

Information for the application for the Swiss National Team 2024/2025

Dear Athletes

On the following pages you will find the most important information about applying for the 2024/2025 national team:

General conditions

An application should be submitted as a complete group stunt (flyer, main, side and back) in Allgirl, as a Partnerstunt Couple for Coed or as a tumbler, see requirements below.

Age group: Seniors 2009 and older

Juniors 2006-2010

=> in the year of the World Championships 2025

- at least 50% of the stuntgroup must be a active member of a competition club team during the season 2024/2025
- all athletes must be a member of a SCA registered club during the season 2024/2025
- 2 to 3 athletes of the group stunt and 1 to 2 in partnerstunt should fulfill the requirements in tumbling and they should be mastered on hard floor
- Physical fitness and condition are basic requirements and are tested during training/training weekends
- All Junior Groupstunts must have an adult (over 21 years of age, parents desirable) chaperone for the time in the USA. Friends do not count! The supervisor is responsible/responsible for this group stunt
- It is mandatory that the supervisor makes the trip from Switzerland to the USA and back with the group stunt
- Senior group stunts in which an athlete is under the age of 18, must present a power of attorney from their parents authorizing an over-21 athlete to take responsibility for the group stunt. If the entire group stunt is under 21 years of age and has under 18 year olds with it, they must also have a group stunt supervisor with them.
- Fulfillment of all entry requirements for the USA (e.g. basic willingness to be vaccinated)

Application process

- Participation in at least one PreTryout in fall 2023.
- Registration for the Tryout

Mandatory dates / practice dates

sunday	14.04.2024
sat/sun	08.06./09.06.2024
sat/sun	24.08./25.08.2024 - seniors only on sunday
sat/sun	21.09./22.09.2024
sat/sun	26.10./27.10.2024 - seniors only on sunday
sat/sun	30.11./01.12.2024
sat/sun	11.01./12.01.2025
sat/sun	15.02./16.02.2025
sat/sun	15.03./16.03.2025 - seniors only on sunday
fri - sun	04.04.-06.04.2025 - final training including showcase make sure you get off from work/school, we will meet in the morning

Participation with a showcase at the SCO 2025 (february 2025) and at Spirit Royal 2025 as well as participation at the camp on sunday (march 2025).

Travel time/period of stay USA

Meeting point for all national team members is Wednesday, April 16, 2025 at 2:00 p.m. at the resort in Orlando. All coaches and main staffer/helper will meet on Tuesday, April 15 at 6 p.m. at the resort in Orlando. From Wednesday, 16.04.2025 14.00 to and including Saturday morning 26.04.2025 is the time together in the USA with the national team.

Tryout skills requirement

Stunt warm up: stunt warm up like at the pretryouts. see counts on the count overview

Seniors

Allgirl skills and counts: [Link](#)

Coed skills and counts: [Link](#)

Flyer

Bodypositions:

- Stretch (both sides)
- Arabesque/Scale/Scorpion

Standing Tumbling

Backhandspring (Groupstunt: 2 of 4 athletes / PS: 1 of 2 athletes)

Standing backtuck (Groupstunt: 1 of 4 athletes / PS: 1 of 2 athletes)

Toe Touch - BHS (Groupstunt: 2 of 4 athletes / PS: 1 of 2 athletes)

Toe Touch - Tuck (Groupstunt: 1 of 4 athletes / PS: 1 of 2 athletes)

Running Tumbling

Roundoff - Backhandspring (2 of 4 athletes)

Roundoff - Backhandspring - Tuck (1 of 4 athletes)

Juniors

Skills and counts: [Link](#)

Flyer

Bodypositions:

- Stretch (both sides)
- Arabesque/Scale/Scorpion

Standing Tumbling

Backhandspring (2 of 4 athletes)

Standing Tuck (1 of 4 athletes)

Toe Touch - backhandspring (2 of 4 athletes)

Running Tumbling

Roundoff - Backhandspring (2 of 4 athletes)

Roundoff - Backhandspring - Backtuck (1 of 4 athletes)

Tumbler

Standing Tumbling

Standing Tuck

Toe Touch - tuck (Seniors)

Toe Touch - BHS / Toe Touch - BHS - Tuck (Juniors)

Running tumbling

Roundoff - BHS - Layout

2 different running passes with 3 elements

Costs

Thanks to its recognition and membership of Swiss Olympic, the national team can count on support from Swiss Olympic. Unfortunately, however, this support is nowhere near enough. We are therefore dependent on the participation of each individual athlete. Of course, the National Team Committee will also be looking for sponsors with the help of the athletes.

Four installments of CHF 700 per national team season are estimated for the athletes in the national team squad. This includes the following:

- meals and accommodation on all training days in Switzerland.
- Support from the national team staff during and between training sessions.
- National team shirts, shorts
- Breakfast, lunch, dinner and accommodation during the stay in the USA during the announced travel period
- Transportation in the USA including tolls and fuel costs
- Gyms in the USA
- World Championship entry fee
- Support from national team coaches and national team staff in the USA
- Equipment costs (poms, signs etc.)
- Routine music

The payment installments will be charged on the following date:

- April 2024
- September 2024
- January 2025
- June 2025 = final invoice

Please note: The costs for the flight to the Orlando are **not** included in this calculation

Nationalteam Committee

We are delighted that we have been able to put together a committee for the national team. Areas such as finances, organization of training facilities, helpers, orders/merch, organization USA and sponsoring are covered by the members of the committee. This should take the pressure off of our coaches but also ensure that all Swiss national teams can act as one team. One Team!

Sign up for the Tryout: [Registration Tryout](#)

T E A M
SWITZERLAND



If you have any questions, please send an e-mail to nationalteam@swisscheer.ch

We are looking forward to a new adventure with you!

Best regards

Marion Schweizer-Gämperli
Headcoach Nationalteam
Head of SCA Athletic Department

Cristina Hengartner
President SCA