



Athlete \_\_\_\_\_

Date \_\_\_\_\_

✓ Good    ○ Needs Attention

<p><b>FULL HAND</b>  V. Flourish  H. Fig 8</p>	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
<p><b>CONTACT</b>  V. Thumb Flip  H. Neck Wrap  Golf Swing w/ Head Loop</p>	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
<p><b>ROLLS</b>  V. Fwd Fig 8 Hand Roll  V. Rev Fig 8 Hand Roll</p>	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
<p><b>STRETCH &amp; STRENGTH</b>  Exercise for Spotting the Head  Balance in Spin Position  Demo: Plank, Wall Sit</p>	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
<p><b>POSITION/BALANCE</b>  Transfer of Weight to Front/Side  4<sup>th</sup> Lunge w/ Step and Slide</p>	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
<p><b>ELEVATION</b>  Step Hop (Continuous)  Star Jump</p>	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
<p><b>TRAVEL/COMBO</b>  Fwd Chassé in Opposition  Walking Pas de Bourrée w/ Turn</p>	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
<p><b>PERFORMANCE</b></p>	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**