
Skipper's Name

Single Rope

Footwork/Rope Manipulation Combos

Heel Toe + Cross, Backward - alternating x 4	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Straight Kick + Cross, Backward - alternating x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Can Can + Cross, Backward - alternating x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Releases	<input type="checkbox"/>		<input type="checkbox"/>	
One Handle Floater x 4				

Multiple/Rope Manipulation Combos

Double Under + EB - Right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + EB - Left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Caboose, Backward exit x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Cross, Backward - cross, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Cross, Backward - cross, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Side Swing Cross, Backward - alternating x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing - right, left, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing - left, right, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing - right, open, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing - left, open, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under landing in XPretzel - open-cross	<input type="checkbox"/>	<input type="checkbox"/>

Rope Manipulations

Side Swing to XPretzel - right x 2	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Side Swing to XPretzel - left x 2	<input type="checkbox"/>		<input type="checkbox"/>	
Pretzel to Cross - right x 2	<input type="checkbox"/>		<input type="checkbox"/>	
Pretzel to Cross - left x 2	<input type="checkbox"/>		<input type="checkbox"/>	
XPretzel - Right to Pretzel - left x 2	<input type="checkbox"/>		<input type="checkbox"/>	
XPretzel - Left to Pretzel - right x 2	<input type="checkbox"/>		<input type="checkbox"/>	
Pretzel - Right to XPretzel - left x 2	<input type="checkbox"/>		<input type="checkbox"/>	
Pretzel - Left to XPretzel - right x 2	<input type="checkbox"/>		<input type="checkbox"/>	
Octopus x 4	<input type="checkbox"/>		<input type="checkbox"/>	
AS x 2	<input type="checkbox"/>		<input type="checkbox"/>	
CL - right x 2	<input type="checkbox"/>	<input type="checkbox"/>		
CL - left x 2	<input type="checkbox"/>	<input type="checkbox"/>		
Tummy Tuck - right x 2	<input type="checkbox"/>	<input type="checkbox"/>		
Tummy Tuck - left x 2	<input type="checkbox"/>	<input type="checkbox"/>		
BC Turn - right x 2	<input type="checkbox"/>	<input type="checkbox"/>		
BC Turn - left x 2	<input type="checkbox"/>	<input type="checkbox"/>		
EB, Backward - right x 2	<input type="checkbox"/>	<input type="checkbox"/>		
EB, Backward - left x 2	<input type="checkbox"/>	<input type="checkbox"/>		
Power				
Split x 2	<input type="checkbox"/>	<input type="checkbox"/>		
Crab x 2	<input type="checkbox"/>	<input type="checkbox"/>		
Bum Skip x 2	<input type="checkbox"/>	<input type="checkbox"/>		

Coach's Signature

Date

