



## TEAM: HIGH FAIR

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### SKILLS

#### Aerials

1 spin  
Horizontal exchange  
Aerial 'run around' exchange  
2-baton high-low elbow pass  
Vertical exchange  
Open hand exchange  
2-baton 'feed out' exchange

#### Rolls

1 elbow  
Hand roll  
Elbow with exchange

#### Contact Material

Elbow flip  
RH fingers  
Thumb flip  
Horizontal thumb flip  
Leg toss  
Horizontal fingers  
Horizontal neck wrap  
Full hand wrist twirls

### COMPOSITION

Basic skills are used in isolation with no other simultaneous responsibilities. Forms are readable and simplistic. Staging is logical and displays basic skills well. Travel transitions lack footwork and are "pedestrian" without choreography. Excessive "recovery time" is built in wisely for these Fair athletes. Composition is written to the level of these athletes. A basic "style" is composed from mostly arm gestures depicting a basic character for the selected music. The composition conforms to the basic tempo of the music. Artistic interpretation cannot be explored at this level. Composition explores basic full unison work, pair partnering, and 3-3 groupings, giving some interest to the composition at a Fair level.

### PERFORMANCE

The "style" hints at "modern Latina" with basic gestures. The obvious isolated skills and responsibilities gives the athletes a sense of uniformity at the Fair level. The athletes are limited in expression and have no knowledge of "tension/release" or "breath" at this level. The athletes "labor" their skills with no continuity, flow, or seamlessness, typical for Fair level athletes. The athletes are attentive to their timing responsibilities which are "entry level" performance qualities in this range.