



Championship Non-Tumbling Routine

Sarah Chagnon & Zoe Chagnon

SARAH CHAGNON

- Coached at GHS for 9 years
- Introduced competition cheer to Gretna High
- 2 State Championships in Non-tumbling
- 3rd and 4th place finishes at Nationals



ZOE CHAGNON

- Cheered at GHS for four years
- 4th year coaching at GHS
- UCA/NCA Judge
- Choreographer
 - Gameday State Champions: Giltner
 - Gretna Varsity and JV Various Routines
- 2 State Championships in Non-tumbling
- 3rd and 4th place finishes at Nationals



3 PHASES OF SUCCESS

CHOREOGRAPHY - CLEAN UP - PEAK

PHASE 1

CHOREOGRAPHY

BEFORE CHOREOGRAPHY

- Start to plan your vision!
 - What 'vibe' are you going for? What kind of music? What are your team's strengths?
 - Save inspiration
 - Work with your team, but be cautious about how much control you give up!
- COMMUNICATE with your choreographer BEFORE they come!
 - Be on the same page as them when they walk in the door

DURING CHOREOGRAPHY

- Before anything...team introductions!
- Goal set WITH your choreographer!
 - You want them in on the vision, too!
- Try things that are uncomfortable - you can always change it later!
- Speak up if you aren't liking something!
- You don't have to worry about tumblers or great stunt groups - be INTENTIONAL on where you put each girl in the formation!

PHASE 2

PRACTICE/CLEAN UP

PRACTICES/CLEAN UP

- NEVER SETTLE!
 - Change it! Try it! Do it 20394858 times!
- Video everything and send it out!
 - Have them message you one thing they are going to fix by next practice
- Hold each other accountable!
 - How are you going to check up on your goals?
- Clean Everything!
 - Small things matter, clean 8 counts at a time

MINDSET TRAINING

- **Journaling**
 - **High & Low**
 - **3 things you're grateful for**
 - **Short term goal**
 - **3 things you are doing to reach that goal**
- **Visualization of routine**

PHASE 3

PEAKING + PERFORMANCE

COMPETITIONS

- Local Competitions
 - Compete through the pressure
 - Show off your routine and let the mistakes happen!
 - Use Judges feedback! Have purposeful practices addressing issues that come up at local competitions.



STATE CHEER COMPETITION

- Preparation is everything!
 - Your team has put in the work, now go show it off!!!
 - Prepare your body! Eating healthy, staying hydrated, and sleeping well puts you in the best position to perform!
 - Prepare your cheer parents! They are your biggest fans and can showcase your crowd leading skills!



VIDEO

REVIEW

+ SCORE SHEET BREAKDOWN



EDUCATIONAL USE ONLY

2025 NEBRASKA STATE CHEERLEADING CHAMPIONSHIP				
NON-BUILDING/NON-TUMBLING		Cheer Judging Sheet		
PANEL				
Crowd Leading		(15 Points)	Points	Score
Crowd Effective Material- Voice, Pace, & Flow			5	
Ability & Energy to Lead Crowd			5	
Proper Use of Motion Technique & Signs, Poms, or Megaphones			5	
Skill Incorporation		(15 POINTS)		
Proper Use of Skills to Lead the Crowd (Jumps and/or Kicks)			10	
Execution- Proper Technique, Synchronization & Spacing			5	
Cheer Overall Impression		(5 Points)		
Flow, Overall Crowd Effectiveness & Difficulty of Practical Skills			5	
TOTAL		POSSIBLE	35	

CHEER

Crowd Leading		(15 Points)	Points
Crowd Effective Material- Voice, Pace, & Flow			5
Ability & Energy to Lead Crowd			5
Proper Use of Motion Technique & Signs, Poms, or Megaphones			5

- Crowd should easily be able to follow all elements!
- If you watched it with no sound, would you know what to yell?
- Genuine connection with the crowd
- Props: quality > quantity
- Strongest athletes → props!
- Voice drill - lay on back, hands on stomach

Skill Incorporation**(15 POINTS)****Proper Use of Skills to Lead the Crowd (Jumps and/or Kicks)****10****Execution- *Proper Technique, Synchronization & Spacing*****5**

- Skills should help highlight crowd involvement, not distract the crowd
- When jumping/kicking to words instead of counts, be VERY intentional!

Cheer Overall Impression	(5 Points)	
Flow, Overall Crowd Effectiveness & Difficulty of Practical Skills	5	

- Easy to follow
- Engaging
- Simple
- Creative callbacks - must still be easy to follow and understand
 - Simple callbacks are just as effective!
 - Don't confuse the crowd

2025 NEBRASKA STATE CHEERLEADING CHAMPIONSHIP**NON-BUILDING/NON-TUMBLING***Jumps Judging Sheet***PANEL****Jumps (20 POINTS) Points Score****Execution-** *Proper Technique, Form, Height & Synchronization* 10**Difficulty-** *Type of Jumps, Connections, Combos & Variety* 10**FORMATIONS/ TRANSITIONS (10 POINTS)****Formations-** *Variety, Spacing, Creativity* 5**Transitions-** *Quick, Clean, Effective* 5**TOTAL POSSIBLE 30**

JUMPS

Jumps (20 POINTS)		Points	Score
Execution- <i>Proper Technique, Form, Height & Synchronization</i>		10	
Difficulty- <i>Type of Jumps, Connections, Combos & Variety</i>		10	

- Strong T, pointed toes, chest up
- During practices
 - Video and slow it down
 - Make them shout the count as they jump
- Drill connecting jumps early in the season
- Jump throughout routine
- Add different combos/jumps, only if done WELL

FORMATIONS/ TRANSITIONS (10 POINTS)		
Formations- <i>Variety, Spacing, Creativity</i>	5	
Transitions- <i>Quick, Clean, Effective</i>	5	

- Must be intentional during choreography for clean, quick transitions
- Use the floor!
- Formations should look effortless

2025 NEBRASKA STATE CHEERLEADING CHAMPIONSHIP**NON-BUILDING/NON-TUMBLING***Dance Judging
Sheet*

PANEL

Dance (20 POINTS)**Perfection of Skill** - Proper Technique, Synchronization & Spacing 10**Difficulty** - Difficulty of Skills Performed in groups, number of *formation changes* & variety 10**FORMATIONS/ TRANSITIONS (10 POINTS)****Formations** - Variety, Spacing, Creativity 5**Transitions** - Quick, Clean, Effective 5**Overall Impression (5 POINTS)****Routine Creativity, Excitement, Flow & Use of Formations/Transitions** 5**TOTAL** **POSSIBLE** **35**

DANCE

Dance (20 POINTS)		
Perfection of Skill - <i>Proper Technique, Synchronization & Spacing</i>	10	
Difficulty - <i>Difficulty of Skills Performed in groups, number of formation changes & variety</i>	10	

- Don't have mats for practice? Use cones or tape! Get in local gym or local competitions
- Technique & cleanliness are key
- Motions aren't sharp

FORMATIONS/ TRANSITIONS		(10 POINTS)
Formations - <i>Variety, Spacing, Creativity</i>	5	
Transitions - <i>Quick, Clean, Effective</i>	5	

- Transitions: don't try to 'hide' anyone
- Video your team from above to mimic what judges see at state
- Quality > quantity!

Overall Impression		(5 POINTS)
Routine Creativity, Excitement, Flow & Use of Formations/Transitions		5

- Is your team excited to perform this? If not, we won't be excited watching it
- Clean, simple movements are effective!

OTHER CONSIDERATIONS

- **Music**
 - Your team needs to be passionate about it to look passionate on the mat
 - Use it to make a connection
- **Music Providers**
 - [Cheersounds.com](https://cheersounds.com) → make your own mix!
 - Clarke Specialties



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LET'S DISCUSS! QUESTIONS?

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