



Athlete _____

Date _____

✓ Good ○ Needs Attention

<p>FULL HAND V. Flourish H. Fig 8</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. Thumb Flip H. Neck Wrap Golf Swing w/ Head Loop</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 Fig 8 Hand Roll V. Rev Fig 8 Hand Roll</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>STRETCH & STRENGTH Exercise for Spotting the Head Balance in Spin Position Demo: Plank, Wall Sit</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>POSITION/BALANCE Transfer of Weight to Front/Side 4th Lunge w/ Step and Slide</p>	<p>Clarity Control Posture Alignment</p>	<p>Balance Coordination 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>ELEVATION Step Hop (Continuous) Star Jump</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 Fwd Chassé in Opposition Walking Pas de Bourrée w/ 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>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