



Athlete _____

Date _____

✓ Good ○ Needs Attention

SWINGS/WRAP/SLAPS V. Hand Roll Pull Through H. Leg Wrap (Feet Together)	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. Thumb Flips V. Blind Catch V. Flip Catch on the Back	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. Double Elbow Roll, Blind Catch H. Neck Traps	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 Two Spin, turning L Ho. Toss (R-R), catch Backhand	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 R, L, C Splits – 4 inches V-Sit Hold – 15 Sec Bridge Hold – 15 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
POSITION/BALANCE Four Count Balance in Spin Position (M) Ballet Retiré, extend to 2 nd (S)	Clarity Control Posture Alignment	Balance Coordination Body Lines Use of Plié	<input type="checkbox"/> Exceeds Expectations <input type="checkbox"/> Meets Expectations <input type="checkbox"/> Developing <input type="checkbox"/> Not Yet
ELEVATION Step Hop in Arabesque Jump Half Turns	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
EXTENSION Reverse Illusion Floor Roll (Straddle)	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