**Poolside: Score**

|  |  |
| --- | --- |
| Standing front jump (straight,tuck) |  |
| Standing back jump (straight,tuck) |  |
| Arm-circle front jump |  |
| Arm-circle back jump |  |
| Rainbow Dive |  |
| Falling back Teardrop |  |
| Front Glide – in water |  |
| Back Glide - in water |  |
| Total: |

**1 Meter: Score:**

|  |  |
| --- | --- |
| Standing front jumps (straight/tuck) |  |
| Standing back jumps (straight/tuck) |  |
| One bounce front jump straight |  |
| Arm-circle back jump straight |  |
| Mat slide – front line up |  |
| Mat slide - back line up |  |
| Front line up or rainbow dive |  |
| Hurdle with straight jump |  |
| Front dive tuck (standing) |  |
| Total: |

**3 Meter: Score:**

|  |  |
| --- | --- |
| Standing front jump (straight) |  |
| Standing back jumps (Straight) |  |
| One bounce front jump straight |  |
| Sitting tuck line-up |  |
| Hurdle with straight jump |  |
| Total: |

**Dryland: Score:**

|  |  |
| --- | --- |
| 5 x Kneeling slow motion armcircles |  |
| 5 x back tuck kick outs (kick, look, reach) |  |
| 15 second elevated hips on mat |  |
| 10 sec handstand w/ legs in pike |  |
| 10 sec nose and toes handstand |  |
| 5 x pike hip ups |  |
| Forward rolls across floor |  |
| Backward roll |  |
| Standing 4 point line-up |  |
| Inward Jump (keep flat and round) |  |
| Total: |

Scoring System: Comments

|  |  |
| --- | --- |
| 0 | Incomplete |
| 1 | Partially Complete |
| 2 | Satisfactory (technique/form issues) |
| 3 | Good (complete w/ minor errors) |
| 4 | Excellent (complete w/ little to no errors) |

To pass: Score much be reached.

|  |  |
| --- | --- |
| 24 | Poolside |
| 27 | 1 Meter |
| 30 | Dryland |
| 12 | 3 Meter (once we train 3m) |

Coaches comments: