

The Procedure for Optional Music or Floor Routine

The squad coach will select suitable floor music for each gymnast in consultation with the gymnasts and the choreographer. The set requirements will be established for the gymnasts and these will be placed into the Floor routine. The choreographer will generally spend 3 to 5 sessions to develop and teach the floor routine to the gymnast. This will usually occur outside of training times and in consultation with parents.

As with all artistic endeavors, the routine will develop and change over time. The gymnast will work with the choreographer on an ongoing basis to consolidate and modify the routine when and where required by the coach or choreographer.

Each gymnast who has a new floor routine choreographed must pay an additional levy. The levy covers the minimum of 5-10 hours that it may take for a routine, as well as teaching time (3-5 sessions). The additional time required by the choreographer to attend training and check or modify the routine is included.

The music hire is also included in this fee. MLC Gymnastics Club owns the piece of music that has been chosen and it remains the property of the Club.

To assist parents in understanding this process we have outlined below a few points that are important in this process:

- The choreography of floor routines is extremely time consuming, often taking up to 10 hrs. to make up, and teach the routine to the gymnast.
- A gymnast may have a floor routine for 2-3 years depending on many factors.
- The routine must be suitable for the gymnast, their skill level and physical attributes. It will also be dependent on their ability to move to music and 'sell the routine'.
- Selection of music is critical! Time must be spent finding the right piece and the gymnast must like the music but also suit them.
- The music must be professionally cut. This can take a few hours or more, depending on the piece of music.
- It must promote the gymnast's strengths and hide their weaknesses, whilst still meeting the strict requirements necessary for a good floor routine.
- If the composition (skills, artistry, distribution of elements and rhythm and tempo) of a floor routine is poor then the gymnast is deducted by the judge at a competition.
- Further, it takes time for the gymnast to work on the routine and the finished product cannot be assessed until a considerable time after the choreography is finished and tumbling is in place.
- The music and choreography of a routine is a coach's choice and is not within the area of parental input.
- The MLC Gymnastics Club has approximately 400 pieces of music "in stock". This is owned by the Club and has been collected from many areas; overseas imported tapes or music brought in by the



Squad Floor Music & Choreography

staff or gymnasts. The Staff have cut most of the music with assistance from the MLC audio-visual staff. The girls may find a piece of music they particularly like, and if suitable, this can be cut by the staff. However, if it is unsuitable then the coach will look for alternative pieces.

Further Information

If you would like further information, please write to the MLC Gymnastics Club at 207 Barkers Road, Kew 3101, or via facsimile on (03) 9274 8168 or via email

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