

ROUTINE CLEAN UP - GET READY FOR COMP SEASON !

1. Prepare your calendar.

Set asides dates you will concentrate on cleaning certain sections.

2. Set your style.

Determining your style and the way you will do skills is the first step.

3. Try to teach good technique/motions while learning.

Teach a little slower and define how you want skills done in the beginning.

4. Review sections slowly, making sure athletes are not cheating.

Kids tend to change how they do things or take short cuts to make it “easier”, try not to let that happen. Consistency is key - how they practice is how they will perform!

5. Do eight counts one at a time then add them together.

Clean each routine 1 8-count at a time, then combine them in sets of 2 then 4.

6. Resist the urge to move on.

You will want to move on because you are tired or frustrated, don't give in. Expect perfection and you will achieve.

7. Start music speeds slow then speed up as they know the routine.

When you get your music, request it in 3 speeds or get a music player that allows you to adjust speeds. There most likely is an app also. This will help your team learn each movement and skill along with the music and you can move to the sped up versions as they master it.

8. Don't be afraid to take moves/motions out that you can't clean.

If it is just not getting clean, the moves/motions may be too challenging for your team. Decide when less is sometimes more and adjusting a section to something more basic and dynamic can help.

9. Encourage your team to go “full-out” all the time.

Muscle memory is a powerful thing, if they tend to do things in a lazy way, that will take over when they are nervous.

TEAMS SHOULD NEVER MARK MOTIONS, DANCE OR TRANSITIONS. These are important when looking at the top categories on the score sheet.

10. Encourage team to practice in formation.

Making them do this will always help them get body awareness therefore create better spacing and formations.

11. Encourage team to dress alike.

This will support you goals of looking the same and makes them want to be sharper.