

Single Rope

Basic Jumps

Single Bounce x 12	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Backward Double Bounce x 12	<input type="checkbox"/>		<input type="checkbox"/>	
Backward Single Bounce x 8	<input type="checkbox"/>		<input type="checkbox"/>	

Footwork

Side Straddle x 4	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Front Straddle - right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle - left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle Combo x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle Switch x 4	<input type="checkbox"/>		<input type="checkbox"/>	
X-Step x 4	<input type="checkbox"/>		<input type="checkbox"/>	

Skipper's Name

Rope Manipulations

Right Foot Trap x 4	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Left Foot Trap x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Side Swing - right, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Side Swing - left, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Side Swing - right, left, open x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Side Swing - left, right, open x 4	<input type="checkbox"/>		<input type="checkbox"/>	

Coach's Signature

Date

