



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>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 Fishtails #6 - LH Fishtails #7 - Double Elbow 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 style="text-align: center;">AERIALS</p> <p>#9 -RH V Thumb Toss, Catch LH #10 - LH V Backhand Toss, Catch RH Backhand #13 - H Toss, RH Grab Catch</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 style="text-align: center;">BODY TECHNIQUE</p>	<p>Clarity Control Posture Alignment</p>	<p>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>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