



Copper Badge

Athlete _____

Date _____

✓ Good ○ Needs Attention

SWINGS/WRAP/SLAPS V. Flip, Slap Catch H. Leg Wrap	Grip Pattern Plane Direction Coordination / Timing Smoothness Control	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
CONTACT V. Four Finger Turn Under V. Flashback H. Back Plane Open Hand Flip LH to RH Backhand (Back Washer)	Grip Pattern Plane Direction Coordination / Timing Smoothness Control	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
ROLLS Three Elbows Around Two Elbow Pops	Grip Pattern Plane Direction Coordination / Timing Smoothness Control Tracking / Rolling Action	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
AERIALS V. LH Backhand, One Spin, Catch LH PU H. LH Toss, Floor Roll	Grip Pattern Plane Direction Coordination / Timing Smoothness Control Placement	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
STRETCH & STRENGTH Plank Hold – 60 Sec V Sit Hold – 30 Sec Bridge Hold – 30 Sec	Clarity Control Posture Alignment Body Lines Flexibility Strength	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
ELEVATION Stag Leap Jump Full Turn	Clarity Control Posture Alignment Elevation Coordination / Timing Body Lines Use of Plié	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
TRAVEL/COMBO Grape Vine (M) Step Hop in Retiré	Clarity Control Posture Alignment Coordination / Timing Body Lines Use of Plié	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
EXTENSION Hitch Kick Forward Illusion	Clarity Control Posture Alignment Coordination / Timing Body Lines Use of Plié	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
PERFORMANCE	Confidence Start / End Position Professionalism Appearance Consistency Proficiency	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet

Overall Comments

Drops										
Breaks/Slips										
Off Pattern										
Loss of Balance										
Retry Element										

Final Grade

Adjudicator