



Athlete _____

Date _____

✓ Good ○ Needs Attention

FULL HAND V. Rev Fig 8, RH + LH H. Wrist Loops Overhead	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
CONTACT V. Two Hand Twirls (Pivots) V. Low Neck Wrap V. Thumb Roll	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
ROLLS V. Fwd/Rev Hand Rolls (Pivot) V. Upper Arm Roll	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control Tracking / Rolling Action	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
STRETCH & STRENGTH Tendu and Raise Leg (S) Demo: Square Pre-Split Demo: Butterfly, Forward Stretch	Clarity Control Posture Alignment	Body Lines Flexibility Strength	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
POSITION/BALANCE Lunge in 2 nd w/ Step and Slide Step to 2 nd , Point to Front (M) Feet: Ballet 4 th , Jazz 4 th	Clarity Control Posture Alignment	Balance Coordination Body Lines Use of Plié	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
ELEVATION Gallops to Side Jump Combo: Rotation/Orientation	Clarity Control Posture Alignment	Elevation Coordination / Timing Body Lines Use of Plié	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
TRAVEL/COMBO Marching in a Square Walking Pas de Bourrée w/o Turn Step Together, Step Touch	Clarity Control Posture Alignment	Coordination / Timing Body Lines Use of Plié	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
PERFORMANCE	Confidence Start / End Position Professionalism	Appearance Consistency Proficiency	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet

Overall Comments

Drops										
Breaks/Slips										
Off Pattern										
Loss of Balance										
Retry Element										

Final Grade

Adjudicator