



Athlete \_\_\_\_\_

Date \_\_\_\_\_

✓ Good    ○ Needs Attention

<p><b>SWINGS/WRAP/SLAPS</b> V. Arm Slap H. Neck Slap</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><b>CONTACT</b> V. Split Finger Twirls V. Eight Finger Twirls V. Flip Arm Circle Combo</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><b>ROLLS</b> V. Double Elbow Roll V. Elbow Ext. &amp; Retr. Roll Combo Half Neck Roll, receive Blind</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><b>AERIALS</b> Thumb Toss, catch Backhand Bow V. One Spin, catch LH H. LH Toss, One Spin to the L</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><b>STRETCH &amp; STRENGTH</b> Forward Bend – Hands on Floor Cobra, raise each arm – 4 counts</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><b>TRAVEL/COMBO</b> Running Pas de Bourrée Floor Roll (Bent Knees)</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><b>EXTENSION</b> Tendu to 2<sup>nd</sup> and Rise to Ballet 5<sup>th</sup> on Demi-Pointe Pre-Illusion from Tendu (Fwd/Rev) Ronde de Jambe (S)</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><b>TURNING</b> Outward Pirouette (Parallel) Skater/Sail Turn Soutenu Turn</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><b>PERFORMANCE</b></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