
H. S. Bars (3A 4B 1C)
 ___ 2 bar changes
 ___ 'B' flight/turn
 ___ 'B' 3,6,7
 ___ 'A' salto/hecht Dsmt

	___ Balance
10. sv	___ Variety
___ - S.R.	___ Dir. change
___ S.V.	___ Distrib
___ -Exec.	___ Fr/Bk cir/release
___ -Comp.	___ B dsmt -.3

_____ Score

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___ -Exec.	___ Fr/Bk cir/release
___ -Comp.	___ B dsmt -.3

_____ Score

H.S. Beam (3 A 4 B 1 C)

- ___ Acro Series (1 flight)
- ___ 360° Turn
- ___ 180° Leap/Jump
- ___ A aerial/salto Dsmt.

10.

- | | | |
|-----------------|--|------------------|
| ___ - S.R. | | ___ dance series |
| ___ S.V. | | ___ acro series |
| ___ -Exec. | | ___ pivot turns |
| ___ -Comp. | | ___ frwd/side |
| | | ___ acro Level |
| | | ___ balance |
| _____ | | Score |

H.S. Beam (3 A 4 B 1 C)

- ___ Acro Series (1 flight)
- ___ 360° Turn
- ___ 180° Leap/Jump
- ___ A aerial/salto Dsmt.

10.

- | | | |
|-----------------|--|------------------|
| ___ - S.R. | | ___ dance series |
| ___ S.V. | | ___ acro series |
| ___ -Exec. | | ___ pivot turns |
| ___ -Comp. | | ___ frwd/side |
| | | ___ acro Level |
| | | ___ balance |
| _____ | | Score |

H.S. Beam (3 A 4 B 1 C)

- ___ Acro Series (1 flight)
- ___ 360° Turn
- ___ 180° Leap/Jump
- ___ A aerial/salto Dsmt.

10.

- | | | |
|-----------------|--|------------------|
| ___ - S.R. | | ___ dance series |
| ___ S.V. | | ___ acro series |
| ___ -Exec. | | ___ pivot turns |
| ___ -Comp. | | ___ frwd/side |
| | | ___ acro Level |
| | | ___ balance |
| _____ | | Score |

H.S. Floor (3 A 4 B 1 C)

- ____ 2 Salto Series (or 2 saltos directly connected)
- ____ Acro flight series
- ____ 3 Dif. Saltos (.2 ea)
- ____ Dance Pass w/ 180° leap

10.

- | | | |
|------------------|--|-----------------|
| ____ - S.R. | | __ B salto |
| ____ S.V. | | __ B turn |
| ____ -Exec. | | __ Acro Level |
| ____ -Comp. | | __ Fr/Bk saltos |
| | | __ Balance |

_____Score

H.S. Floor (3 A 4 B 1 C)

- ____ 2 Salto Series (or 2 saltos directly connected)
- ____ Acro flight series
- ____ 3 Dif. Saltos (.2 ea)
- ____ Dance Pass w/ 180° leap

10.

- | | | |
|------------------|--|-----------------|
| ____ - S.R. | | __ B salto |
| ____ S.V. | | __ B turn |
| ____ -Exec. | | __ Acro Level |
| ____ -Comp. | | __ Fr/Bk saltos |
| | | __ Balance |

_____Score

H.S. Floor (3 A 4 B 1 C)

- ____ 2 Salto Series (or 2 saltos directly connected)
- ____ Acro flight series
- ____ 3 Dif. Saltos (.2 ea)
- ____ Dance Pass w/ 180° leap

10.

- | | | |
|------------------|--|-----------------|
| ____ - S.R. | | __ B salto |
| ____ S.V. | | __ B turn |
| ____ -Exec. | | __ Acro Level |
| ____ -Comp. | | __ Fr/Bk saltos |
| | | __ Balance |

_____Score