



NORTHSHORE REC CHEER

Information Packet

2025-2026

WHAT IS NORTSHORE REC CHEER?



Northshore Rec Cheer is a competitive cheerleading program for girls and boys ages 5 to 17.

Northshore Rec Cheer is committed to providing a fundamental, instructional, and exciting cheer experience for girls and boys who aim to cheer on their middle, high school, or college sidelines. Our teams are made up of kids from schools in St. Tammany, Tangipahoa, and surrounding parishes. Our goal is to teach the fundamentals of cheerleading in a fun and welcoming way, regardless of experience and skill level.

The purpose for the recreational cheerleading program is to begin teaching young athletes about cheerleading and all its dimensions. They will be exposed to tumbling, stunting, jumping, and dancing, and teamwork, while working towards the goal of competing locally and nationally. The cheerleaders will gain life skills and cheer skills while participating in a fun and safe environment.



Meet The Owner



Brandon Rami

Owner of Northshore Elite

Brandon has over 10yrs of cheerleading and coaching experience. Brandon is a former Southeastern Louisiana University cheerleader and current Co-ed Skills Coach who has won 3 Gameday National Championships. He is the current Mandeville High School skills coach where they have won 3 National Championships and 2 World Championships.

Team Placement Information

Team Placements on May 18, 2025

Ages 4-5, Sign Up Only

Ages 6-9, 1:00pm – 3:00pm

Ages 10-12, 3:30– 5:30pm

Ages 13-16, 6:00 –8:00pm

Team placement/tryout Day is an opportunity for our coaching staff to evaluate the skills of each athlete. These evaluations are for the purpose of team placements. Motions, jumps, cheer, and tumbling will be evaluated. **No experience** is required to make the exhibition and non-national teams. Most importantly, we are looking for athletes who demonstrate a positive attitude and a willingness to learn. Athletes will be placed on a team based on age and then skill. All athletes attending team placements will be placed on a team. Northshore Rec reserves the right to place athletes on the team(s) it feels best suits the athlete and the program. Northshore Rec reserves the right to decide the roles/positions an athlete will participate in on their team(s). (e.g., base, flyer, back spot, tumbler, etc.)

All evaluated athletes will be placed on either a Nationals or a Regionals team. Age of eligibility is determined by birth years as follows:

Open Rec – 6Y Birth year 2019 and later (Exhibition only)

Open Rec – 8Y Birth year 2017 and later

Open Rec – 10Y Birth year 2015 and later

Open Rec – 12Y Birth year 2013 and later

Open Rec – 14Y Birth year 2011 and later

Open Rec – 12-18Y Birth years 2007-2013

Follow us on social media!

Facebook: Northshore Rec Cheerleading

Instagram: @NorthshoreRec

Team Descriptions

The number of teams offered can change from year to year depending on athlete counts, interest, and overall skill level of athletes. No experience is required to make a team. Once your team selection is determined, a practice schedule and other important team information will be provided to you. Practices can vary in instructions depending on what the team is working on.

This can include cheers, motions, stunting, or tumbling.

Estimated Financial Obligation for **Tiny Cubs (5 - 8-Year-Olds) Exhibition Team**

Tiny Cubs is an Exhibition Cheer team, which is a non-competitive team that will be scored by judges at competitions but not ranked. It is a good introduction to competitive cheer without the pressure of winning.

Registration Fee: \$50 (Due at the mandatory meeting for ALL Northshore Rec cheerleaders)

Monthly Tuition: \$150/month (8 months, July to February) 10% discount on monthly tuition is paid in full before first practice - \$1,080.

Practice Clothes: \$85 (Estimated Cost) This includes one shirt, one pair of shorts, and a practice bow.

Uniform: \$380 (Estimated) This includes body liners, shells, skirts, bloomers, shoes, bows, and poms. Poms will be part of a Team set that will be given to the cheerleaders to take home at the end of the season.

***Optional LIONS Embroidered Backpack \$85 (Estimate)**

**** TO RECEIVE OUR UNIFORMS IN TIME, THE FULL PAYMENT HAS TO BE MADE TO VARSITY ON TIME. ANY OVERDUE BALANCES WITH VARSITY WILL RESULT IN UNEXCUSED REMOVAL FROM PRACTICES.**

Please note that the above expenses do not include travel and lodgings to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called, or certain practices may be canceled at the coach's discretion.

Refunds: If you quit or are removed from the program by Northshore Rec you will not receive a refund of any kind. This includes any prepaid amounts.

If an athlete leaves the program prior to April 30, 2025, she/he is subject to a \$300 buyout fee. This fee will be billed to the card on file at the time of the athlete's departure from the program.

Team Descriptions

Estimated Financial Obligation for Regionals Team

Regionals Teams is an opportunity for athletes ages ranging from 7yrs-10yrs of age.

These teams will compete locally and regionally.

These teams will not travel to an end of the year Nationals event.

Registration Fee: \$50 (Due at the mandatory meeting for ALL Northshore Rec cheerleaders)

Monthly Tuition: \$225/month (9 months June to February) 10% discount on tuition is paid in full before first practice – \$1782.

Practice Clothes: \$110 (Estimated) This includes one shirt, one pair of shorts, and a sports bra by Varsity Fashions.

Uniform: \$380 (Estimated) This includes body liners, shells, skirts, bloomers, shoes, bows, and poms. Poms will be part of a Team set that will be given to the cheerleaders to take home at the end of the season.

Skills Camp and Choreography: \$125 (Estimated)

***Optional LIONS Embroidered Backpack \$85 (Estimate)**

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If an athlete leaves the program prior to April 30, 2025, she/he is subject to a \$300 buyout fee. This fee will be billed to the card on file at the time of the athlete's departure from the program.

Team Descriptions

Estimated Financial Obligation for Competitive Teams

Nationals Teams are for ages 6yrs-18yrs of age. Nationals teams will compete locally and regionally, competing to earn a bid to an end of the year Nationals Event.

Registration Fee: \$50 (Due at the mandatory meeting for ALL Northshore Rec cheerleaders)

Monthly Tuition: \$250/month (10 Months June to March) 10% discount on monthly tuition is paid in full before first practice - \$2,250.

Practice Clothes: \$110 (Estimated) This includes one shirt, one pair of shorts, and a sports bra by Varsity Fashions.

Uniform: \$380 (Estimated) This includes body liners, shells, skirts, bloomers, shoes, bows, and poms. Poms will be part of a Team set that will be given to the cheerleaders to take home at the end of the season.

**** TO RECEIVE OUR UNIFORMS IN TIME, THE FULL PAYMENT HAS TO BE MADE TO VARSITY ON TIME. ANY OVERDUE BALANCES WITH VARSITY WILL RESULT IN REMOVAL FROM PRACTICES.**

Skills Camp and Choreography: \$125-\$175 (Estimated)

Nationals Coaches Fees: Each team member must also fundraise or contribute to coach's fees for Nationals.

Minimum \$600 per coach on each team.

***Optional LIONS Embroidered Backpack \$85 (Estimate)**

Please note that the above expenses do not include travel and lodgings to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called, or certain practices may be canceled at the coach's discretion.

Refunds: If you quit or are removed from the program by Northshore Rec you will not receive a refund of any kind. This includes any prepaid amounts.

If an athlete leaves the program prior to April 30, 2025, she/he is subject to a \$300 buyout fee. This fee will be billed to the card on file at the time of the athlete's departure from the program.

Team Descriptions

Estimated Financial Obligation for NSSC Teams

National School Cheerleading Championship Teams are for ages 9yrs-18yrs of age. NSSC teams will compete locally and regionally, competing to earn a bid to the National School Cheerleading Championship held in Orlando, FL. These teams will be tryout selection only!

Registration Fee: \$50 (Due at the mandatory meeting for ALL Northshore Rec cheerleaders)

Monthly Tuition: \$250/month (9 Months June to February) 10% discount on monthly tuition is paid in full before first practice - \$2,025.

Practice Clothes: \$110 (Estimated) This includes one shirt, one pair of shorts, and a sports bra by Varsity Fashions.

Skills Camp and Choreography: \$235 (Estimate) Held by Varsity

Nationals Coaches Fees: Each team member must also fundraise or contribute to coach's fees for Nationals.
Minimum \$600 per coach on each team.

Optional LIONS Embroidered Backpack \$85 (Estimate)

Uniform: \$380 (Estimated) This includes body liners, shells, skirts, bloomers, shoes, bows, and poms. Poms will be part of a Team set that will be given to the cheerleaders to take home at the end of the season.

**** TO RECEIVE OUR UNIFORMS IN TIME, THE FULL PAYMENT HAS TO BE MADE TO VARSITY ON TIME. ANY OVERDUE BALANCES WITH VARSITY WILL RESULT IN REMOVAL FROM PRACTICES.**

Please note that the above expenses do not include travel and lodgings to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called, or certain practices may be canceled at the coach's discretion.

Refunds: If you quit or are removed from the program by Northshore Rec you will not receive a refund of any kind. This includes any prepaid amounts.

If an athlete leaves the program prior to April 30, 2025, she/he is subject to a \$300 buyout fee. This fee will be billed to the card on file at the time of the athlete's departure from the program.

Team Descriptions

REGIONALS TEAMS

Regionals teams will primarily perform and/or compete at local and regional events and showcases.

- Practices for Regionals teams will begin the week of June 15th.
- Athletes involved in other sports and school activities that conflict with Nationals team practices will be placed on a Regionals team with athletes of similar skill levels and experience.
- Activities and sports outside of cheer may not conflict with practices and events. However, for Regionals teams only, school cheer may be excused with at least one week's prior notice.
- Practices will be a minimum of twice a week for approximately 1.25 to 2 hours (depending on the team).
- The 6Y, 8Y and 10Y teams will focus on developing and improving skills, as well as gain competition performance experience.
- Regionals teams will allow athletes to train and compete with other cheerleaders of similar skill levels.

Nationals Teams

Nationals teams MAY be offered for Open Rec 10Y, 12Y, 14Y and 12-18Y. These teams compete at regional competitions and perform at local showcases.

- Athletes involved in other sports and school activities that conflict with competition preparation are not eligible for a Nationals team.
- Practices for Nationals teams will begin the week of June 15th.
- A maximum of 4 summer vacation absences are allowed between the months of May-July, 2025.
- No out-of-town/vacation travel is allowed during the months of August, 2025-March, 2026.
- Additional practices WILL BE ADDED IN DECEMBER AND JANUARY leading up to Nationals. All scheduled and added practices are mandatory—this is nonnegotiable.
- Athletes are not allowed to travel to Nationals early until after the last practice.
- While at Nationals, all team obligations, commitments, and responsibilities are absolute priority and must take precedence over park time and reservations.
- When accepting a spot on a Nationals team, you are agreeing to comply with ALL attendance policies, including added practices, schedule changes and other demands of these highly competitive teams.

NSSC Teams

Nationals teams MAY be offered for Open 14Y and 12-18Y. These teams compete at regional competitions and perform at local showcases.

Nationals teams also compete at the UCA National High School Cheerleading Championship held at Walt Disney World in Orlando, Florida, January 30th – February 1st, 2026.

- Athletes must have prior competition cheerleading experience and/or an unassisted standing and round off back handspring (additional requirements may be required for individual teams). Some athletes may be asked by coaches to be placed on a team without tumbling. Must have other useful skills to be considered such as good stunting and or jumps.
- Athletes involved in other sports and school activities that conflict with competition preparation are not eligible for a Nationals team.
- Practices for Nationals teams will begin the week of June 15th.
- A maximum of 4 summer vacation absences are allowed between the months of May-July, 2025.
- No out-of-town/vacation travel is allowed during the months of August, 2025-March, 2026 unless during gym closures.
- Additional practices WILL BE ADDED IN DECEMBER AND JANUARY leading up to Nationals. All scheduled and added practices are mandatory—this is nonnegotiable.
- The last home practice will be Tuesday, January 27, 2026. Athletes are not allowed to travel to Orlando until after this practice.
- While in Orlando for Nationals, all team obligations, commitments, and responsibilities are absolute priority and must take precedence over park time and reservations.
- When accepting a spot on a Nationals team, you are agreeing to comply with ALL attendance policies, including added practices, schedule changes and other demands of these highly competitive teams.

PRACTICES & ATTENDANCE

In addition to the information provided above, the following attendance policies and procedures must be followed throughout the season:

- Attendance at all practices is required.
- Practice schedules will be provided with team placement.
- Summer practices are mandatory. Any planned summer vacation should be filled out with front office using vacation form at least 2 weeks prior to scheduled absence(s).
- Athletes must arrive for all practices 5 minutes early, dressed appropriately, and prepared to take the floor.
- Practice wear includes appropriate cheer shoes; hair securely pulled back away from the face in a ponytail; designated practice wear; and a water bottle (only water is allowed at practice).
- No jewelry and artificial fingernails are allowed. Northshore Rec will not be held responsible for any lost jewelry.
- Cell phones are not allowed at practice.
- It is your responsibility to directly contact coaches via phone call or text in the event of an unforeseen late arrival for practices. Coaches phone numbers will be provided in the BAND app.
- The only excused absences are for family bereavement; a contagious illness with a doctor's excuse; and a mandatory school function for a grade (this does not include optional school sports, field trips or school plays).
- Examples of unexcused absences are birthday parties, concerts, family gatherings & vacations, school projects/homework, other sports (including games and practices), elective school activities and field trips.
- An unexcused absence from a competition will result in athlete's immediate dismissal from the program with no refund. An athlete's absence from practice for ANY reason the week of a competition may result in the athlete's removal or replacement from his/her spot in the routine for that week's event at the coach's discretion.
- An unexcused absence from a practice may result in an athlete's removal or replacement from his/her spot in the routine.
- Plan on last minute practices being called when preparing for competition. Practices may be changed or be added at any time during the season.
- DO NOT schedule out of town travel during the two weeks prior to a competition. Athlete's schedules must remain flexible during this time for added practices and competition preparation.

COMMUNICATION

Coaches will communicate primarily through the BAND app.

It is important to check your team's BAND group daily for important updates and announcements.

You must communicate with your coaches. If you must miss practice—you must notify the coach at least 24 hours in advance.

GYM CLOSURES

***Subject to change**

Independence Day, Friday, July 4, 2025

Labor Day, Monday, September 1, 2025.

Halloween, Friday, October 31, 2025

Thanksgiving Week, Thursday, November 24- 28, 2025

Christmas Week, December 22-26, 2025

New Year's Eve, Wednesday, December 31- January 1 2025

*Additional days off may be given during Christmas break at your coaches' discretion.

***COMPETITION DATES WILL BE
PROVIDED UPON RELEASE**