



Athlete \_\_\_\_\_

Date \_\_\_\_\_

✓ Good    ○ Needs Attention

<b>SWINGS/WRAPPS/SLAPS</b> V. Throat Drop (Waterfall) H. Neck Slap 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
<b>CONTACT</b> V. Contact Series H. Contact 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
<b>ROLLS</b> Fujimi Roll (Front-Back, Back-Front) V. Long Arm (Angel) 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
<b>AERIALS</b> V. Toss Illusion (Student Choice) V. Three Spin	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> Side Plank – 30 Sec/side Full Splits (Split of Choice, Show All Three)	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> Grande Jeté (R or L) Jeté to Second (45°)	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>EXTENSION</b> Layback with Grande Battement Devant Leg Hold (Leg of Choice)	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>TURNING</b> Spin Illusion Double Pirouette, Outward Single Pirouette, Inward	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

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Drops									
Breaks/Slips									
Off Pattern									
Loss of Balance									
Retry Element									

Final Grade

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Adjudicator