



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 Thumb Toss Horizontal</p>	<p>Aerial Receptions: Placement of the Receiving Hand Center Body Center Baton Follow through</p> <p>Rolls: Timing Rolling Action / Proper Tracking</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
BODY TECHNIQUE	<p>Posture</p> <p>Stretch/Co-ordination/Placement of: Arms Hands Feet Legs</p>	<p>Turn-out from the hip on lunges</p> <p>Balance</p> <p>Body Position</p> <p>Developpe/Needle/Illusion Feet, Legs, Pattern, Flexibility</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
BATON & BODY CO-ORDINATION	<p>Timing of Baton with Body</p> <p>Position of Baton in relation to Body</p>	<p>Control</p> <p>Continuity, Flow, Clarity</p>	<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
PERFORMANCE SKILLS	<p>Eye Contact</p> <p>Confidence</p> <p>Facial Expressions</p> <p>Appearance, Grooming, Footwear, Baton</p>		<p><input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement</p>
GENERAL MECHANICS	<p>Variations from the Standard Routine / Missed Elements</p> <p>Starting / Ending Position</p>		

Circled: Needs Attention
 Checked: Exceeds Expectations

Drops											
Breaks/Slips											
Off Pattern											
Loss of Balance											

Unsportsmanlike Conduct

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

CLERK

JUDGE