

Jump Jam Extravaganza

Coaching Tips

For information on specific categories, team allowances and all other general information, please refer to Jump Jam Rules document.

- Ensure you select a routine from a Jump Jam kit that your school is licensed to use. Choose an up beat, high energy routine that your students can get into. Make sure it will last the distance and will get the audience and the judges enthused.
- Give your team ownership over their routine:
 - It is their responsibility to learn the moves
 - Give them one thing to focus on and improve at each practice
 - Encourage the more capable team members to assist those who are struggling
- Video your team regularly and play it back to them. Analyze it selectively. Look at just one aspect of their performance at a time eg.
 - Arm lines only
 - Feet/legs only
 - Synchronization and timing
 - Formations
 - Faces
- Break down the performance and take a logical, progressive approach to your practices.
 - **Learn the song** first – it will be easier if they know the song and its words before they start.
 - **Learn the moves** – understand the sequence of moves and where the patterns of movements repeat.
 - **Timing** – work on this first, they all need to understand the beat of the music and where their feet/arms should be at any given time.
 - **Synchronization** – this is where video analysis becomes really useful. Limbs should all be the same height in kicks, squats, knee lifts, arm extensions etc. Are the feet coming together at the end of each move? Are the fingers extended or hands fisted etc? All members of the team should be moving as one unit. Encourage them to think like an Olympic Synchronized Swimming team!
 - **Performance** – encourage the children to work as hard as they possibly can at each practice. You want to hear them puffing after every run-through! Teams that show the greatest amount of infectious energy and fun will score highly.

- Mark out a 7m x 7m area in your school hall or outside for practice purposes. Get your team used to moving within the designated area. Marks will not be deducted for stepping out of the area but judges will look at the overall organization of your team on stage. Practice using the front and centre of the marked out area.

- Encourage your team to teach their routine to others at school. They could run an indoor session in a wet lunch hour or present their routine to some juniors. This will help them to get used to performing in front of others. As a build-up to the event they should aim to present their routine in assembly at least once.

- In all categories, formation changes will be judged. This is how you move your team around the stage. This can be as simple or as complex as your team's ability. Some ways you can achieve this are:
 - Directional changes – which way team members face when performing the moves
 - Travelling movements – forward, backward, side to side, circles or moving through one another etc.
 - Formations – team members in a straight line, v shape, circle
 - Note, not all members of your team need to be facing or moving the same way at the same time.
 - Try to avoid having children with their backs to the audience for lengthy periods.
 - All children should be visible to judges throughout the routine.

- One of the key aspects of your routine is the performance of it. Judges want to be entertained and will be looking for teams that express themselves on stage. They are looking for teams who are showing the most amount of fun and energy with their Jump Jam routine. If two teams are tied, the team who scores more highly in performance will always win!

- Keep costumes simple and inexpensive. Judges are looking for the most cleverly put together theme. They are looking for how teams link the music, movements, facial expressions and costume together to create an overall entertaining performance. Remember, body lines need to be clearly visible and your team must be able to move without things falling off! Sometimes less is more.

- The most important thing about Jump Jam Extravaganza is that you and your teams **have fun and enjoy the whole experience from practicing and refining, to performing!**

If you have any concerns or want advice on any aspect of your team's performance, please contact Lee King at Sport Canterbury.