



Milestone Drivers



Tumbling Technique Driver Definitions

Approach

arm placement into skill/pass ,
body positioning at initiation of
pass, chest placement, connection
of skills

Body Control

head placement, arm/shoulder
placement in skills, hips, leg
placement in skills, absorbing
appropriately between skills

Landings

controlled, legs/feet together,
chest placement, completion of
skills

Timing & Synch

timing of skills performed in
groups or by the team at the
same time

Jump Technique Driver Definitions

Approach

arm placement into jump,
swing/prep, chest placement, flow
of connected jumps

Body Control

head placement, arm/shoulder
placement, hips/height, legs
placement/positioning/height,
pointed toes

Landings

controlled, legs/feet together
chest placement, jump
completion, landing on feet

Timing & Synch

timeing of skills performed in
groups or by the team at the same
time

Stunt Technique Driver Definitions

Flyer

body control, flexibility of body
positions, motion
placement/accuracy, uniformity

Transitions

entry, dismount, control
throughout

Base/Support Persons

body control, stability of stunt,
technique in lifts and catches,
uniformity

Timing & Synch

timing of skills performed in
groups or by the team at the same
time

Attendance

participation, effort, mindset, level
of happiness, focus, progress

Values/Concepts/Vocab

understanding, demonstration,
communication

Individual Goals

SMART goals, action plan, effort,
accountability, time management,
consistency, progress