

# Coaching Tips

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Kia Ora! New Coaches of JUMP JAM,

Firstly, JUMP JAM is an amazing resource not only for Competition but for the health and fun of ALL children.

## Getting started

Firstly, if you are a classroom teacher like myself, you need to work out and ask the following questions?

- Do I have the time on top of my school work?
- Will I be doing after school or holiday practices?
- What are the dates?
- Fundraising events?
- Who are my support crew?
- Age level?
- Things to think about. Transport, costumes and finance.
- Usually before the school year ends you can ask the principal if he/she can set aside in the school budget for JUMP JAM under performing arts or whatever your school calls it.

She dances to the  
songs in her head

Speaks with the  
rhythm of her  
heart

And loves from the  
depths of her soul

- Dean Jackson

## Auditions

- Because we are a small rural school we don't run auditions.
- Most times, we have kids who really want to dance and love music
- Before joining we usually share with the kids about commitment, practice times, school work, must have confidence although this comes with coaching for some.
- Not necessary that our kids need to have co-ordination just passion. I feel, that is our job as a coach to get our kids there.

## Choosing the Right Song

- This is really important I feel as a coach. You have to find a song that suits the kids and of course the kids and yourself as a coach need to really LOVE the routine.
- We love all the JUMP JAM routines, but there are songs that you know as a coach that really suits the kids you have and of course it will change each time you have a new lot come through.
- Think about choosing a song that you can be really creative with and show a lot of vocal and drama keep in mind the percentage of choreography changes.

## Successful Training Methods

- Add fun at all times even though it's a competition you got to at least have a day of just hanging out together as a team. Could be a sleep over bonding as a team... Movie night...
- Have a day or night just watching past videos of JUMP JAM competitions.
- I usually ask the kids to come up with a creative move, sharing ideas and helping each other out.
- Try and find an audience to perform too. Or if the opportunity pops up in the community to perform, take it, this helps with overcoming shyness. The more the kids perform their routine the more fluent/natural they will become.
- Be honest with the kid's performance. Don't be afraid to say, 'that could have been better' or point out to individuals about correct technique, I'm not feeling it right now etc...
- Sometimes if you see your team is not giving a 100% then STOP and talk about what is going on...
- Split your team in half and perform to each other.
- Get the kids to critique each other this can also be a lot of fun.
- Be prepared to work hard

