

CHEERLEADING AT THE UNIVERSITY OF ST. GALLEN

2024-2025 TRYOUT PACKET



Vice Swiss Champions Senior Level 3

HSG Sports Hall

Coaches: Niqqi Kieber & Leonie Kluschnik

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Live your college dream and become part of the cheerleading team at the University of St. Gallen!

We are the first and only University cheerleading team in Switzerland.

No previous experience required! Our team is for all students, whether beginners or advanced athletes.

Never cheered before? No worries! We love to train from the very beginning! Almost our athletes were beginners when they joined our club. Our coaches are here to teach you all that you need to know to be a successful and competitive college cheerleader. We promise you'll have an amazing experience!

We have currently 1 team in Cheer Level 3. This might change due to skill level or number of participants. With our University cheer team training only 2x/week, we have just the team for you to balance studies, sports and being social!

YOU HAVE 4 TRIAL PRACTICES (SCHNUPPERTRAININGS) WHERE YOU CAN SEE IF YOU LIKE THE SPORT AND THE TEAM WITHOUT ANY COMMITMENT.

These are: Beginner Camp September 14th, Trial Practices Sept. 17th, 19th and 24th



OUR CLUB

Vision

"To be the leading level 3 cheerleading team in Switzerland, recognized for fostering a dynamic, inclusive, and supportive environment that empowers our members to excel both on and off the mat. We strive to inspire school spirit at the University of St. Gallen and beyond, while building lasting friendships and creating a legacy of excellence. Our vision is to develop well-rounded individuals who grow both athletically and personally, becoming the best versions of themselves."

Values

1. **Effort/Excellence:**

- Commit to giving your best in every practice, performance, and event.
- Value punctuality, attendance, and continuous skill development.

2. **Strong Team Bond/Sisterhood:**

- Cultivate a supportive, respectful, and gossip-free environment.
- Ensure that every member feels necessary, valued, and has each other's backs.
- Promote fairness, respect, and open communication.
- Build a close-knit, caring team that represents the values of friendship, loyalty, and respect.

3. **Impact:**

- Represent the HSG spirit through impressive performances and positive interactions on campus and at events.
- Support other teams and foster a culture of sportsmanship.
- Strive for a strong, positive reputation both within and outside the university.
- Emphasize that all members are representatives of the team, both on and off the field.
- Maintain a professional image that is strong, impressive, and respectful.

4. **Confidence and Personal Growth:**

- Foster confidence through athletic achievement, personal development, and a strong sense of identity.
- Encourage every member to grow and become a better version of themselves, both athletically and personally.
- Maintain a professional and empowering environment where members can take pride in and we celebrate their progress and accomplishments.

Mission

"To provide a supportive and engaging cheerleading experience for students at the University of St. Gallen, promoting personal development, teamwork, and school spirit. We aim to create a strong, cohesive team that upholds the values of respect, fairness, and excellence, while empowering our members to grow both athletically and personally, and to make a positive impact on our university community and beyond."



2024-2025 USG TRYOUT SCHEDULE

YOU HAVE 4 PRACTICES WHERE YOU CAN SEE IF YOU LIKE THE SPORT AND THE TEAM WITHOUT ANY COMMITMENT. THESE ARE THE BEGINNER CAMP SEPTEMBER 14TH, AND THE TRIAL PRACTICES SEPTEMBER 17TH, 19TH, AND 24TH.

ONCE YOU PASS TRYOUTS YOU WILL OFFICIALLY BE PART OF OUR CHEER SQUAD 24/25 FOR THE SEASON. IT IS NOT POSSIBLE TO JOIN OUR TEAM AFTER TRYOUTS HAVE PASSED.

September Try out Calendar

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	9	10	11	12	13	14	15
						CHEER CAMP 13:30-16:00 HSG Hall 3	
	16	17	18	19	20	21	22
1 ST WEEK of Tryout Prepar ation		Tryout Preparation 1 20:15-21:45 HSG Hall 2		Tryout Preparation 2 18:10-20:10 HSG Hall 2			
	23	24	25	26	27	28	29
2 ND WEEK of Tryout Prepar ation		Tryout Preparation 3 20:15-21:45 HSG Hall 2		TRYOUT DAY 18:10-20:10 HSG Hall 2	TEAM WELCOME PARTY 20:00		
	30	1	2	3	4	5	6
1 ST WEEK of Practic es		1st Team Practice 20:15-21:45 HSG Hall 2		2 nd Team Practice 18:10-20:10 HSG Hall 2			

SCHEDULE/DATES

Beginner Camp (Saturday, September 14, 2024): learn the basics of cheerleading

Open Practices (September Tue17/ Thu19/ Tue24, 2024): open practices for anyone interested in the team

Team Try Outs (Thursday, September 26, 2024): Team selections for the 24/25 season

Training sessions (starting from October 1, 2024): exclusively for team members

BE ON TIME! Being late makes a very bad impression! In general, for cheer practices make sure you're always 5-10 minutes earlier in the hall. That way you're able to calm down and chit chat with your teammates and have an effective practice. Also, our Athletes can always arrive earlier in the hall on Thursdays and train during the parkour practice. If our practice starts e.g at 20:15 there is no walking in after 20:15!

DATE DESCRIPTIONS

Beginner Camp (Saturday, September 14th, 2024)

NEW! This year we are offering a beginner camp before the start of the semester. Get to know the basics of cheerleading and all categories (stunts, tumbling, jumps, pyramid, baskets, dance, cheer). This camp is the perfect introduction to the world of cheerleading and prepares you perfectly for the start of the semester. Sign up if you are interested and drop by! **Participation in the camp does not obligate you to attend further trainings.**

Dresscode Beginner Camp: Pink shirt, black shorts, indoor shoes

Sports bras must be worn. No jewelry. Ponytail, hair out of the face.

Trial Practices/Schnuppertrainings (September 17th/19th/24th, 2024)

The Trial Practices are your chance to try out the sport and find out if you want to become part of the team. No previous experience required! **The Trial practices do not oblige you to join the team**, but serve as preparation for the tryout on September 26. Participation in the trial Practices is highly recommended in order to be best prepared for the tryouts and to get to know the team.

Dresscode Trial Practices: Shorts and a t-shirt or sports bra. Dress as if you would dress for a normal cheerleading practice.

Returning athletes: Any USG merch/former practice wear

Sports bras must be worn. No jewelry. Ponytail, hair out of the face.

WHAT TO BRING TO TRIAL PRACTICES: **printed and filled out sign up form (at the end of this document) (once you decide to join the team)**

Team Tryouts (Thursday, September 26th, 2024)

In the Tryouts we determine who will be part of the USG Cheerleading Team 24/25. Various elements of cheerleading will be tested. Take part in the Beginner Camp and the Open Practices to be prepared for Tryouts. You can find out more about the Tryouts from your coaches at the camp or the open practices. The Tryouts are open to everyone, you do not need any cheerleading experience.

Dresscode: Athletic black shorts, Black shirt, indoor sport shoes

Dresscode for returning athletes: Last years practice wear (black shirt, black shorts, dark green bow)

Sports bras must be worn. No jewelry. Ponytail, hair out of the face.

WELCOME PARTY (Friday, September 27th, 2024)

USG TEAM REVEAL is our event to have fun and get to know your team. This is also where athletes receive & take pictures with their welcome to the team card. Get ready for a fun night out! 🥳

WHAT TO EXPECT ON TRYOUT DAY THURSDAY, SEPTEMBER 26TH

HOW TO PREPARE FOR TRYOUTS

1. Watch our tryout preparation videos on youtube (links will be shared in our whatsapp group chat)
 2. Attend the beginner cheer camp (14.9.) as well as the tryout preparation practices (17.9. , 19.9. , 24.9.)
- If you follow these two points you will be adequately prepared for tryouts – no worries! ☺*

WHAT TO WEAR TO TRYOUTS

- Dresscode: Athletic black shorts, Black shirt, indoor sport shoes
- Dresscode for returning athletes: Last years practice wear (black shirt, black shorts, dark green bow)
- Hair up out of the face (bow preferred)

WHAT TO BRING TO TRYOUTS

- printed and filled out sign-up sheet (at the end of this document) if you did not already bring it to the trial practices

REMINDER: Potential team members are not only evaluated on current skill level and ability but more importantly how much potential athletes have to become college cheerleaders and contribute to our cheer program. We value effort and commitment extremely high because in the end that's what's going to bring you far in cheer. So, try your best, show up at all practices and show us that you prepared as best as you could! ☺

BE ON TIME! Being late makes a very bad impression! In general, for cheer practices make sure you're always 5-10 minutes earlier in the hall. That way you're able to calm down and chit chat with your teammates and have an effective practice. Also, our Athletes can always arrive earlier in the hall on Thursdays and train during the parkour practice. If our practice starts e.g at 20:15 there is no walking in after 20:15!

ETIQUETTE DURING TRYOUTS: In our team culture we foster support of teammates. When it's not your turn cheer the other teammates on and do not comment anything negative. We only have 2 hours for tryouts which means everything will go through in a fast pace. Please be quick to stand in front once it's your turn.

WHAT IS EVALUATED AT TRYOUTS

Mandatory skills are highlighted in green:

1. Jumps: **Toe Touch**
2. Standing Tumbling: **bridge**, backbend, back handspring or tuck (depending on your level)
3. Running Tumbling: **cartwheel**, **handstand (with helper if needed)**, roundoff, roundoff BHS, roundoff Tuck (depending on your level)
4. Stunts: **sponge**, **elevator**, baby lib, cupie (depending on your level)
5. Cheer: **The USG Cheer**
6. Chant: **The USG Try out chant**
7. Not mandatory (extra points): **dance learned at the beginner camp**
8. Body Positions on the floor (**flyers only**): **Liberty**, **heel stretch**, **arabesque**, **scale**

TRYOUT PROCESS:

Tryouts start at 18:10. You have to be warmed up already by 18:10. Please come 15-30min earlier to warm yourself up and prepare your body for all the skills. Your coaches will be in the hall already and can help you with any questions.

During tryouts, athletes will perform individually, except for group cheer, dance, and stunts, which will be done together as a team. When it's someone else's turn, please stay quiet or cheer them on respectfully.

On the day of tryouts, you'll be given a number. Make sure this number is visible on your clothing. The tryout will be organized by categories—everyone will complete one category (e.g., jumps) before moving on to the next (e.g., standing tumbling). This means you'll have breaks between categories, during which you can quietly prepare for your next skill.

Always be prepared to go when your turn is coming up. **The athletes with the next 5 numbers after the person on the mat have to be in line already!** For example, if person 5 is performing, persons 6, 7, 8, 9 and 10 should already be lined up and ready to go. As soon as the person before you finishes, quickly step onto the mat to keep things moving smoothly.

You'll have one attempt to perform each skill, with a second try if needed. Please note, all returning athletes must be able to perform at least a backbend.

DON'T WORRY TOO MUCH ABOUT THE SKILL ITSELF. IF YOU ARE A NEWBIE, WE WILL TAKE A LOOK AT HOW MUCH YOU IMPROVED, YOUR MOTIVATION DURING ALL PRACTICES AND HOW WELL YOU WERE ABLE TO APPLY CORRECTIONS.

RESULTS

You will receive your tryout results either directly after practice on the tryout day or they will be sent to you electronically later that night, depending on how many sign-ups we have. Your coaches will give you your evaluation sheet and give you feedback on it.

USG TEAM REVEAL RESULTS will be posted on our Instagram @usg.cheerleading within a week after tryouts.

EVALUATION

The following graphic will show you the evaluation criteria you will be ranked at tryouts:

USG CHEERLEADING	Skill (1 point if done)	Technique (+0-1 point per skill)	Notes	Points		
				Skill	Technique	Total
Jumps	-Toe touch 1-2P	Low: flexed feet, bent legs, wrong arm position, low chest, low height, not on counts	Make sure you have: -pointed toes, hold T motion, upright upper body, height, straight legs	/1	/1	/2
	extra points: Toe touch BWO (2P) Toe touch BHS (2P)	Medium: improvements but not perfect High: pointed toes, straight legs, correct arm & chest position, height, smooth connections, on counts				/4
Standing Tumbling	-Bridge 1-2P	Low: did not execute skill/fall		/1	/1	/2
	-Back bend 1-2P -Back walkover 1-2P	Medium: poor-moderate form, low confidence, average technique		/1	/1	/2
Running Tumbling	-Cartwheel both sides 1-2P	Low: did not execute skill (fall)	Make sure you have: -pointed toes, straight legs	/1	/1	/2
	extra points: -Cartwheel Back walkover (2P) -Roundoff (2P) -Roundoff BHS/BT (2P)	Medium: poor-moderate form, low confidence, average technique High: moderate-excellent form, high confidence, good technique		/1	/1	/2
Stunts	Sponge, Elevator, Baby lib, Cupie 1-5P	Low: bad technique, drop, skill was dangerously executed, not on counts				/5
		Medium: moderate technique, moderately stable High: excellent technique, very stable & confident, on counts				
Cheer	-The USG Cheer (all together) 1-2P	Low: loose & incorrect motions, quiet voice, no facials, underperformed, forgot many words, unsure of motions		/1	/1	/2
	Chant -The USG Tryout Chant 1-2P	Medium: tight & mostly correct motions, moderate voice, some facials, performed, forgot few words, missed few motions High: sharp & correct motions, loud voice, lots of facials, outstanding performance, forgot no words, missed no motions		/1	/1	/2
Extra points: Dance learned at beginner camp	Beginner Camp Dance (all together) 1-2P	Same criterias as cheer&chant			/2	
Body positions (flyers only)	Liberty, Heel Stretch, Arabesque Scale (all together, both sides)	Low: flexed feet, bent legs&arms, wrong form, not sharp Medium: improvements but not perfect High: perfect form, sharp, performance		will flow into overall impression		
Overall Impression	<ul style="list-style-type: none"> ★ Practice Attendance ★ Punctuality ★ Effort ★ Attitude ★ Willingless to learn ★ Willingness to accept and apply instruction ★ Ability to accept and APPLY CORRECTION ★ Being a nice teammate ★ Working well with others ★ Positivity ★ Motivation ★ Improvements (for returning athletes references to last year will be taken) (Even if your skills are not as high yet your coaches will be able to put you in the team if you have a good overall impression)			/15		
Total				/36		

Yearly Schedule

We know you're busy! This is why **we only practice 2x/week** and try to keep your schedule light.

Additional dates are:

- 2 weekend practices per semester (one practice either on a Saturday or a Sunday). This is where you will learn your choreography for the season.
- ca. 3 competitions (usually on a Saturday)
- team events or shows (not that many)

We want that you are able to combine cheer with your studies which is why for now we do not have a very time-consuming team. You will get a calendar with all dates once our season starts.

FAQs

How many practices do we have?

- We practice 2x/ Week. Tuesdays 20:15-21:45 & Thursdays 18:10-20:10
- We only practice on Thursdays during breaks

Is there practice during the semester break?

- We only have 1 practice/week during the semester break. We do not have practice during Christmas break and our season finishes in June.

What if I miss a practice?

- In general, you should never miss a practice unless you have a **VERY SERIOUS REASON**. Your coaches take attendance and if you miss 3 practices your coaches will have a talk with you.

What if I go on vacation?

- We understand the need for holidays. Try to go during the breaks or talk to your coaches in advance.

Is it possible to successfully combine University with Cheer practice?

- Yes! Our team is designed to make it very manageable to combine University with practice. We only have 1 practice/week during breaks.

What if I really don't have any skills and I'm not that talented?

- Don't worry! Almost all our athletes were beginners when they joined, and they progressed so much! In the end if you always show up at practice and put in effort you will become very good! "Hard work beats talent if talent doesn't work hard"

Do we have competitions?

- Yes. We have around 3 competitions per season. One of it is the Swiss championship were we're aiming for first place this season. Having competition helps you have a goal and motivate you throughout the season.

These are the dates for the fixed championships:

- Swiss Championship (CH) Sat 24.05.2025
- Mountaincup (CH) Sat 08.03.2025

Do we have a choreography?

- Yes. You will get your team choreography in the first weekend practice we have this year. We will practice this choreography and show it at championships.

FINANCE

Disclaimer: Not being able to cover team costs should never be the reason for your decision to not join the team. Please talk to your coaches if you struggle with any financial issue, we can always support you and find a solution.

ESTIMATED COSTS

Membership Fee: CHF 90.00 (can be paid in installments (in Raten) of 3x CHF 30/month)

Disclaimer: We have an extremely low membership fee for a cheerleading team. In Switzerland you usually pay multiple hundred francs per season. In the USA even multiple thousand. We're able to have a lower fee since we're partially supported by Unisport.

Some things that are **included in your membership fee** are

- ★ Gym rental fees
- ★ Competition fees in Switzerland (this alone is around CHF 90.-)
- ★ Swiss Cheer Association Membership fee
- ★ Coaches fees
- ★ Choreography Music fee: ca. CHF 280.- per season per team
- ★ Bows
- ★ Marketing fees (flyers, posters, stickers etc.) for our team
- ★ etc.

Additional fees:

-Practicewear (top and bottom) for the season (Practicewear is mandatory in order to have a unified team look)
-Uniform: We have a team uniform. We will be keeping this uniform for until further notice. If you leave the team you will be able to sell your uniform to a new person. We might have people from our previous team selling their uniform. Check out our second hand Instagram page [@usg.cheer.exchange](https://www.instagram.com/usg.cheer.exchange) for second hand cheer things.

Optional fees: Any Team merch (tees/sports bras etc. New Merch will be available for purchase after the tryouts)

If there should be any further additional fee we will always discuss in the team. This could potentially be a competition abroad (Germany, Italy or Netherlands). **Our goal is always to have additional fees covered by our sponsors or Uni Support.**

FINANCIAL POLICIES

1. **Installments/Raten:** If you choose to pay by installments/Raten all monthly tuition fees are **due on the last day of the month**
2. **Refunds:** There are **no refunds of membership fees** to anyone who leaves the program regardless of the date of leaving the program. Anyone who leaves or is dismissed is responsible for payment of all outstanding debts.

Implementation of our values & Consequences if not followed

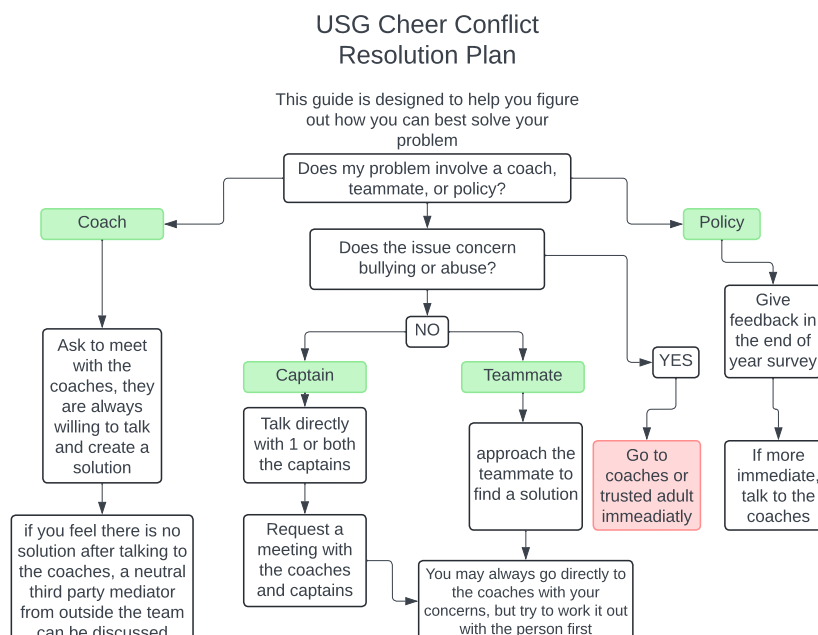
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions. This means **NO GOSSIP about other athletes and coaches, ever**. Continuous **behavior could result in closed practices or team removal**.
- Attendance: We adhere to a strict attendance policy for our team. In general, you should never miss a practice unless you have a VERY SERIOUS REASON. Your coaches take attendance and **if you miss 3 practices your coaches will have a talk with you. Missing practice could result in closed practices or team removal**.
- Meetings are not an acceptable excuse for missing practice.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST. Your coaches take notes and **if you are late to 3 practices or events your coaches will have a talk with you. Being late or absent could result in alternate status or removal**.
If our practice starts at 18:10 there is no walking in after 18:10! Try to arrive 5-10 minutes earlier to be relaxed before practice and have some chit chat with your teammates.
- Do not post anything on Social Media that is a poor representation of our club.
- It is your responsibility to wear the appropriate practice wear to events. When walking around at competitions or events on campus, teams must look the same. Please follow the dress code for the day.
- It is your responsibility to know what is going on with your team. Check our whatsapp group chat regularly.
- There will be no arguing or questioning coaching decisions at competitions, practices, or ever.
- It is important for our team to have a good image which is why we regularly take pictures. Pictures and videos of you might be used on our social media channels as well as used for marketing purposes.
- Jewelry is not allowed at practice or at competition because it's dangerous. If you have non-removable jewelry, please tape it with a neutral tape color.

What do I do if a conflict occurs?

We value a supportive, respectful, and gossip-free environment very highly! Nevertheless, conflicts can occur. We created a scheme helping you what to do in case there is any conflict in the team, with the coaches or within our policies.

Step number one should always be talking to the involved person in a respectful, open minded environment before talking to anybody else. (DO NOT TALK BADLY ABOUT OTHER TEAMMATES OR COACHES TO YOUR TEAM OR COACHES! This is extremely bad for our teambond and will have consequences)

If talking to the person does not work try follow the scheme below:



REGISTRATION PROCESS

★ **READ, Sign & Date the "Team Registration" at the end of this document and bring it to one of the Trial Practices**

★ **Sign up for Tryouts on our website (link will be provided in our groupchat)**

Do not hesitate to ask your coaches anytime (in person or electronically) should you have any questions. We love to help and want you to feel comfortable in our team! ☺

USG Contact Info

Niqqi Kieber Head Coach 076 393 69 94 dominique.kieber@gmx.ch	Leonie Kluschnik Head Coach 076 680 60 22 leonie.kluschnik@student.unisg.ch
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USG Team 24/25 Sign-Up Sheet

By signing below, I confirm that I have read and understood the Tryout Information Document for the USG Cheerleading Team. I agree to adhere to the guidelines, values, and expectations outlined in this document.

I understand that if I successfully pass the tryouts, I will become a member of the USG Cheerleading Team for the 24/25 season, and I am committed to upholding the standards of the team throughout the season, and I understand that I am required to pay the membership fee of CHF 90.- for the season.

Date: _____

Signature: _____

Information:

Surname: _____ Name: _____

Address: _____

Birth date: _____

E-Mail: _____

Phone number: _____

Previous sport experience (and how long): _____

I study: _____

Study year/Semester: _____ Exchange semester: no

yes: when ____

Please bring this sign-up sheet printed and filled out to one of the trial practices