

Jump Jam Extravaganza Coaches Checklist

Term 2

Timelines	Coaching Task	Focus area	Notes	Done
Week 1	Permission slips	requirements/ responsibilities/ photo permission		
	Auditions	time/ selection process		
	Select team	movement quality/ energy/ commitment		
	Select routine	high energy/ catchy/ uplifting		
Week 2	Learn choreography	unpack routine/ know music/ timing/ student ownership		
11th May	Coaches workshop	Come with questions/problems. Clarify rules/ bring back ideas		
Week 3	Refine LOWER BODY movements	study foot patterns only/ copy DVD exactly		
	Refine UPPER BODY movements	study arm lines only/ copy DVD exactly (video self assessment)		
Week 4	Choreography changes	Stage entry/ start-finish poses/ stage positioning/ directional travel/ transitions etc.		
24th May	ENTRIES CLOSE	Ensure all areas of your entry form are clearly and correctly completed and signed.		
Week 5	Synchronise	Team moving as one unit/ arm lines/ leg height etc. the same (video self-assessment)		
Week 6	Energise	Exact movements/ full range/ should be puffing after every run through (video self assessment)		
Week 7	Perform	Match performance to theme & style of music/ show how much fun you're having beg - end (video self-assessment) BE BIG & BOLD!		
Week 8	Dress Rehearsal	Present to others - lunchtime/assembly etc. Costume check.		
28th June	EVENT TIME!!!	Arrive 30 mins prior to category start time.		