



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