

# Single Rope

## Basic Jumps

Playground Bounce x 8	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Double Bounce x 8	<input type="checkbox"/>		<input type="checkbox"/>	
Single Bounce x 8	<input type="checkbox"/>		<input type="checkbox"/>	
Backward Double Bounce x 8	<input type="checkbox"/>		<input type="checkbox"/>	

## Footwork

Skier, right, left x 4	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Bell, front, back x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Box, right, front, left, back x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Twister, right, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	

## Rope Manipulations

Two-foot Trap x 4	<input type="checkbox"/>	<input type="checkbox"/>
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Skipper's Name

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Coach's Signature

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Date

