



TRAIN TO COMPETE (stage 5) : JUNIOR / 16-18 yrs old

START #: _____

ATHLETE NAME: _____ AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

[Red box for deductions/score]

LAND SKILLS (29 pts possible) - TOTAL SCORE

1 TRIPOD HEADSTAND SPLIT (RIGHT) & RAPID CLOSE

Body position & right split position

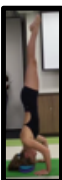
Vertical alignment of head (ears specifically), shoulders and hips (no arched back)	1	0
Hips and shoulders square	1	0
Extension of both legs and ankles as per Canadian standard	1	0
Complete FLAT split	4	0
Total out of 7:		<input type="text"/>

SSO will not require headstand data submission



Rapid close to Vertical

Stable, balanced vertical	1	0
Head (ears specifically), shoulders, hips and ankles aligned	1	0
Extension of both knees and ankles as per Canadian standard	1	0
Total out of 3:		<input type="text"/>



2 CORE ROUTINE: complete Level 3 - 30sec each exercise with no rest

1 - Bent -knee to "V" for 30 sec	1	0
2 - Superman Dyno (fast pace) for 30 sec	1	0
3 - Superman crunch for 30 sec	1	0
4 - Stayin Alive for 30 sec	1	0
5 - Star Plank with Heel to Sky for 30 sec	1	0
6 - Star planks Dynos for 30 sec	1	0
7 - Table Top russian kicks Dyno for 30 sec	1	0
8 - Stretch Clocks with 360 revolution to the right	1	0
Stretch Clocks with 360 revolution to the left	1	0
9 - Jump Clocks to the right for one 360 revolution	1	0
Jump Clocks to the left for one 360 revolution	1	0
10 - Slam & Twist for 360 sec	1	0
Total out of 12:		<input type="text"/>

3 PUSH-UP (Tricep)

Body position

Ears, shoulders, hips, knees, ankles in horizontal line	1	0
Body descends close to floor and remains parallel	1	0
Legs in full extension and together	1	0
15 repetitions are completed with all competencies accomplished	1	0
Total out of 4:		<input type="text"/>



4 BALLET LEG POSITION ON TWO FOAM ROLLERS

Right

Head (specifically ears), hips and ankles in horizontal line	1	0
Vertical thigh (ballet leg) maintains 90° with the horizontal line	1	0
Both knees are extended and both ankle are planter flexed (as per Canadian Standard)	1	0
Total out of 3:		<input type="text"/>



Left

Head (specifically ears), hips and ankles in horizontal line	1	0
Vertical thigh (ballet leg) maintains 90° with the horizontal line	1	0
Both knees are extended and both ankle are planter flexed (as per Canadian Standard)	1	0
Total out of 3:		<input type="text"/>



400M IM

Timer 1= _____

Timer 2 = _____

Average time = _____

