



# Diamond Pin

Athlete \_\_\_\_\_

Date \_\_\_\_\_

✓ Good    ○ Needs Attention

<p style="text-align: center;"><b>CONTACT</b></p> <p>#1 – RH V Finger Twirl Series          #2 – LH V Finger Twirl Series          #3 – RH H Finger Twirls Series          #4 – LH H Finger Twirls Series</p>	<p>Grip Pattern          Plane          Direction</p> <p style="text-align: center;">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 style="text-align: center;"><b>ROLLS</b></p> <p>#5 – RH Fishtail Series          #6 – LH Fishtail Series          #7 – 4 Continuous Elbow Rolls w/                RA Layout          #8 – 2½ Continuous Back Neck                Rolls</p>	<p>Grip Pattern          Plane          Direction</p> <p style="text-align: center;">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 style="text-align: center;"><b>AERIALS</b></p> <p>#9 -RH V Thumb Toss, Two Spin,                Catch LH          #10 – LH V Backhand Toss, One                Spin L, RH Backhand Catch          #11 – RH V Thumb Toss, 1½ Spin                L, LH Blind Catch          #12 – RH V Thumb Toss, 1½ Spin                R, RH Back Catch          #13 – H Toss, Two Spin, RH Grab                Catch          #14 – RH H Toss, One Spin L, RH                Backhand Catch          #15 – LH H Toss, 1 ½ Turn R,                Catch RH on Back</p>	<p>Grip Pattern          Plane          Direction</p> <p style="text-align: center;">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 style="text-align: center;"><b>BODY TECHNIQUE</b></p>	<p>Clarity          Control          Posture          Alignment</p> <p style="text-align: center;">Body Lines          Flexibility          Strength          Balance</p>	<p><input type="checkbox"/> Exceeds Expectations  <input type="checkbox"/> Meets Expectations  <input type="checkbox"/> Developing  <input type="checkbox"/> Not Yet</p>
<p style="text-align: center;"><b>PERFORMANCE</b></p>	<p>Confidence          Start / End Position          Professionalism</p> <p style="text-align: center;">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**