

Gold Rolls

Athlete		Date	
			✓ Good
ROLLS	Grip Pattern Plane Direction Coordination / Timing Smoothness Control Tracking / Rolling Action		Exceeds ExpectationsMeets ExpectationsDevelopingNot Yet
CONNECTING MATERIAL	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	Exceeds ExpectationsMeets ExpectationsDevelopingNot Yet
BODY WORK	Clarity Control Posture Alignment	Body Lines Flexibility Strength Balance	Exceeds ExpectationsMeets ExpectationsDevelopingNot Yet
PERFORMANCE	Confidence Start / End Position Professionalism	Appearance Consistency Proficiency	Exceeds ExpectationsMeets ExpectationsDevelopingNot Yet
Overall Comments			
Drops Breaks/Slips Off Pattern		Final Grade	
Loss of Balance			
Retry Flement		Adjudio	cator