



Athlete _____

Date _____

✓ Good ○ Needs Attention

<p>SWINGS/WRAPPS/SLAPS V. Throat Drop (Waterfall) H. Neck Slap Series</p>	<p>Grip Pattern Plane Direction</p>	<p>Coordination / Timing Smoothness Control</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>CONTACT V. Contact Series H. Contact Series</p>	<p>Grip Pattern Plane Direction</p>	<p>Coordination / Timing Smoothness Control</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>ROLLS Fujimi Roll (Front-Back, Back-Front) V. Long Arm (Angel) Roll</p>	<p>Grip Pattern Plane Direction</p>	<p>Coordination / Timing Smoothness Control Tracking / Rolling Action</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>AERIALS V. Toss Illusion (Student Choice) V. Three Spin</p>	<p>Grip Pattern Plane Direction</p>	<p>Coordination / Timing Smoothness Control Placement</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>STRETCH & STRENGTH Side Plank – 30 Sec/side Full Splits (Split of Choice, Show All Three)</p>	<p>Clarity Control Posture Alignment</p>	<p>Body Lines Flexibility Strength</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>ELEVATION Grande Jeté (R or L) Jeté to Second (45°)</p>	<p>Clarity Control Posture Alignment</p>	<p>Elevation Coordination / Timing Body Lines Use of Plié</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>EXTENSION Layback with Grande Battement Devant Leg Hold (Leg of Choice)</p>	<p>Clarity Control Posture Alignment</p>	<p>Coordination / Timing Body Lines Use of Plié</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>TURNING Spin Illusion Double Pirouette, Outward Single Pirouette, Inward</p>	<p>Clarity Control Posture Alignment</p>	<p>Coordination / Timing Body Lines Use of Plié</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>
<p>PERFORMANCE</p>	<p>Confidence Start / End Position Professionalism</p>	<p>Appearance Consistency Proficiency</p>	<p><input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet</p>

Overall Comments

Drops									
Breaks/Slips									
Off Pattern									
Loss of Balance									
Retry Element									

Final Grade

Adjudicator