



Athlete _____

Date _____

✓ Good ○ Needs Attention

SWINGS/WRAP/SLAPS V. Neck Slap V. High Loop	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
CONTACT H. Split Finger Twirls H. Eight Finger Twirls V. Side-to-Side Flip Series	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
ROLLS V. Retraction Elbow Layout V. Two Fishtails H. Half Neck Roll	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
AERIALS V. RH Toss, Catch under L Knee V. RH Toss, Catch Backhand in Lunge	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
STRETCH & STRENGTH Wall Sit – 30 Sec Superman 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
TRAVEL/COMBO Jazz Runs Drag Step, Running Pas de Bourrée	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
EXTENSION Arabesque Positions Grande Battement Devante & Derrière (Battement en Cloche) (S)	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
TURNING One Spin with Lunge Follow Thru Two Spin	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
PERFORMANCE	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