
Skipper's Name

Long Rope

Entrances and Exits

| | | | |
|---------------------|--------------------------|------------------------------------|--------------------------|
| Run Through x 4 | <input type="checkbox"/> | Successful Completion of the Skill | <input type="checkbox"/> |
| Jump Through x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Entrance Centre x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Entrance Left x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Entrance Right x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Exit Centre x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Exit Left x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Exit Right x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |

Masterful Completion of the Skill

Turning Skills

| | | |
|-------------------------|--------------------------|--------------------------|
| Left Arm, Forward x 8 | <input type="checkbox"/> | <input type="checkbox"/> |
| Right Arm, Forward x 8 | <input type="checkbox"/> | <input type="checkbox"/> |
| Left Arm, Backward x 8 | <input type="checkbox"/> | <input type="checkbox"/> |
| Right Arm, Backward x 8 | <input type="checkbox"/> | <input type="checkbox"/> |

Jumping Skills

| | | | |
|---------------------------|--------------------------|------------------------------------|--------------------------|
| Double Bounce x 8 | <input type="checkbox"/> | Successful Completion of the Skill | <input type="checkbox"/> |
| Single Bounce x 8 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Skier x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Bell x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Twister x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Side Straddle x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| X-Step x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Front Straddle, (R/L) x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Front Straddle Switch x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Low Kick, Left x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |
| Low Kick, Right x 4 | <input type="checkbox"/> | | <input type="checkbox"/> |

Masterful Completion of the Skill

Coach's Signature

Date

