

NTNUI

Cheerleading

Website: www.ntnui.no/cheerleading

Instagram: @ntnuicheerleading

Facebook: NTNUI Cheerleading

Spond group code: PQUUR

(link: <https://group.spond.com/PQUUR>)

The teams

This season we will not have any non-competing teams. We offer for the first time two competition teams that will travel to competitions together. The level 3 team is coached by Ane Sofie Urdshals and Vilde Wøien Wagle and is well suited for those who

have little or no experience with cheerleading. The level 5 team is coached by Andrine Gjøs Andersen and Julie Granerud and is intended for those who have good basic skills in cheerleading and/or gymnastics. To be guaranteed a place on a team, you must attend tryouts. At tryouts, our four amazing coaches will together assess who best fits which teams.

Tryouts

Due to the pandemic's restrictions, it has been challenging to plan tryouts ahead of time. Both the board and the coaches have worked hard to find a way to conduct tryouts that ensures predictability for the athletes and still has room for adjustments. A possible tryout-scenario would be that we have 30 people on tryouts monday, then 30 new people on thursday. Then, after the coaches have seen everyone and started to get to know you, you will be invited to part 2 of tryouts Sunday 12-14 OR 14-16. We ask that you save the dates for practice week 36, and you will receive more information as soon as possible. If you want to join but can't come to tryouts - contact Birgitte :)



SIGN UP FOR TRYOUTS: <https://forms.gle/itizTsWXjrqJ9iCX7>

The board 2021

The day-to-day running of the group that does not deal with the practices is the responsibility of the board. We are usually athletes as well, so you'll see us at practice. Just grab us if you have any questions or just want to chat!

President: Birgitte L. Furulund

Vice president: Ina Y. L. Halvorsen

Head of finances: Siri W. Rusten

Head of web and information: Eline L. Torgersen

Head of travel and equipment: Ingrid F. Gomo

Do you have any issues you want us to address at the next board meeting? We accept criticism and praise, you may be anonymous. Send inn via:

<https://forms.gle/Mj4iNbUvokUUkjCH6>



Practice schedule

Level 3

Thursday 19.30-21.30

Sunday 14.00-16.00

Level 5

Monday 18.00-20.00

Sunday 12.00-14.00

Mosjon (week 35 to 50)

Wednesday 17.30-18.30

"Dugnad" – group members switch on being instructors.

All practices are in the basement of Campus Kalvskinnet, "Lysholmbygget".

Any questions? - Contact Birgitte: cheerleading-leder@ntnui.no :)

Expenses and financial support

The membership fee to the cheerleading-group is 200kr for the entire season, 140kr for spring only. You DON'T need Sit-membership to practice with us, but you are required to pay NTNUI-membership of 550kr. The NTNUI-fee is paid at the reception of Sit Gløshaugen or Sit Dragvoll. If you do wish to have a Sit-membership, you should check if the membership includes the NTNUI-fee, some of them do and you shouldn't pay it twice! :)

As we are only having travelling competition-teams this semester you should be informed of the extra costs. When travelling it is expected that you pay for your own bus ticket/local train etc. NTNUIs "hovedstyre" (HS) sponsors each athlete with up to 50% of airfare. This will be paid back to you after the competition, but it requires you to fill out a form and travel in approved attire. Our travelling attire is black pants/tights/etc. and grey ziphoodie with approved logo.

Below you can see an estimate of competition costs:

Plane tickets	700-800kr	For those under the age of 26. A bit more expensive for older athletes. HS covers up to 50% of the costs in arrears.
Lodging	0kr	Those who have friends/family in the area, stay there. The rest of us stays at eachothers house.
"Lisens" (forsikring)	475kr	Obligatory insurance-fee for all athletes who compete in Norway. Lasts all season, and is recommended to buy immediately.

Athletes can borrow uniforms and bow for competition. Boys must bring their own black shorts to compete in and girls must wear a sports bra that doesn't show under the uniform and black hotpants/undershorts to wear under the uniform skirt.

White cheershoes	200kr-1000kr	Depends on whether they're used or new. Contact head of equipment Ingrid Gomo for tips.
Nike tennis socks (white)	99kr for three pairs	Price is for three pairs, partner up with someone and split the bill!
Travel hoodie	85kr for small logo on the front and large NTNUI cheer-logo on the back	Grey ziphoodie can be bought used or at the kids department where they are cheaper.