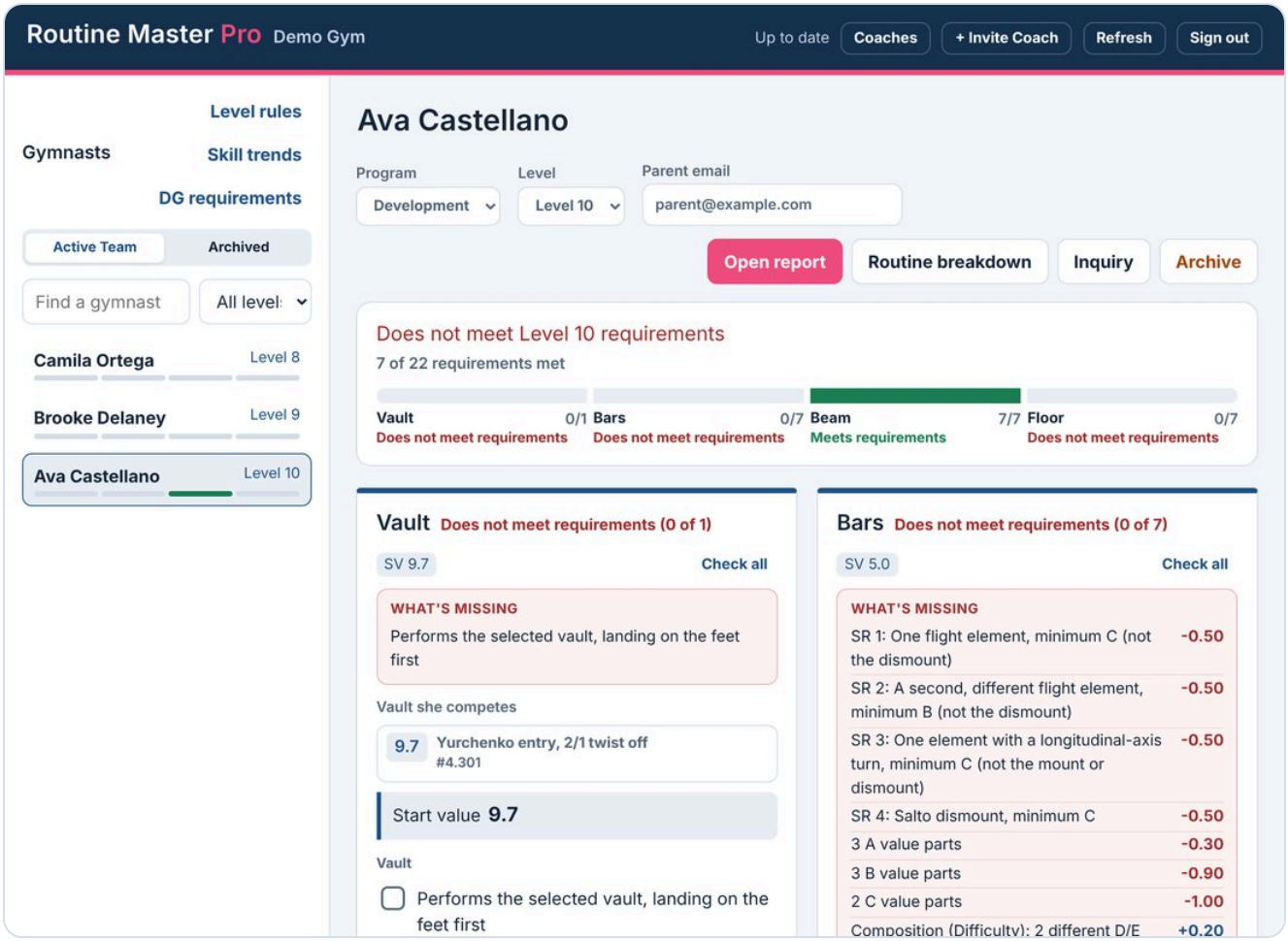
How to build routines and use routine sets

Build each gymnast's routines skill by skill, check what she still needs, copy routines, and plan ahead with routine sets. Updated November 2026.

A gymnast's page

Tap a name on the roster to open her page.



Top of a gymnast's page.

At the top

- **Program and Level**: change these when she moves up. Her checklist and start values switch to the new level's rules.
- **Parent email**: used when you email her report. To send it to more than one parent, type up to 3 addresses separated by commas (for example mom@example.com, dad@example.com). Each one gets the report.

- **Open report** opens her family report (section 10). **Tools** holds everything else for her, in groups: **Look closer** (Routine breakdown, Skill ideas, Compare to other gyms), **Plan ahead** (Try at another level), **For meets** (Score inquiry) and **Manage** (Archive) (section 11).
- The summary card says whether she meets her level overall, and how many requirements she's met.

Event cards

Each event shows her start value (**SV**), and below it a **What's missing** box listing exactly what she still needs and what it costs, and the full checklist of requirements for her level.

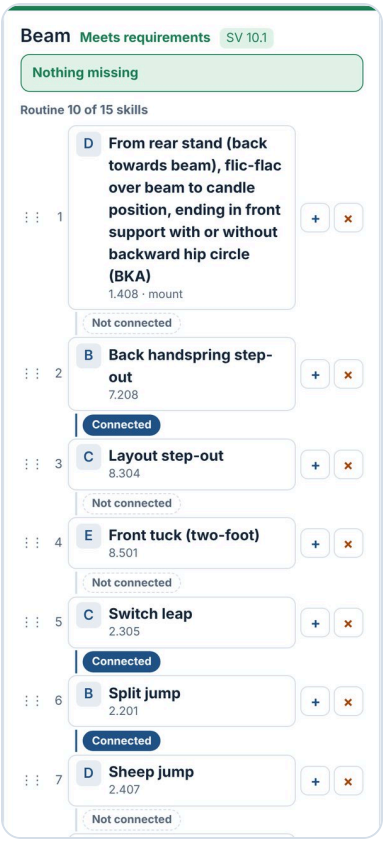
- Requirements that the routine proves (special requirements, value parts, composition) **tick themselves** as you enter skills, and show which skill met them.
- Requirements that need a coach's eye, like landing the vault on her feet, are boxes you tick yourself. **Check all** ticks every box on that event.
- Your gym's own requirements and minimum start values (set by your gym owner) appear on the same card.
- **Coach note** on each event, and the **Overall note for family**, are printed on her report.

Entering routines

Adding skills

1. On an event card, tap **+ Add first skill** (or **+ Add skill**).
2. Search by name ("front tuck", "switch leap") or by Code number ("8.501").
3. Narrow the list with the value and type buttons: **A–E**, **Acro**, **Dance**, **Dismounts**.
4. Tap the skill. It's added in order with its value.

Every element in the Code of Points is there. Where the Code allows more than one body shape (tucked, piked, stretched), the shape is shown as a tag and counted separately. On floor, the split leap and the split jump (1.101) are separate picks, each worth an A, so she gets credit for both.



A Level 10 beam routine. Each skill shows its value, Code number and connections.

Changing the routine

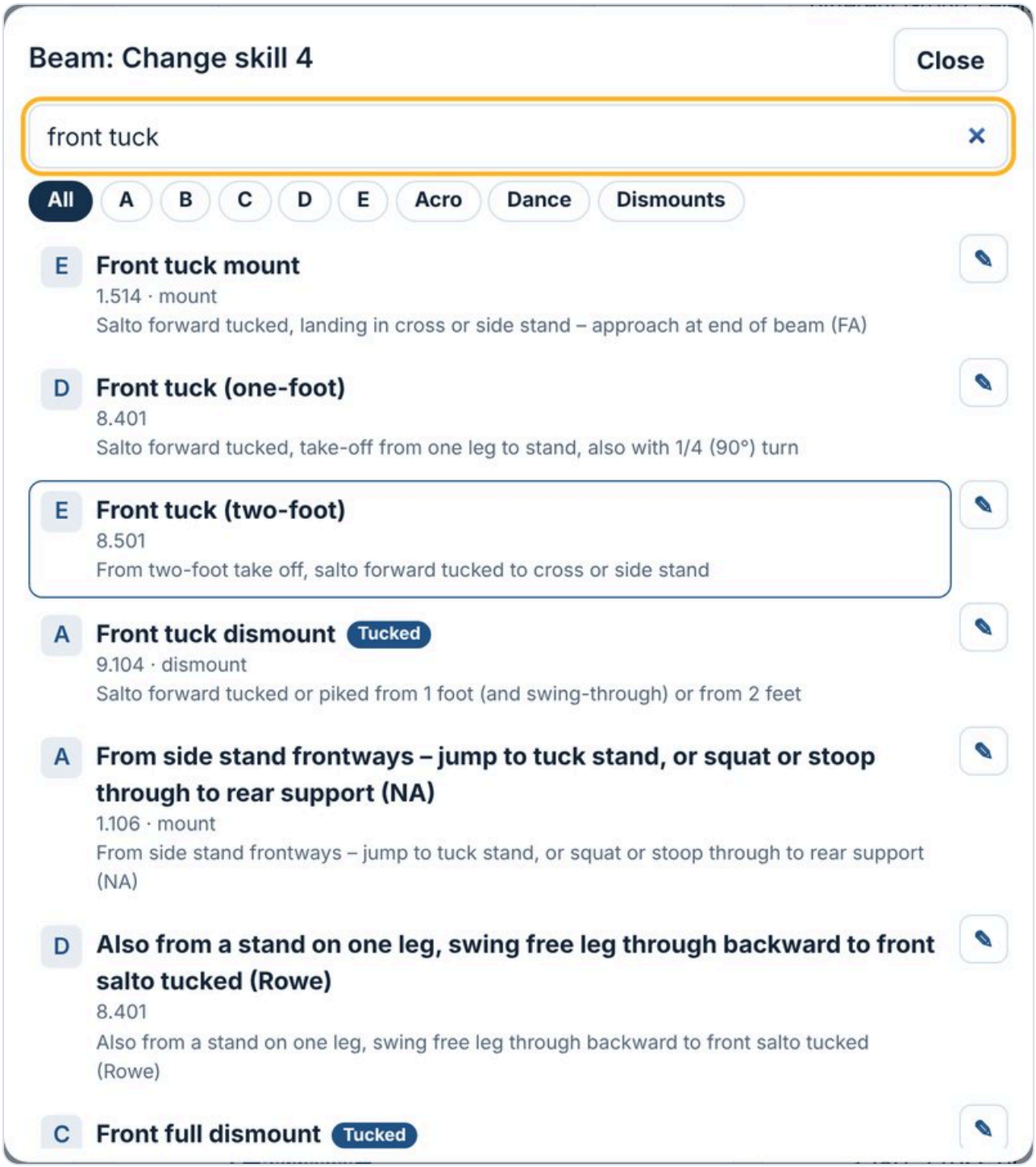
- Tap a skill to change it to a different one.
- **+** next to a skill adds a new skill above it. **×** removes it.
- Drag the dotted handle on the left of a skill to move it up or down.
- Tap the link between two skills to connect them. On bars and beam it switches between **Not connected** and **Connected**. On floor it cycles **Not connected**, **Direct** and **Indirect**.
- Leaps and jumps on beam and floor count as reaching the 180° split. If she won't reach it, tick **Won't reach the 180° split** under the skill. It then counts one value lower (C becomes B, B becomes A) and no longer counts as a 180° leap. Untick it to undo.
- Routines can have up to 15 skills.

Fix-it notes

When something looks like a slip, a yellow note pops up under the skill with a one-tap fix: the same skill added twice in a row (**Remove this one** or **Connect them**), a repeat that gets no credit (**Swap it**), a dismount that isn't last (**Move it to the end**), a beam mount that isn't first (**Move it to the start**), or no dismount yet on bars or beam. Tap **Dismiss** if you meant it.

Vault

Tap the vault box and search by name or number. The vault's value becomes her vault start value. Tick the vault requirement once she's performing it.



The skill picker. Search by name or number, and filter by value or type.

Copying routines and routine sets

Copy a routine instead of starting from scratch

Tap **Copy from a teammate or base routine** under any event.

- **Her own routines**: her routine from another level or another set, such as her Competition routine when you're working in a set.
- **Teammates**: another gymnast's routine on the same event.
- **Base routines**: your gym's saved team routines. **Save as base** adds a routine to this list, and **Apply to gymnasts...** gives it to several gymnasts at once.

Copying gives her her own copy, so changing it later never changes anyone else's. If she already has a routine on that event, the app asks before replacing it.

Fill a whole team fast

- **Levels 6, 7 and 8**: most girls at these levels do your gym's same routines, so the box above her events starts there. **Give her the Level 7 base routines** fills every empty event from your gym's base routines in one tap. Or tap **Copy from** next to a teammate at her level. No base routines yet? Once a gymnast's bars, beam and floor are built, the app asks whether to **Save as Level 7 base routines**, so every Level 7 after her starts from them.
- **Copy all events from a teammate**: on a gymnast's page, the box above her events copies a teammate's vault, bars, beam and floor in one tap. Then change only the skills that are different. After your first gymnast, this is the quickest way through a team.
- **Fill from a photo**: snap a photo of her routine sheet, notebook page or card. The app reads the skills, matches each one to the skill list for her level and shows them to you before anything is saved. Anything it can't match is listed so you can add it by hand. **From a photo** under an event fills just that event.
- **Type it out**: write her routine in your own words, like “kip, cast HS, ToT HS + pak, squat on, flyaway”, with + for connections. The app matches each skill to the skill list and shows them to check, just like a photo. During the free trial you can fill one routine on each event from a photo or typing.
- **Keep adding**: after **+ Add skill**, the skill list stays open for the next skill, so you can add a whole routine in a row. What usually comes next on your team shows at the top. Tap **Close** when you're done.

What routine sets are

A routine set is a named group of routines you're planning, like “2027-28 season” or “Upgrade”. You make a set once and every gymnast gets a tab for it, with her own routines inside.

- **Competition** is what she competes now. Team lists and Level insights only ever use this tab.
- **Open set report**: while you're in a set, the button at the top of her page makes the same one-page parent report as her level report, for her routines in that set, checked against the set's level. Download, email, print or share it the same way.
- Each set has its own tab showing how many events have a routine and the level it's checked against, for example “2 of 4 events · Level 8”. The tab you're on is filled in.
- The first time you open a set for her, it **starts with her current routines**, judged at the set's level, so you only change what's different. Skills that aren't on that level's skill list are left out, and a message tells you which. If she already has anything in the set, nothing is replaced.
- Inside a set you build routines exactly as on Competition. Start values and requirements follow the set's level.

The “Level for this set” drop-down

In a set, her Program and Level boxes are replaced by **Level for this set**. It picks which level's rules her routines in that set are checked against.

- It starts at the next level up (a Level 7 starts at Level 8). You can pick a level in any program, grouped by program: Development, Xcel, NGA, USAIGC, and FIG / Elite if your gym has it. So a Level 10 can have an "Elite" set checked against FIG Senior.
- When the set is still empty, picking a level in a different program starts it from her current routines too. Between USA Gymnastics Levels 6–10 and FIG / Elite, skills with the same Code number carry over; anything that isn't on the new list is left out, and a message tells you which. Between other programs only the vault may carry over, so you build the rest.
- It's set per gymnast and per set, so teammates can plan different levels in the same set.
- It does **not** change her real level. Only the Level box on the Competition tab, or the move option when you bring a set in, does that.

The routine set buttons

Button	What it does	Who
+ New set	At the end of the tabs. Makes a new named set. Every gymnast gets the tab straight away.	Any coach
Bring into current routines	In a set. Copies the set's routines into her Competition routines, saving her old ones first.	Any coach
Rename set	In a set. Changes the set's name for every gymnast.	Any coach
Remove set	In a set. Hides the set's tab for everyone. The routines are kept.	Owners and admins

Plan next season, then bring it in

1. Open any gymnast and tap **+ New set**. Name it, for example “2027-28 season”.
2. For each gymnast, open the set's tab, check **Level for this set**, and change her routines (they start as a copy of her current ones).
3. When she's ready, tap **Bring into current routines**. Choose the **Events** to bring in.
4. Under **Save her current routines in**, pick another set or **A new set…** (it suggests this season's name).
5. If the set is at a different level, leave **Also move her to Level X** ticked to move her up too.
6. Tap **Bring in** and confirm. Her old routines are saved in the set you picked.

> The old Upgrade tab is now a set called “Upgrade”, with every routine still in it. Tap **Rename set** to call it something else.