

NOVICE SELECT 3



Included in your Novice SELECT 3 guide:

- Level 1 Skill Modules
- Skill Charts
- Level 1, 2 and 3 Routine Guides / 8-count sheets
- Optional Music for your routine



Let's Get Started!

STEP 1:

Determine the age range for which you are going to offer for your Novice SELECT Program. Make sure that you follow the USASF Novice Age Grid for the teams you are creating.

STEP 2:

Select which Novice SELECT level your team fits into:

- 1 Novice SELECT 1
- 2 Novice SELECT 2
- 3 Novice SELECT 3

STEP 3:

Review the skills list for the level you have selected. As you set your skills, make sure you are performing them correctly so you are legal on the competitiv floor. Follow the safety guidelines discussed on each skill module to keep progressions solid and safe.

STEP 4:

Use the Routine Cheat Sheet and 8-count sheets to create your routine!

STEP 5:

Select one of the provided cuts of Novice SELECT music.



How do you use the Novice SELECT materials?

STEP 1:

Novice SELECT is partnered into the USASF Novice tier. We have provided materials in the following areas to help guide you in creating a Novice SELECT routine:

- 1 Skills List Per Level
- 3 Jumps
- 5 Tumbling
- 7 Motions
- 2 Routine Guide
- 4 Building
- 6 Transitions
- 8 Music Options

No need to try and understand the rules listed for each level. No need to worry if a specific skill is legal or not legal for the level. If the skill is shown on the Novice SELECT level list AND on a skills sheet for that level then it is legal and you can put it in your routine! In addition to each of the skill modules you also receive a ROUTINE CHEAT SHEET. The Routine Cheat Sheet gives you the 8-count sheets that match the Novice SELECT provided music. In addition, it gives suggestions what type of skills or combination of skills to use in each section of the routine.

Novice SELECT comes with a Novice SELECT 1, Novice SELECT 2 and Novice SELECT 3 skill charts. Pull the respective skill chart from the online resource. Print one for each athlete in the class. Find an area in the gym to hang the charts – preferably where the parents can see them. At the end of each class, have the athletes place a sticker on a skill they mastered that night. The skill charts can be used for parent updates and ways to visually show each athlete their progress during the season.

Novice SELECT is ideal for newer coaches to use and LEARN how to choreograph their own routines. By utilizing the provided music you will be able to keep the costs lower for your Novice SELECT teams while providing them a solid introduction to the competitive All Star Cheer world!



Novice SELECT 3 Music

CheerSounds has partnered with USASF to provide 3 different music cuts for you to use! The music is offered to help you keep costs low for your athletes and program. You are not required to use it and are welcome to use your own music. If you choose to use the Novice SELECT music you will select a link to hear the cut. Once you listen to the cut in the CheerSounds system, you will have the following options to choose from:



1. Facility use only = free.

2. Licensing fee to use music in public (at an event, performance, etc.) . as is. You will pay the licensing fee directly to CheerSounds on their site.

3. Upgrade Options - There are additional fees if you choose to upgrade the music.

a. Change songs in different sections to fit your team/ choreography better.

b. Add Custom Voice Overs.

c. Add a Cheer Section for your own choreography.

c. Change the Tempo to suite your team.

The screenshot shows the 'Premade+™: USASF Make It Loud' page. At the top right, a price tag indicates '\$0.00 includes all customizations'. Below this is a timeline with a play button and a '\$25.00/32 beats' upgrade option. A list of songs to replace is shown, with 'CheerSounds - Keep Up' selected. The 'Songs' tab is circled in blue. A second screenshot below shows the same interface with the 'Songs' tab highlighted and the '\$25.00/32 beats' price tag circled in blue.



Novice SELECT 3 Skills List

Use a combination of Novice SELECT Level 1, Level 2 and Level 3 skills for your Novice SELECT 3 routine. Select skills from the list below. Review the Novice SELECT Level 1 and 2 Module skills sheets and videos for guidance in training the skills legally and safely.

Building Skills

Level 1

- B.2 Nugget Cupie & Liberty
- B.3 Double Leg Thigh
- B.4 Double Base Thigh Stand
- B.5 Single Leg Knee Stand
- B.6 Load In / Two Foot Waist Stunt
- B.7 Teddy Bear from Two Foot Standing Waist Stunt
- B.8 1 Leg Waist Stunt - 3 Bases
- B.9 1 Leg Waist Stunt - 2 Bases
- B.10 Show & Go
- B.11 Traditional Prep
- B.12 1/4 Twisting Single Leg Stunt - Waist level
- B.13 Cradle from Prep
- B.14 1/4 Twisting - 2 Feet Prep
- B.15 Flat Back

Level 3

- B.1 Full Up to Prep - 2 Feet
- B.2 Full Up to Prep - Single Leg
- B.3 Full Twisting Transition from Prep Level to Below Prep Level
- B.4 Downward Inversion from Waist Level
- B.5 Inversion from Waist Level - 1/2 Turn to Prep Level Single Leg
- B.6 Inversion from Shoulder Level
- B.7 2-Handed Suspended Forward Roll

Level 2

- B.2 Single Leg Thigh Stunt with Body Positions
- B.3 Single Leg Thigh Stunt - Opposite Leg
- B.4 Tic Toc Single Leg Thigh Stunt
- B.5 Prep Level Liberty with Brace
- B.6 Prep Level Single Leg Stunt - Liberty
- B.7 1/4 Twisting Liberty at Prep Level with Bracer
- B.8 Prep to Prone
- B.9 Prep Level Liberty to Prone
- B.10 Prep Press Extension
- B.11 Extension - Straight Up
- B.12 1/2 Twisting Stunt to Prep - 2 Feet
- B.13 Inversion - Performance Floor into Stunt
- B.14 1/4 Twisting Cradle - Prep Single Leg
- B.15 Cradle from Extension
- B.16 1/4 Twisting Cradle - Extension 2 Feet
- B.17 1/4 Twisting Liberty at Prep
- B.18 1/2 Twisting Liberty at Prep
- B.19 1/2 Twisting Extended - 2 Feet
- B.20 Extended Liberty
- B.21 Cradle from Extended Liberty

- B.8 Release Move from Below Prep Level
- B.9 Full Twisting Cradle - 2 Feet
- B.10 Extended Liberty
- B.11 Cradle from Extended Liberty
- B.12 1/4 Twisting Cradle from Extended Single Leg
- B.13 Full Twisting Liberty at Prep

Tumbling Skills

Level 1

- T.1 Forward Roll
- T.2 Backward Roll
- T.3 Handstand
- T.4 Front Walkover
- T.5 Back Walkover
- T.6 Cartwheel
- T.7 Round Off

Level 2

- T.1 Front Handspring to 2 feet or Step Out
- T.2 Back Handspring
- T.3 Round Off Back Handspring
- T.4 Dive Roll

Level 3

- T.1 Back Handspring Series
- T.2 Round Off Back Handspring Tuck
- T.3 Front Tuck (a.k.a. Punch Front)
- T.4 Aerial Cartwheel



Novice SELECT 2 Skills List continued

Jump Skills

- J.5 Straight Jump with Strong T
- J.6 Tuck Jump with Strong T
- J.9 Double Jump
- J.10 Toe Touch
- J.11 Front Hurdler

Motion Skills

- M.1 Fist, Blades, Clasp, High V, and Low V
- M.2 Hands on Hips
- M.3 Daggers
- M.4 High Touch Down / Low Touch Down
- M.5 Full Nelson Arms
- M.6 Sumo Squat
- M.7 Diagonal Right and Broken Diagonal Right
- M.8 Diagonal Left and Broken Diagonal Left
- M.9 High Cheerio, Low Cheerio
- M.10 Criss Cross
- M.11 Broken T and T

Transition Skills

- TR.1 Clean Walk Transition
- TR.2 Crouch Walk Transition
- TR.3 Forward Roll Transition
- TR.4 Seat Roll Transition - "Right and Left"