION DAY:

- ***ANSWER YOUR PHONE IF YOU ARE RUNNING LATE!***
 - ***Be on time!***
 - ***Be in good spirits!***
 - ***Provide good food!***
 - ***Have a blast!***