



Athlete \_\_\_\_\_

Date \_\_\_\_\_

✓ Good    ○ Needs Attention

<b>SWINGS/WRAP/SLAPS</b> <small>V to H Direction Change (Under Knee Loop)  V. Shoulder Wrap Series</small>	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> <small>H. Backhand Flip  Fujimi Catch  Back Catch</small>	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> <small>Flip, Elbow Pop  Horizontal Hand Rolls</small>	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> <small>Thumb Toss, Blind Catch  Thumb Toss, Catch in Rev Illusion</small>	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> <small>Plank Hold – 45 Sec  Wall Sit – 60 Sec</small>	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> <small>Alternating Jetés (45°)  Step Hop in Ballet Retiré with ½ Turn,  2 Steps</small>	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> <small>B Compulsory #1 &amp; 2 Footwork  Circular Rolls Footwork</small>	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> <small>Fan Kick (S)  Three-Way Kicks</small>	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**