



Level 1 Non Tumbling

Jumps

10

Jumps score higher when athletes keep their chests up and bring their legs to their arm motion.

Flexed feet. Focus on pointing toes.

Keep legs straight in jumps.

Lack of flexibility

Height in jumps. too high or too low show weak jumps rather than highlight the strong jumpers.

Dance / Motions

5

Lock out arm motions.

Snap your motions into place.

Make sure arms are not "loose" or "soft".

Work on making motion placement uniform.

Motions in the same place on the same count.

Add formations

Add level changes

Technique

10

TOTAL

25