



**CHAMPIONSHIP ROUTINE, GUIDE FOR HEAD COACH USE**

Squad Name: \_\_\_\_\_

NOVICE (5-7)	
INTERMEDIATE (5 - 9)	
ADVANCED (5-10)	

Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills	9-10 Skills
<b>Motion Technique</b>	1				
	2				
	3				
	4				
	5				
	Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills
<b>Jumps</b>	1				
	2				
	3				
	4				
	5				
	Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills
<b>Tumbling</b>	1				
	2				
	3				
	4				
	5				
	Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills
<b>Partner Stunts</b>	1				
	2				
	3				
	4				
	5				
	Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills
<b>Pyramids</b>	1				
	2				
	3				
	4				
	5				
	Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills
<b>Tosses</b>	1				
	2				
	3				
	4				
	5				
	Category	5-6 Skills	6-7 Skills	7-8 Skills	8-9 Skills