

HOPPIN' HAWKS

Advanced FIT Chart

1/09

Skills completed at the end of
season:

FALL: _____ SPRING: _____

WINTER: _____

Double Dutch-Turning	Wheel	Speed and Power	Specialty Skills	Rope Releases/Rope Manipulation
Turner Jump Through with a jumper in the ropes	3 Wheel 1 st Switch- all jumpers receive credit	30 second speed 65	Turns Middle Rope in 3 rope rainbow (16ft or 13ft rope)	Basic Rope Release (jump, let go of rope, catch)
Pinwheel (at least 2 turns and stall ropes back to DD) with a jumper in the ropes	3 Wheel performs 1 st and 2 nd switch	30 second speed 70	Turns Side Rope in Cliff (can go under and over turners on set numbers)	½ Twist Rope Release (jump backwards release and catch)
Easy Wheel	3 Wheel performs 1 st , 2 nd , and 3 rd switch	30 second power 65	Turns Tai	Snake Release
Turner performs split 270 turn and jump through w/out a jumper in ropes	4 Wheel Circle Switch- jumpers in middle receive credit	30 second power 70	Turns single traveler in a long rope	Leg Hook Release
Turner turns double double quad up	Giant Wheel 4 person switch	75 in 30 second speed or power	Turns Double Dutch Traveler	Swishy Leg Rope Manipulation

