

BUILDING SKILLS:

- Great use of visual transitions into the first stunt sequence. Ensuring all groups get to the same starting angle will make the transition even more impactful.
- It was clear all top persons had a high level of confidence throughout the sequence, which added to the precise placement of body positions.
- Great utilization of all athletes throughout the pyramid sequence. Your percentage of team participation added to the overall difficulty of this section.
- The routine could benefit from incorporating visual elements to create seamless movements from skill to skill
- Continue to train on the basing techniques of each individual, i.e., bases have straight back, chest up and dip with their legs

TUMBLING SKILLS:

- Great utilization of athletes in the beginning running tumbling section. Strong group passes and a variety of skills added to the overall difficulty.
- Work on the timing in your group passes from the back to the front of the floor. Even when a variety of skills are being performed simultaneously aim to align the approach to those skills.
- The two athletes tumbling across the front of the floor during jumps, had exceptional timing and body control. Great job completing those passes and standing up so quickly from the forward roll.
- The routine could benefit from a consistent clean after tumbling passes. About half of the athletes are attempting the same finish, which is contributing to their overall technique of the passes.
- Consider connecting skills, i.e., cartwheel - forward roll

JUMPS:

- A strong variety was performed throughout your jump sequence, which contributed to your overall jump score.
- Great use of your jump formation to highlight all athletes.
- Good snap-down between jumps from a majority of the team.
- The sync was off throughout the jump sequence. Focus on the clap punch approach counts within the jump sequence, to assist in the overall synchronization of this sequence.
- Excellent attempt of "T" motion at the peak of the jump for visual effect
- Continue to train athletes to hit an attempt of a "T" motion at the peak of their jump.

ROUTINE COMPOSITION / CREATIVITY:

- Incorporating innovative transitions in and out of skills/sections of the routine could enhance your score.
- Great utilization of all athletes throughout the routine and purposeful placement of those athletes to highlight their abilities.
- Creative use of the floor and adding clear movement to enhance the flow of the routine.
- Many patterns and visuals used throughout the routine really added to the overall appreciation of the routine.

FORMATIONS & TRANSITIONS:

- Exceptional spacing and transitional movement during the opening section. Work to make this consistent throughout the remainder of the routine.
- Great transitions throughout the routine, focus on precise movement from your running tumbling section into the jump sequence.
- Athletes displayed a high knowledge of their formations and transitions throughout, without any assistance.
- Amazing use of the floor and displaying a variety of formations, which highlight the strong abilities of this team.
- Continue to train athletes on memorizing their spots in formations and travel in transitions

MOTIONS:

- To possibly enhance your score, consider incorporating a majority of the athletes into your motion sections.
- Great use of levels and changes in angles to highlight all the performing athletes.
- Work on a consistent approach to your motions to aid in the overall synchronization of the sequence.
- Great variety in motions and a high use of percentage of team participation, which increased your overall score.

DANCE:

- Great utilization of athletes within the different elements of dance. Work on the overall timing and confidence of all athletes.
- Very fun, and energetic dance. Athletes showed a high level of confidence and knowledge of the different movements throughout.
- Make sure athletes are maintaining a consistent energy level throughout, not just at the start of the dance.
- The incorporated level changes and partner work displayed a high level of precision and teamwork by all athletes.
- Consider adding at least one transition instead of staying in one spot to enhance the score.
- Incorporate all athletes within the dance section.

OVERALL IMPRESSION:

- Strong incorporation of all athletes throughout the performance.
- Athletes displayed confidence by making eye contact while looking out at the audience, smiling, and showing a strong athletic impression.
- The energy level from beginning to end was high and it was clear that the athletes were having fun!
- Great memorization of skills and placement throughout the routine.
- Excellent display of independent knowledge of routine throughout without constant reminders from coaches.
- Continue to work on memorization, so the athletes are not constantly looking at the coaches in front of the floor.
- Coaches in front are distracting and the athletes are looking at them and not out at the audience.
- So much potential, continue to encourage the athletes to develop more skills.