

Progression Path Glossary

Milestone

key skill or progress marker that show your athlete is developing in strength, coordination, teamwork, and performance. They help us track growth over time, build confidence, and safely move toward more advanced skills.

Driver

underlying skills and qualities—that move athletes toward their goals/milestones. They're the engines behind growth, and we intentionally train them to build long-term success and character.

Technique

the proper execution of a skill—how an athlete moves their body to perform something efficiently, safely, and effectively. Good technique prevents injury, builds confidence, and sets the foundation for harder skills.

Tightness

how an athlete engages their muscles to maintain stability, control, and clean lines. It's what keeps stunts steady, jumps crisp, and motions sharp. Without tightness, skills can fall apart or look messy

Timing

the ability to perform skills in sync with music, counts, and teammates. It ensures that movements, stunts, and transitions happen together, which makes routines look polished and helps stunts hit safely.

Independently

when an athlete reached the point where they no longer need hands-on help, spotting, or step-by-step coaching. They've built enough strength, coordination, and confidence to perform the skill on their own, safely and consistently.

Confidently

when an athlete shows they trust their training, stay focused, and commit to the skill fully. Confidence doesn't mean being fearless—it means doing it anyway with purpose and control.

Consistently

when an athlete performs a skill correctly and safely across multiple attempts—not just once. It shows the skill is solid and dependable under different conditions, like pressure or fatigue.

Why?

The goal of All Star cheerleading is to perform high-energy routines that combine athletic skill, precision, and teamwork—all while bringing the best possible technique, creativity, and excitement to the mat. We aim to hit the scoresheet by mastering every part of the routine—stunts, tumbling, jumps, dance, and performance—cleanly, confidently, and consistently.