



University of St.Gallen

**HSG**  
**CHEERLEADING**

# TRIAL PRACTICES

We are excited about your interest in HSG Cheerleading. This document provides the first information regarding our Trial Practices in September and the 2025/26 team.

**You will receive our full Team Info Document by email after your first Trial Practice.**

## About our Team

We are Switzerland's first and only university cheerleading team and proudly represent HSG.

Our program is **specifically designed for beginners** – you don't need gymnastics, dance, or flexibility to join. Almost all our athletes started with zero background, and today they are great cheerleaders. We'll teach you step by step in a supportive and empowering environment.

Cheer at HSG is the perfect balance next to your studies. It's your time in the week to switch off from lectures, move your body, and do something good for yourself. While training, you'll get a full-body workout that pushes your fitness to the next level. At the same time, you'll join a strong circle of girls who support each other and create a unique presence at HSG. Through practices and performances you'll grow in confidence, challenge yourself, and become a better version of yourself. And with a study-friendly schedule of only two practices per week (and just one optional during all uni breaks) cheer fits perfectly alongside your university life.

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Curious? **Come to one or more of our Trial Practices and/or join the Beginner Camp** to see if cheer is for you. No pressure, no commitment, just show up and try it out! :)

After Trial Practices, if you decide to join the team, please sign up for Team Placements on September 25<sup>th</sup>. **After Team Placements we won't be accepting new students until fall 2026.**

# Schedule

|                                                    | Monday | Tuesday                                                  | Wednesday | Thursday                                                         | Friday                            | Saturday                                          | Sunday |
|----------------------------------------------------|--------|----------------------------------------------------------|-----------|------------------------------------------------------------------|-----------------------------------|---------------------------------------------------|--------|
|                                                    | 15     | 16                                                       | 17        | 18                                                               | 19                                | 20                                                | 21     |
| 1st WEEK<br>of Trial<br>Practices                  |        | Trial Practice 1<br>20:15-21:45<br>HSG Sports Hall 1     |           | Trial Practice 2<br>18:10-20:10<br>HSG Sports Hall 2             |                                   | Beginner Camp<br>15:45-17:45<br>HSG Sports Hall 1 |        |
|                                                    | 22     | 23                                                       | 24        | 25                                                               | 26                                | 27                                                | 28     |
| 2nd WEEK<br>of Trial<br>Practices                  |        | Trial Practice 3<br>20:15-21:45<br>HSG Sports Hall 1     |           | <b>TEAM<br/>PLACEMENTS<br/>18:00-20:10<br/>HSG Sports Hall 2</b> | TEAM<br>WELCOME<br>PARTY<br>21:00 |                                                   |        |
|                                                    | 29     | 30                                                       | 1         | 2                                                                | 3                                 | 4                                                 | 5      |
| 1st WEEK<br>of Team<br>Practices<br>(members only) |        | 1st Team<br>Practice<br>20:15-21:45<br>HSG Sports Hall 1 |           | 2nd Team<br>Practice<br>18:10-20:10<br>HSG Sports Hall 2         |                                   |                                                   |        |

please: **BE ON TIME!** Being late makes our practice inefficient, ideally be 5-10 min earlier  
 You don't have to attend all Trial Practices (but we recommend)

## Trial Practices / Beginner Camp

### Trial Practices – September 16th, 18th & 23rd

During the first two weeks of the semester, we'll host three Trial Practices open to all students – no experience required. These sessions are your chance to try cheerleading, meet the team, and get a first impression of our practices. Participation in the Trial Practices does not commit you to joining the team. It is for you to see if you like cheer. If you want to join the team we highly recommend attending as many Trial Practices as possible to be best prepared for Team Placements.

*Dresscode: Shorts, shirt or sports bra, indoor shoes*

### Beginner Camp – Saturday, September 20th

**NEW!** Additionally, we offer a 2-hour Beginner Camp where we go deeper into the basics of cheerleading and all categories (stunts, tumbling, jumps, pyramid, dance, cheer). You'll receive a cheer info booklet to take home, making it the perfect introduction to the sport and a fun afternoon together. Sign up if you're interested and come by! Participation in the camp does not commit you to joining the team. *Dresscode: pink shirt or sports bra, black shorts, indoor shoes*

# Team Placements

## Team Placements – Thursday, September 25th

We'll hold our official Team Placements on Thursday, September 25th to form the new team for the 2025/26 season. You'll go through the movements you learned at Trial Practice (beginner-friendly). No worries, if you've attended at least one of the Trial Practices or the camp, you'll be well prepared. The Team Placements are open to everyone – no cheer experience needed!

## Regular Practices - from October on

### Regular Practices - from October on

After Team Placements, our 25/26 team is fixed and our practice is exclusive to team members.

We practice every **Tuesday 20:15-21:45** and every **Thursday 18:10-20:10** at the **HSG Sports Hall** during lecture times. Please consider this in your bidding process.

## What to bring/wear to Practice

- Indoor sports shoes (ideally with a stable sole eg. no AirMax)
- Water bottle
- Sporty outfit (you can find typical cheer outfits if you search “cheer practice outfits” on pinterest)
- Please have your hair in a ponytail and no jewelry

## How to prepare for your first Trial Practice

You don't have to prepare anything in advance. Just arrive on time, bring a positive attitude, and be ready to try something new. We'll take care of the rest and support you along the way!

But if you want you can sneak peak in some shows to catch the cheer vibe. Examples:

- Cheer (Netflix)
- Dallas Cowboys Cheerleaders (Netflix) – we don't really dance like them, but it shows how much discipline and great attitude cheer requires.
- Cheerleaders Cali Show (Youtube)
- USF All Girl Horns Up (YouTube)

## FAQ's

### Can I join if I'm in assessment?

Yes! Our team is open to all University students. We actually recommend our team for assessment students to find friends & get a break from studying.

### I really can't do any skills not even a cartwheel

No worries, we got you! Just come to practice there will be many beginners just like you.

### How many spots do you have in your team?

We have 32 spots for the 2025/26 season. To give yourself the best chance, try to attend as many Trial Practices as possible. It helps us get to know you and see your commitment.

### How can I get a spot if I'm a complete beginner?

Most girls who want to join are beginners, so you're not alone. We don't expect any skills. What matters most is that you show motivation, are friendly and supportive, and open to learning. These are the qualities that make a great team, because we know the rest can always be learned once you're on it.

### Do I have to be flexible?

No. This is a big misunderstanding about cheerleading. A lot of cheerleaders are not that flexible. You will learn everything that is needed at practice.

### What language is practice held in?

English, since we have many international students.

## Coaches

Our team is coached by Niqqi & Leonie, both Swiss National Champions in cheerleading. Niqqi is also one of the head coaches for the National Team Switzerland at the 2027 World Championship, while Leonie is a certified personal trainer with a passion for strength and team spirit. Together, they developed a program that teaches cheerleading for beginners from the ground up and gets you physically ready for it. You'll be in good hands :).

## Next Steps

1. Simply show up at the **Trial Practices** – no pre-registration needed.
2. After your first Trial Practice, you will **receive our full Team Info Document by email**.  
This includes: Team Placement Infos, season schedule, costs, registration details, etc.
3. If you want to join the team → **sign up for Team Placements** September 25th

we're looking forward to meeting you! 😊