

Hingham Team Check-Ins

July

- **Due by:** Monday, July 28th (*no follow up meeting in-person*)
 - **General Outline** - Scripts for tumbling / stunting completed via Google Doc. This would be from the first initial conversations between coaches / Tyler, and what direction the coaches are thinking of taking the team into choreography. Follow up communication from Matt will be sent via text/email.

August

- **Due by:** Friday, August 22nd

In-person follow up meetings Wednesday, August 27th

- **Concrete Numbers** - Scripts for tumbling / stunting redone via Google Doc. This would be from what was decided at choreography, and what actually made it into the routine. Additional planning for the rest of fall to be discussed.

September

- **Due by:** Monday, September 8th Levels 1-3 / Monday, September 15th Levels 4-6

In-person follow up meetings Monday, September 29th

- **Elite Stunt** - Fully choreographed building section, all the way through (can be watered down without body positions) - to be done by the full team and videoed.
- **Full Out Tumbling** - Video of routine all the way through with eight count track. All tumbling/jumps/tosses to be performed full out to the best of the team's ability. *L5 / L6 teams can be watered down one skill if needed.*

October

- **Due by:** Monday, October 6th Levels 1-3 / Monday, October 13th Levels 4-6

In-person follow up meetings Monday, October 20th

- **Routine Run Through** - Video of routine all the way through, with the first two thirds of the routine performed full out to the best of the teams' ability. *L5 / L6 teams can be watered down one skill if needed.*
- **Pyramid** - Video of pyramid skills to the best of the team's ability.

November

- **Due by:** Monday, November 3rd Levels 1-3 / Monday, November 10th Levels 4-6

In-person follow up meetings Tuesday, November 18th

- **Routine Run Through** - Video of full out routine to the best of the team's ability.
- **Pyramid** - Segmented video of pyramid section to the best of the team's ability.

December

- **Due by:** Monday, December 15th - In-Person Meetings
 - **Routine Review** - Review of routine from showcase / first event, and go over plan for the beginning of competition season.

Non-Tumbling Check-Ins

August

- **Due by:** Friday, August 22nd

In-person follow up meetings [Wednesday, August 27th](#)

- **Concrete Numbers** - Scripts for stunting redone via Google Doc. This would be from what was decided at choreography, and what actually made it into the routine. Additional planning for the rest of fall to be discussed.

September

- **Due by:** Monday, September 15th

In-person follow up meetings [Monday, September 29th](#)

- **Elite Stunt** - Fully choreographed building section, all the way through (can be watered down without body positions) - to be done by the full team and videoed.
- **Quantity Stunt** - If there is a separate quantity stunt, this full section can be videoed and submitted as well. All of these can be watered down with body positions to make them possible for the team.

October

- **Due by:** Monday, October 13th

In-person follow up meetings [Monday, October 20th](#)

- **Routine Run Through** - Video of routine all the way through, with the first two thirds of the routine performed full out to the best of the teams' ability. *This would be from whatever sections the team has completed.*
- **Pyramid** - Video of main pyramid skills to the best of the team's ability. If there are multiple pyramids, they can be sent separately. If some skills are watered down, ex. Flips without spins, straight tosses instead of flips, that still works.

November

- **Due by:** Monday, November 10th

In-person follow up meetings [Tuesday, November 18th](#)

- **Routine Run Through** - Video of full out routine to the best of the team's ability.
- **Pyramid** - Segmented video of pyramid section to the best of the team's ability. More of the real skills should be in this pyramid video than the one from October.

December

- **Due by:** Monday, December 15th - In-Person Meetings

- **Routine Review** - Review of routine from showcase / first event, and go over plan for the beginning of competition season.

Example Script (L4.2)

2025-2026 ROUTINE SCRIPT

STUNT DIFFICULTY

- Most Groups: 5
- Max Groups: 6

Skill Name	ELA Skill (.2)	ALA Skill (.1)	Number of Groups
1. Low to High Lib to BP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	6
2. 1.5 Twisting Tick Tock to Prep Lib	<input checked="" type="checkbox"/>	<input type="checkbox"/>	6
3. 360 Switch Up to BP	<input checked="" type="checkbox"/>	<input type="checkbox"/>	6
4. Inversion to Extension	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5
Additional Skills			
5. High to Low BP to Lib	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6

BASE SCORE

- ☒ 4 Different Level Appropriate Skills performed by Most? (4.5)

DEGREE OF DIFFICULTY

- Add from point values above: .8

MAX PARTICIPATION

- ☒ Elite Skill by Max? (.7)

STUNT DIFFICULTY SCORE: 6.0

Additional Notes:

STANDING TUMBLING DIFFICULTY

- Majority: 11
- Most: 12
- Max: 22

Skill Name	ELA Skill?	ALA Skill?	Number of Athletes
Valdez BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	6
BWO BHS	<input type="checkbox"/>	<input checked="" type="checkbox"/>	11
BWOS BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	9

BASE SCORE

- ☒ Most of the team performs a Level Appropriate Pass? (3.0)

DEGREE OF DIFFICULTY (from list above)

- ☒ Advanced/Elite Skill by Majority? (.4)
- ☒ Elite Skill by Most? (.6)

STANDING TUMBLING DIFFICULTY SCORE: 4.0

Additional Notes:

RUNNING TUMBLING DIFFICULTY

- Majority: 11
- Most: 12
- Max: 22

Skill Name	ELA Skill?	ALA Skill?	Number of Athletes
RO BHSS	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6
RO BHS BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2
Bounder	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2
RO BHS BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5
Bounder	<input checked="" type="checkbox"/>	<input type="checkbox"/>	6
RO BHS BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2
RO BHSS BWO BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2
Bounder to RO BHS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2

BASE SCORE

- ☒ Most of the team performs a Level Appropriate Pass? (3.0)

DEGREE OF DIFFICULTY (from list above)

- ☒ Elite Skill by Most? (.5)

MAX PARTICIPATION

- ☒ Advanced / Elite Skill by Max? (.5)

RUNNING TUMBLING DIFFICULTY SCORE: 4.0

Additional Notes:

TOSS DIFFICULTY:

- Majority Groups: 4

Skill Name	Number of Groups
Kick Full	4

TOSS DIFFICULTY SCORE: 2.0

Additional Notes:

JUMP DIFFICULTY:

- Max: 22 Athletes

Skill Name	Number of Athletes
Double Toe	23
Hurdler	23

JUMP DIFFICULTY SCORE: 2.0

Additional Notes: