



# Copper Badge

Athlete \_\_\_\_\_

Date \_\_\_\_\_

✓ Good    ○ Needs Attention

<b>SWINGS/WRAP/SLAPS</b> 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
<b>CONTACT</b> 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
<b>ROLLS</b> 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
<b>AERIALS</b> 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
<b>STRETCH &amp; STRENGTH</b> 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
<b>ELEVATION</b> 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
<b>TRAVEL/COMBO</b> 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
<b>EXTENSION</b> 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
<b>PERFORMANCE</b>	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**