

Learn from gymnastics choreographer how to develop a high-caliber routine!

Gymnastics Choreography

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/5195.html?s=pdf>

YOUR FREE EXCERPT APPEARS BELOW. ENJOY!

Gymnastics Choreography



*How to develop
a high-caliber
routine!*

*Kris Robinson
Rik Feeney*

Gymnastics Choreography

**How to develop a
high-caliber routine!**

Kris Robinson
interviewed by Rik Feeney

Published by
www.GymnasticsTrainingTips.com

Gymnastics Choreography: How to develop a high-caliber routine!
© 2010 by Rik Feeny & Kris Robinson.
All rights reserved.

ISBN: 978-1-935635-08-7
Adobe E-book

GymnasticsTrainingTips.com
PO Box 162115
Altamonte Springs, FL 32716
www.GymnasticsTrainingTips.com

Safety Note: Always practice gymnastics skills under the guidance and supervision of a qualified gymnastics coach with USAG Safety certification.

Disclaimer:

This book is written and intended for use as a guide only. The purpose of this book is to introduce and acquaint interested parties with the basics of gymnastics choreography. Every effort has been made to provide complete and accurate information on this subject up to the date of this publication.

The author and GymnasticsTrainingTips.com (a division of Richardson Publishing) shall have neither liability nor responsibility to any person or entity with respect to any injury, loss, or damage caused or alleged to be caused directly or indirectly by the information contained in this book.

Cover Design:

Rik Feeny / usabookcoach@gmail.com

Introduction

Hi, this is Rik Feeney of GymnasticsTrainingTips.com, welcoming you to the first in a series of gymnastics techniques interviews (or transcripts).

Today's topic is **Gymnastics Choreography: How to Develop a High-Caliber Routine**. On the line with me is Kris Robinson, who besides being a licensed physical therapist is a nationally-known gymnastics author, speaker, and choreographer of over 1200 gymnastics routines.

Interview

RIK: Hey, Kris.

KRIS: Well, thanks, Rik. I'd like to say that I really enjoy choreography, so this is a great topic. I started my choreography career by coaching college gymnasts. I became a staff choreographer in a university back in 1986, and one of my most memorable moments was when a gymnast got fourth place in the NCAA Championship. I was at a somewhat small school compared to the big-time gymnasts who were at larger programs there, but it was a really an honor to see a gymnast get fourth place at the NCAA Championship. I have also coached many age group levels who became national competitors on balance beam and floor exercise, along with multiple regional and state champions. It is enjoyable to see the prep-op programs going – those are fun for teams to do, and the girls are doing well in that area. I have also done high school gymnastics

choreography and really enjoy the broad scope of choreography in general.

RIK: So basically, with 1200 routines, you've choreographed everything from the Junior Olympic program by USAG all the way up through college to regional and national level competitors?

KRIS: Yes, and thinking about it, I have also choreographed for AAU gymnasts and YMCA gymnasts and also gymnasts who have been at the Olympic trials. I have choreographed for the Elite athletes also.

RIK: It sounds like you're the person I need to talk to! So what I'm going to do here, just to give everyone an idea... I'm going to pretend I'm a gymnastic parent, and I've got a gymnast who is at some form of compulsory Level 6 or getting ready to do either prep-optional or Level 7 optional. It is the very first time my gymnast is going out there and doing a routine and putting it together, so what I am going to try to do is to ask the kind of questions that a parent might ask. The first one is, why does my daughter need a choreographer? Is it a necessity?

KRIS: I believe it is a necessity to get off to the great start they need to have a high-caliber routine. Level 7 or Prep-Op is that first chance to get on stage, which in gymnastics is four stages, and it is really making the routine their own. The levels before were compulsory, where everybody looks the same, and this is the first shot gymnasts have letting their own personalities come out on the floor exercise or balance beam.

RIK: What does a choreographer do? Why would I hire you?

Learn from gymnastics choreographer how to develop a high-caliber routine!

Gymnastics Choreography

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/5195.html?s=pdf>