



**SPORTCHEER SCOTLAND
NATIONAL TEAM
TRY-OUT INFORMATION PACK
2024 - 2025**



OVERVIEW

This document includes some basic information regarding the Team Scotland experience. This is provisional and will be updated as and when the information is confirmed to us. However, we hope the information included helps you to decide if you can commit to being part of the National Team.

Team Scotland is a unified National Team made up of athletes from all over Scotland that wish to represent their country on a National stage at both ICU World Championships. SportCheer Scotland as the governing body for cheerleading in Scotland has developed a National Team committee of volunteers from various programs to help select coaches and plan try-outs to ensure cheerleaders get the opportunity to be a part of the team.

The Team Scotland season runs from September to June with try-outs taking place over the summer. Classes are likely to be once every fortnight, this is subject to change and will be confirmed ASAP. Practice begins around early September and runs straight through until ICU World Championships in April. The season will also generally include two showcases to give the athletes a chance to perform together and prepare for the competition performances.

This document contains the following information;

- Eligibility & Commitment
- Travel Information
- Associated Costs
- Fundraising
- Try-outs
- Other Considerations

ELIGIBILITY & COMMITMENT

To be eligible to try-out for Team Scotland 2024-25 athletes must have been born in 2013 or before.

The age categories are as follows:

- Youth – born 2010 - 2013
- Junior – born 2006 - 2010
- Senior – born 2009 or before

Athletes must be part of a cheerleading or dance programme and remain so for the duration of the season.

Athletes must also be a SportCheer Scotland member to be part of Team Scotland. If your club/programme is not a member you can sign up for [Travel Athlete Membership](#). We would advise that you discuss this with your club/programme owner/head coach.

As with any cheerleading programme, SportCheer Scotland expects any athletes selected to be part of our National Team to show the utmost dedication to the team. As these teams do not have the benefits of multiple practices per week, it is expected that all Team Scotland practices and events will be prioritised. Athletes and parents/guardians should therefore ensure that their cheerleading/dance program head coach is aware of their desire to be part of the National Team.

Please see below expectations.

- Athletes will attend every practice they have scheduled. (Should exemptions be required this must be approved by Team Scotland)
- Athletes will attend and perform at any identified showcases including the Team Scotland Annual Ball.
- Athletes will travel to Orlando, USA for 8 nights/9 days as part of the team. There will be limited to no time for family excursions during these times. This is not a holiday.
- Athletes will be part of and remain part of the same cheerleading/dance programme alongside Team Scotland for the duration of the season.
- Athletes wishing to change programme at the end of the season will be subject to SportCheer Scotland's athlete transfer policy and must serve a one-year suspension from Team Scotland after transfer. (Should exemptions be required this must be approved by SportCheer Scotland)
- Athletes and their entourage (parents/guardians) must abide by Team Scotland's relevant codes of conduct.
- Athletes and their associated spectators will make all payments in line with deadlines provided by Team Scotland. (Should exemptions be required this must be approved by Team Scotland)

Failure to comply with these outlined expectations may result in dismissal from the Team.

TRAVEL INFORMATION

ICU World Cheerleading Championships, Orlando, Florida, USA, April 2025

ICU World Cheerleading Championships will take place Wednesday 23rd April – Friday 25th April. Team Scotland will therefore fly out to Orlando the week before, leaving on Friday 18th April and return Saturday 26th April, a total of 8 nights/9 days. It is essential that athletes arrive in Orlando this far in advance as athletes will be training in a local facility and it is beneficial for them to acclimatise to the change in temperature, humidity, and time difference.

If your child is under 18 years, you will require a chaperone for your child. This can be any adult that parents/guardians feel can be responsible for their child if they are over 21 years old and not already part of the team - including coaches. Coaches and athletes do not have the capacity to chaperone due to their own schedules of training and performances. Chaperones can be responsible for up to 3 people. If you are unable to arrange for a parent/responsible adult to chaperone your athletes for any reason, Team Scotland will aim to provide chaperones however, there will be a surcharge to help cover the costs of the chaperone. Team Scotland will therefore also book flights on your behalf to ensure your athlete is flying with their designated chaperone. These additional charges will be included in your payments.

ASSOCIATED COSTS

Trying out for Team Scotland and being part of the team is a very exciting and rewarding experience for any athlete but unfortunately this does not come without costs. Please see below details of **approximate** costs 2024 for reference only. You can work out an estimated overall cost using our package calculator.

Athlete Costs	
Training fees for entire season	£160 per team
Kit	£300 approx.
Team Scotland Package (music and licencing, uniform hire, and prop hire)	£120 per team
World's Travel Package (competition fees, accommodation, Disney Hopper pass, USASF/IASF spectator pass, training fees, training & competition transfers)	£1600 based on 4 people sharing

Spectator Costs	
World's Travel Package (spectator fees, accommodation, Disney Hopper pass, USASF/IASF spectator pass)	£1350 based on 4 people sharing

Further to these costs athletes and spectators will be required to book their own flights. Prices may vary.

Please note that all prices are based upon those provided for 2024 but are subject to change in line with the event providers (ICU), inflation and currency exchange rates. Should there be changes to this we will update you as soon as possible.

FUNDRAISING

In a bid to minimise costs a fundraising committee will be formed to organise a multitude of fundraisers throughout the season. This can range from sponsorship to weekly bonus ball raffles and bag packs. It is important that athletes and their families get involved in as many fundraisers as possible as this will help cover the cost of the trip as well as training kits. The amount of support given to teams is very much dependent upon how much is raised.

Team Scotland will host fundraisers; however, athletes are encouraged to carry out their own fundraisers, perhaps with their all-star teams or athletes that live in a similar area. If this is the case it is important to stress that these funds will go directly to the athlete raising the funds, not Team Scotland. Where Team Scotland and/or their fundraising committee have arranged the fundraiser, a percentage of the funds raised will be put towards general funds to go towards the entire team with remaining amount covering athlete costs i.e. kit or camps for those that have taken part. This will be clarified for each fundraiser. It is important to remember that the purpose of fundraisers is to recruit the help of people out with the Team Scotland circle. As such you should look to sell tickets, football cards etc. to family members, friends, all-star teammates, and work colleagues.

TRYOUTS

Try-outs for Team Scotland 2024-25 will be in two stages: an application form and an in-person try-out.

Please note that teams will only be formed if we have enough eligible athletes to meet minimum performance numbers as set out by the ICU and have enough experienced athletes to compete safely.

After the application period has closed, our committee will review the applications and proceed to in-person tryouts where a feasible team is possible. Tryout dates are planned for 15th, 16th, 22nd and 23rd June, so please make sure you are available on these dates. You will receive an email after applications have closed to let you know the next steps.

For in-person tryouts, athletes should avoid wearing loose or heavy clothing that may restrict movements although tracksuit/jogging bottoms are acceptable for hip hop try-outs. Athletes should wear black clothing and come with the appropriate footwear. Athletes will be provided a number to wear so please make sure they have pins to attach this to their clothes.

OTHER CONSIDERATIONS

Multiple Teams/Crossovers

Whilst we do not limit the number of teams athletes can try-out for, Team Scotland may choose to limit the number of team athletes can participate in. This is to protect the athlete as long hours of back to back training can be both physically and mentally draining on athletes. It also puts the athlete at higher risk of injury. Where an athlete is offered a place on more than one team, they can refuse in favour of another discipline without fear of dismissal from other teams. Should athletes choose to be on multiple teams it is their (and their parents if under 18) responsibility to ensure that they attend every practice ready to take part fully. This may also mean leaving and returning to a venue on the same day or multiple training days. Athletes in multiple teams will also be required to pay training and package fees for all teams (£280 total per team).

Please note, athletes will not be permitted to crossover between cheer and performance cheer (dance) disciplines as these divisions are often on at the same time.

Competing at The Allstar World and/or IASF Worlds with All-star Programme

On occasion athletes may get the opportunity to compete at The Allstar Worlds or IASF Worlds with their all-star team and wish to be part of Scotland's National Team. Although this is possible, it can often result in an intense training schedule whilst in the USA. The competitions are back to back, The Allstar Worlds 15th – 18th April, ICU 23rd – 25th April and IASF 26th – 28th April. If an athlete intends to compete at multiple competitions, they must inform Team Scotland Management as soon as possible. This will allow us to open a channel of communication with the all-star teams' head coach to ensure we can work together. All Team Scotland athletes will be required to stay with Team Scotland for the 9 days/8 nights required by the team and must be present at the last training session of the season.

SQA Examinations

For athletes in secondary school, ICU Worlds may conflict with exam timetables and as such athletes and parents/guardians should take this into consideration. The SQA publishes their exam timetable well in advance so we would recommend that athletes and their families can make informed decisions.

It is possible, with school consent for athletes to under-take examinations in Orlando but this will mean athletes sitting exams at the same time as those in Scotland. This in turn would potentially result in athletes sitting exams at 4am EST which is 9am GMT. It should also be considered that exams may be scheduled for competition times and as such, athletes attending would be expected to agree another time to undertake their exam as it is crucial, they are able to perform with their team.

For 2025, SportCheer Scotland intends to have a designated invigilator for exams and their sole responsibility will be to coordinate and ensure the integrity of the exams. However, should athletes need to take part in examinations whilst in Orlando, the cost of a venue and an invigilator will be split between the athletes requiring them. Parents will also be responsible for covering any costs associated with postage of completed exams. SportCheer Scotland will however, arrange for the exam paperwork to arrive securely in Orlando as we understand the athletes are not allowed to transport the paperwork themselves.