

CBTF ROLE MODEL - MEDLEY

<https://youtu.be/RNif51GYy2M>

Effective 01 January 2021

CAPTIONS	GROSS SCORE- 2.5	GROSS SCORE- 3.5	GROSS SCORE- 5.0	GROSS SCORE- 7.0	GROSS SCORE- 8.5	GROSS SCORE- 9.5
RANGES C 0-2.49 BN 2.5-3.49 BI 3.5-4.99 BA 5.0-6.99 A 7.0-10.0						
Section 1	-Balls of feet on turn, good posture. Good technique for level with some lower body weakness	-Athlete maintains ability level and does not push flexibility maintaining control. -Nice deep lunges -Lower body prep on spin needs attention	-Excellent technique -Floating on opening turns	-Simple elegant elements, technically proficient and made to look easy	-Light and lovely technique on all elements with fluid transition from each	-Elements executed to perfection in a brilliant display of mastery
Section 2	-Athlete has an understanding of musicality, she knows the "rules" of second section and waits for the change in music -Nice continuation of T.K.L.L.S.	-Mostly full hand work with little baton risk -Good use of T.K.L.L.S. -Good musicality	-Good use of forward movement and combination of baton moves -Simplistic twirling added to T.K.L.L.S throughout	-Fluid movements combined with technical details and risk from flips and pulls	-Excellent use of body movement combined with flips and wraps to enhance the musicality of program -Wonderfully developed	-Superior body technique is enhanced by intricate flips and pulls
Section 3	-Good use of floor space and continuation of T.K.L.L.S. -A balanced section with some tricks at skill level	-Use of travel complexes -Blending of body and baton	-Maintains concept and stays within athlete's skill level -Appears effortless for skill level	-Travel complexes and seamless incorporation on T.K.L.L.S within section -Some technical struggles on 2 spin rev.	-Good use of Medley element tricks to further enhance program	-Exceptional balance of Medley element focused and other large tricks
BODY TECHNIQUE	-Athlete is working to improve their technique and shows moments of good technique -Lower body needs focus	-Athlete is mostly aware of technique which falters on more difficult technical movements	-Athlete excels in her body technique	-Strong technique works to uphold program -Some struggles in third section on large tricks	-Athlete is skilled at all elements of Medley and showcases them with ease	
PRESENTATION	-Presentation skills developing well, athlete has good eye contact	-Good eye contact and maintenance of facial expressions	-Nicely developing facial expressions and overall presentation	-Athlete is learning to draw the audience in for the program	-Very nice presentation skills provides a feeling of ease to the audience and judges	-Audience is drawn in sit back and enjoy