



Athlete _____

Date _____

✓ Good ○ Needs Attention

<p>SWINGS/WRAP/SLAPS V. Neck Wrap Series H. Back Waist Wrap</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. Head Loop Turning to the L H. Four Finger Twirl V. Continuous Flips</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 V. Fwd. Paddles V. Layout Carrying to Side</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 Thumb Toss H. Toss Openhand Release</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 Superman Hold – 10 Sec Plank Hold – 30 Sec</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 Step Hop with Tuck Spring Points</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>TRAVEL/COMBO Up, Up, Down, Down Lindy Ball Change</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>EXTENSION Pre-Illusion Exercise: Needle Kicks Grande Battement Devant on Demi-Pointe</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