

## 2009 Honolulu Advertiser All-State Nominee- SKILL SHEET

NAME:

SCHOOL: \_\_\_\_\_

POSITION:

GRADE: \_\_\_\_\_

**MOTIONS**

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Target Range	
Difficulty	Execution

**JUMPS**

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Target Range	
Difficulty	Execution

**STUNTS**

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Target Range	
Difficulty	Execution

**PYRAMIDS**

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Target Range	
Difficulty	Execution

**STANDING**

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**TUMBLING**

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Target Range	
Difficulty	Execution

**RUNNING**

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**TUMBLING**

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Target Range	
Difficulty	Execution

**BASKETS**

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Target Range	
Difficulty	Execution

**DANCE**

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Target Range	
Difficulty	Execution

Coach's Name (Please Print)

Coach's Signature

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