



SOLO DANCE TWIRL

Athlete: _____

LEVEL I

LEVEL II

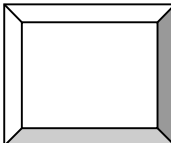
BATON TECHNIQUE	<p>Contact Material: Grip Pattern, Plane, Direction General Handling</p> <p>Aerial Releases: Grip, Wrist Rotation Center Baton, Center Body Horizontal</p>	<p>Aerial Receptions: Placement of the Receiving Hand Center Body Center Baton Follow through</p>	<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement
BODY TECHNIQUE	<p>Posture Stretch/Co-ordination/Placement of: Arms Hands Feet Legs</p>	<p>Parallel/Turn-out Balance Use of Demi Plié Use of Balls of Feet Spotting of Head on Spins/Turns</p>	<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement
BATON & BODY CO-ORDINATION	<p>Timing of Baton with Body Position of Baton in relation to Body</p>		<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement
MUSICALITY	<p>IN RELATION WITH THE MUSIC: In Time Phasing – too fast, too slow Combination – in and out of time</p>		<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement
PERFORMANCE SKILLS	<p>Eye Contact Confidence Facial Expressions Appearance, Grooming, Footwear, Baton</p>		<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement
GENERAL MECHANICS	<p>Variations from the Standard Routine / Missed Elements Appropriate Floor Coverage and Movement Start Position, End Position</p>		

Circled: Needs Attention
 Checked: Exceeds Expectations

Drops															
Breaks/Slips															
Off Pattern															
Loss of Balance															

Unsportsmanlike Conduct

LETTER GRADE	
RIBBON	GRADE
RED	→ A
BLUE	→ B
WHITE	→ C
GREEN	→ D



CLERK _____ JUDGE _____

January 2023