
Skipper's Name

Long Rope & Double Dutch

Entrances and Exits

Basic Leap Frog x 4	<input type="checkbox"/>	Successful Completion of the Skill	<input type="checkbox"/>	Masterful Completion of the Skill
Alt. Step Entrance (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Alt. Step Exit (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Enter/Exit with a Partner x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Exchange Left & Right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Cat & Mouse (15s)	<input type="checkbox"/>		<input type="checkbox"/>	

Turning Skills (Repeat for each hand)

Follow the Ldr w/o jumper	<input type="checkbox"/>	<input type="checkbox"/>
Follow the Ldr with jumper	<input type="checkbox"/>	<input type="checkbox"/>
Pin Wheel (L/R) x 4	<input type="checkbox"/>	<input type="checkbox"/>
Spin Through (L/R) x 4	<input type="checkbox"/>	<input type="checkbox"/>
Jump Through (L/R) x 4	<input type="checkbox"/>	<input type="checkbox"/>
Pretzel (L/R) x 4	<input type="checkbox"/>	<input type="checkbox"/>
Double Dutch, Forward x 8	<input type="checkbox"/>	<input type="checkbox"/>
Complete All Level 2 Skills with a Jumper	<input type="checkbox"/>	<input type="checkbox"/>

Jumping Skills

Rhythm Change x 4	<input type="checkbox"/>	Successful Completion of the Skill	<input type="checkbox"/>	Masterful Completion of the Skill
Hopscotch Bounce (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
180 Turn (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Toe (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Can-Can (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Hopscotch Kick (R/L) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Spider x 4	<input type="checkbox"/>	<input type="checkbox"/>		
Mountain Climber x 4	<input type="checkbox"/>	<input type="checkbox"/>		
Follow the Leader (15s)	<input type="checkbox"/>	<input type="checkbox"/>		

Partner Skills

Jump into 2-in-1 (1 at a time)	<input type="checkbox"/>	<input type="checkbox"/>
Jump into 2-in-1 (same time)	<input type="checkbox"/>	<input type="checkbox"/>
2-in-1 Forward to Backward	<input type="checkbox"/>	<input type="checkbox"/>
2-in-1 Backward to Forward	<input type="checkbox"/>	<input type="checkbox"/>
Twins, Backward x 4	<input type="checkbox"/>	<input type="checkbox"/>

Coach's Signature

Date

