NAME = ………………………………………………………… Twist Direction : ……..

DOB = …………………………………………………………

AGE IN 2011 = …………………………………………………………

AGE IN 2012 = …………………………………………………………

x10 or x 30 = 10 or 30 high jumps

10 s = ten jumps, first move set on jump 9

10 v = ten jumps, first move vol on jump 9

s or v = whole set or vol timed

LEVEL 1	REC	COMP	SIGNED	DATE
STOP / CHECK				
TUCK JUMP				
STRADDLE JUMP				
PIKE JUMP				
SEAT DROP TO FEET				
HANDS AND KNEES				
HALF TWIST				
TUCK JUMP, STRADDLE JUMP				
STRADDLE JUMP, PIKE JUMP				
TUCK JUMP, SEAT DROP, TO FEET				
SEAT DROP, TO FEET, TUCK JUMP				
STRADDLE JUMP, SEAT DROP, TO FEET				
SEAT DROP, TO FEET, STRADDLE JUMP				
ROUTINE L 1				
LEVEL 2				
FRONT DROP, TO FEET				
BACK DROP TO FEET				
HANDS AND KNEES, HALF TWIST TO FEET				
SEAT DROP, HALF TWIST TO FEET				
HALF TWIST TO SEAT DROP, TO FEET				
FULL TWIST				
SWIVEL HIPS				
SEAT DROP TO FRONT DROP				
FRONT DROP TO SEAT DROP				
HALF TWIST TO SEAT DROP, HALF TWIST TO FEET				
TUCK , FRONT DROP, TO FEET, STRADDLE				
TUCK, FULL TWIST, STRADDLE				
STRADDLE JUMP , BACK DROP, TO FEET				
ROUTINE L 2				
LEVEL 3				
HALF TWIST TO FRONT DROP, TO FEET				
FRONT DROP, HALF TWIST TO FEET				
HALF TWIST TO BACK DROP, TO FEET				
BACK DROP, HALF TWIST TO FEET				
SEAT DROP ROLLER, OR 5 BACK BOUNCES				
BACK DROP, TO FRONT DROP STRAIGHT				
FRONT DROP, TO BACK DROP STRAIGHT				
¾ FRONT (CRASH DIVE) TO FEET				
FRONT S/S TUCKED				
HALF TWIST TO FRONT, TUCK, FRONT S/S TUCKED				
¾ FRONT, HALF TWIST TO FEET, STRADDLE, FULL TWIST				
ROUTINE L3				
EXTRAS				
SEAT DROP, HALF TWIST TO BACK DROP				
CRADDLE				
BACK BOUNCES (3 T, 3 P, 3S)				
SEAT DROP, FULL TWIST TO FEET				
FRONT DROP, FULL TWIST TO FEET				
BACK DROP, FULL TWIST TO FEET				
FULL TWIST TO SEAT DROP				
FULL TWIST TO BACK DROP				
FULL TWIST TO FRONT DROP				
BACK PULLOVER				

DATE	SKILL	TIME