



ROUTINE 8-COUNT GUIDE SHEET

Novice SELECT Level 3

We have given you the tools, the skills and the layout of Novice SELECT in the skill sheets provided. The general structure of how to lay your routine out is here. There are three Novice SELECT music cuts available for your use. The music cuts follow the 8-count framework sheets provided here. Each music cut is offered in 2-speeds. Select the music that works best for you OR cut your own music if you choose!



The Novice SELECT 3 routine should include the following:

MOTIONS	JUMPS	RUNNING TUMBLING	DANCE
STUNT SECTION	STANDING TUMBLING	PYRAMID	

Keep the following points in mind as you set your routine:

- 1 FORMATIONS:
Keep formations simple. Remember this is a routine for NOVICE athletes. Make the formations so they can transition from one section to the next easily with as little crossing over as possible.
- 2 TRANSITIONS
Refer to the transitions skills sheets to teach the athletes different ways to transition. Decide which way they transition in the routine and try to incorporate different ways for different sections!
- 3 STUNTS / PYRAMID
Keep the same athletes together for as many of the stunts as possible as it will make learning them easier. It will also help make the transitions from section to section easier since they will already be grouped together.

The Routine 8-Count Guide for Novice SELECT is a total of twenty-eight 8-counts (one minute and thirty seconds). There are a total of six sections connected with transitions. Select skills from the Novice SELECT 1 skills sheets to create your routine. Below is your Routine 8-Count Guide "cheat sheet". The Guide offers suggestions and pointers to keep in mind for each section. It also provides a blank 8-count sheet for you to use as you develop your choreography!

Section 1

3 8-counts | Intro - Motion/Mini Stunt/Tumble

The Intro can be a combination of stunting, arm motions and standing tumbling.

- Select smaller stunts sequences for this section. Do not repeat the same stunt sequence that you are using for the Building Section in the routine. If you have a mixture of skills you can add different height stunts here.
- Incorporate some basic motions (Clasps, High V's, Low V's for athletes that are not in the stunts).
- There is not a set standing tumbling section in the routine. The intro is a good spot to incorporate standing tumbling.
- Be creative on how you set the opening formation so the varying heights of the stunts and athletes doing arm motions and/or tumbling looks appealing!

1 8-count | Transition

Section 2

5 8-counts | Stunt Section

The Stunt Section should showcase your stunting technique by using stunts from the provided Novice SELECT 1 skills sheets.

- Stunts should transition through different levels.
- Top Person should show 2-3 different body positions in good form and technique during this section.
- Bases should show good technique in their stances, hand grips and body alignment.

1 8-count | Transition

Section 3

3 8-counts | Jump and Standing Tumbling Section

The Jump and Standing Tumbling Section should showcase your jump and standing tumbling technique and team synchronization by using a combination of jumps and tumbling provided in the Novice SELECT 1 skills sheets.

- Select 2-3 jumps for this section.
- Have one double jump combination.
- Focus on synchronization, pointed toes, leg position and height.
- Consider adding a team standing tumbling skill to this section.

Note: Your Running Tumbling Choreography starts right from the Jump Choreography. Please be aware of that when setting this formation to ensure that it will transition into the Running Tumbling Section easily for you.

Section 4

4 8-counts | Running Tumbling Section

The Running Tumbling Section should showcase tumbling technique and team synchronization ? timing.

- This section can be a combination of any or all of the following:
 - Diagonal partner passes (2, 3, or 4 people)
 - Side to side passes
 - Front to back passes
 - Back to front passes

Your Tumbling Choreography starts right from the Jump Formation. Please be aware of that when setting the this formation to ensure that it will transition into the Tumbling Section easily for you.

Section 5

6 8-counts | Pyramid Section

The Pyramid Section should showcase your stunting technique by using stunts from the provided Novice SELECT 1 skills sheets.

- The Pyramid should show tops connected (arm-arm, foot to hand, etc)
- The Pyramid should show transitions through different levels.
- Bases should show good technique in their stances, hand grips and body alignment.

1 8-count | Transition

Section 6

3 8-counts | Dance Section

The Dance Section should showcase the team with high energy, varying level changes, ripples and good technique.

The blank 8-count sheet below is color coded and labeled designating what each 8-count of the routine is. You have been given headers such as "Main Base", "Secondary Base", "Group A", etc. There are spaces for additional headers of your choosing. Under the headers you can write notes from the Modules (Skills Sheets) or make your own modifications to that specific portion / person in the routine. Once you have the blank 8-count sheet filled in then use that as your guide to set the routine on the athletes in the gym.

- A** • Pull all of the modules (skill sheets) you are using in the routine.
- Use the the provided 8-count grids for each module as your 8-count guide.

INTRO							
	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
5							
6							
7							
8							

1ST 8-COUNT - INTRO							
1							
2							
3							
4							
5							
6							
7							
8							



ROUTINE 8-COUNT SHEET

Novice SELECT Level 3

2ND 8-COUNT - INTRO

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

3RD 8-COUNT - INTRO

1							
2							
3							
4							
5							
6							
7							
8							

4TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			



ROUTINE 8-COUNT SHEET

Novice SELECT Level 3

5TH 8-COUNT - STUNT

	Main Base	Secondary Base	Spotter	Group A	Group B	Notes
1						
2						
3						
4						
5						
6						
7						
8						

6TH 8-COUNT - STUNT

1						
2						
3						
4						
5						
6						
7						
8						

7TH 8-COUNT - STUNT

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

8TH 8-COUNT - STUNT

1							
2							
3							
4							
5							
6							
7							
8							

9TH 8-COUNT - STUNT

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

10TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

11TH 8-COUNT - JUMPS AND STANDING TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

12TH 8-COUNT - JUMPS AND STANDING TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

13TH 8-COUNT - JUMPS AND STANDING TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

14TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

15TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

16TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			



ROUTINE 8-COUNT SHEET

Novice SELECT Level 3

17TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

18TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

19TH 8-COUNT - PYRAMID

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

20TH 8-COUNT - PYRAMID

1							
2							
3							
4							
5							
6							
7							
8							

21ST 8-COUNT - PYRAMID

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

22ND 8-COUNT - PYRAMID

1							
2							
3							
4							
5							
6							
7							
8							

23RD 8-COUNT - PYRAMID

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

24TH 8-COUNT - PYRAMID

1							
2							
3							
4							
5							
6							
7							
8							

25TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

26TH 8-COUNT - DANCE

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

27TH 8-COUNT - DANCE

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

28TH 8-COUNT - DANCE

1			
2			
3			
4			
5			
6			
7			
8			

29TH 8-COUNT - DANCE

1			
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