



Athlete _____

Date _____

✓ Good ○ Needs Attention

<p style="text-align: center;">CONTACT</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;">ROLLS</p> <p>#5 – RH Fishtail Series #6 – LH Fishtail Series #7 – Double Elbow Roll, RA Layout #8 – 1 ½ 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;">AERIALS</p> <p>#9 –RH V Thumb Toss, One Spin, Catch LH #10 – LH V Backhand Toss, RH Backhand Catch #11 – RH V Thumb Toss, ½ L, LH Blind Catch #12 – RH V Thumb Toss, Chaîné Turn R, RH Back Catch #13 – H Toss, One Spin L, RH Grab Catch #14 – RH H Toss, RH Backhand Catch #15 – LH H Toss, 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;">BODY TECHNIQUE</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;">PERFORMANCE</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