

ROUTINE CHOREOGRAPHY

With the new competition season quickly approaching, it is now time to begin making new routines for level 4 – level 9! **Please read this entire page!**

A **team routine** is a routine that is the same for all gymnasts in that particular level. Everyone has the same music and choreography, and only some skills are different for each gymnast.

Individual routines are made specifically for that individual gymnast to match her individual style and abilities. Music, choreography, and skills are chosen by the coach to specifically match her. Individual routines are made outside of class. Please contact Tatiana to set a time.

Fees: Routine fees below **include private lesson fee of \$50**. Each individual routine requires **private lessons at \$50 per routine**. All team compulsory routines will be taught during regular class time at no extra charge. Please pay to TRA **before** each routine is finished.

TRA Routine Fees: New Routines

Level 4: \$25 per routine (team routines)

Level 5/6: \$40 per routine (team routines)

Level 7-9: around \$160 per routine
(\$100 per routine (individual)
+ \$50 for private lessons + \$10 for music)

Old Routines*:

Take 50% of the original
(individual routine) cost.

*An old routine is a routine that another girl/girls had in previous years. The routine will stay the same but the skills will be changed for the gymnast.

Please note:

Level 4: will need to pay for 2 routines ((1x\$25) + (\$15 1 old routine) = \$40 total)

Level 5/6: will need to pay for 4 routines ((2x\$40) + (\$15x2 old routine) = \$110 total)

Level 7: will need to pay for 4 routines (4x\$160 = \$640 total)

Music:

Music for all team routines will be chosen by the coach.

For individual routines: music must be approved by the coach!

- We have a large selection of music specifically made for rhythmic gymnastics. You may bring your child before/after her class or any other day we have classes to listen and choose her music. We do not allow anyone to take our CDs home!

- Music chosen from our collection is **\$10 per routine**.

- You may bring any music that you find and Tatiana will consider it.

Payment:

Please pay before choreography begins! Make checks payable to **TRA**.

Important Note: All music, leotards, and equipment must be approved by the coach!!!

*Individual Routines:
Choreography Guidelines
For TRA Rhythmic Team*

2010-2011 Equipment Schedule

Gymnast	Floor	Rope	Hoop	Ball	Clubs	Ribbon
Level 4	Team Compulsory	X	Team Compulsory	Team Compulsory	X	X
Level 5	Team Compulsory	Team Compulsory	Team Compulsory	Team Compulsory	X	X
Level 6	Team Compulsory	X	Team Compulsory	X	Team Compulsory	Team Compulsory
Level 7	Individual	X	Individual	Individual	X	Individual
Level 8	Individual	X	Individual	X	Individual	Individual
Level 9 Junior	X	X	Individual	Individual	Individual	Individual

Music (for individual routines):

I have accumulated a good library of music over the years, and ordered a lot more. Together with the gymnast, I am planning to choose most of it from my collection- no extra charge for team routines and a **\$10** charge per individual routine. If you have something specific that the girl really likes, please let me listen to it first. I have to approve your music choice. Try to find music that matches the gymnast's style, is not repetitive, has theme changes within it, does not sound like "background music". The music should be chosen by the gymnast & coach, NOT the parents!

If the music is not cut, you are responsible for cutting it BEFORE you schedule your private lesson. A "beep" should be put 1 second before start. These copies will be needed eventually:

- a) One CD with 4 routines in the Olympic order (see the table) - gym copy
- b) Four CDs with each routine separately - Competition copy; give to Tatiana
- c) Four CDs with each routine separately - Competition copy back-up; keep in your gym bag

The CDs must have gymnast's name, level, apparatus and team name on them.

Time & Cost:

It can take a coach up to 4 hours of prior preparation before the final routines is taught to the child. Plus, take into account that EACH routine requires around 2 hours to fill out the judging form throughout the year. I thought of a few ways to make it financially easier. Remember that choreography will be spread over 2 months (August & September).

- 1) Level 7-9 will need more time because of very complicated choreography requirements and judging forms. The rate for level 7-9 is **\$100** per routine (+\$50 private lesson). Compare to \$200 standard fee per rhythmic routine according to my recent research.
- 2) Remember that team compulsory routines will be taught as part of the regular class time at no extra charge. Individual routines require private lessons for choreography = **\$50 each**.
- 3) Level 6-8 is allowed to keep 1 routines from last year.
- 4) If someone else's last-year routine is "passed-down" from last year, **50%** of the regular routine cost will cover time to teach and individualize the routine for the new gymnast.

Pay the coach before routine is finished; check payable to TRA (cash OK).

No privates may be scheduled until previous routine is paid in full.

Scheduling Private Lessons: \$50 - special rate for routine choreography

Try to schedule sessions for the same routine no longer than 3-4 days apart, if possible. **EMAIL** Tatiana or Nastia to schedule your times.

I believe that learning is a dynamic process and put that as one of the main principles in my coaching style. An originally choreographed routine is never a final product. I change separate skills or elements in the routines throughout the season based on the gymnast's growth ability to master more challenging skills.

Sincerely,

Tatiana Kartseva
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