



Athlete _____

Date _____

✓ Good ○ Needs Attention

<p>FULL HAND Salute V. Fwd Fig 8, RH + LH H. Wrist Twirl, RH + LH</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. Two Hand A (Westerns) V. Wrist Twists with BF Pass H. Wrist Twists with BF Pass</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. Hand Roll (Stationary) V. L + R Lower Arm Roll (Pivot)</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 Pre-Jump Exercise (S) Demo: Fwd Bend, Straddle, & Cobra</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 Arms: Ballet 1, Ballet 2, High V, Low V Transfer of Weight from Front to Back Feet: Ballet 1st, Ballet 2nd</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 Leaps at Ankle, Leaps in Retiré Jumps in the Center</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 ¼ Turn, March, March (M) Skips in Circle Stork Walks in a Circle</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