**Poolside: Score**

|  |  |
| --- | --- |
| Standing front jump (Pike) |  |
| Standing back jump (Pike) |  |
| Forward teardrop (Grab Pike) |  |
| Inward teardrop |  |
| Reverse teardrop |  |
| Total: |

**1 Meter: Score:**

|  |  |
| --- | --- |
| Standing front jumps (Pike) |  |
| Standing back jumps (Pike) |  |
| Back Candlestick from mat (Tuck) |  |
| Front Dive (pike) |  |
| Inward dive (Tuck/Pike) |  |
| Back dive (Tuck) |  |
| Standing front flip (Tuck) |  |
| Hurdle front flip (Tuck) |  |
| Total: |

**3 Meter: Score:**

|  |  |
| --- | --- |
| Standing front jump (Tuck/Pike) |  |
| Standing back jumps (Tuck/Pike) |  |
| Sitting pike line up |  |
| Standing line up – bent over pike |  |
| Back tuck line up |  |
| Standing front dive (Tuck) |  |
| Hurdle front (Tuck) |  |
| Total: |

**Dryland: Score:**

|  |  |
| --- | --- |
| 10 x Kneeling slow motion armcircles |  |
| 10 x Back tuck kick outs (Kick, Look, Reach) |  |
| 30 Second elevated hips on mat |  |
| 20 Second handstand with legs in pike |  |
| 20 Second nose and toes handstand |  |
| 5 x Pike ups |  |
| Forward roll stand up with proper form |  |
| Backward roll to stand |  |
| Inward jump - ankle pop to mat |  |
| Dive roll onto pit pillow |  |
| Total: |

**Flexibility - show improvement Score (U or S)**

|  |  |
| --- | --- |
| Pike stretch |  |
| Straddle stretch |  |
| Bridge – 5 seconds |  |
| Toe stretch (on knees) |  |
| 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 must be reached and minimal 0’s present. Final decision up to Coaching staff.

|  |  |
| --- | --- |
| 18 | Poolside |
| 24 | 1 Meter |
| 21 | 3 Meter (once we train 3m) |
| 30 | Dryland |
| S | Flexibility |

Coaches comments: