



NL1

		VAULT	BARS	BARS	BEAM	BEAM	BEAM	FLOOR	FLOOR	FLOOR	FLOOR
		From standing on 60cm box step down to a board, immediate straight jump to land on 30cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.	Casts x 2 in series (hips off bar in casts)	Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)	4 x walk forwards (point step weight transfer)	Straight jump drill	Half turn on 2 feet	Handstand ('L' handstand) Minimum requirement one leg to vertical, 2nd leg to horizontal	Tuck forward roll	Step into straight jump, immediate rebound into straight jump	Tuck jump
Club	Name	1	2	3	4	5	6	7	8	9	10
Bunnerong	Audi Wahyu Pratista	Red	Green	Blue	Red	Yellow	Yellow	Red	Red	Red	Green
Caringbah	Alana Ruckley	Red	Green	Green	Green	Red	Red	Red	Blue	Blue	Red
Caringbah	Aubree Ransom	Red	Green	Green	Green	Blue	Green	Blue	Red	Red	Green
Caringbah	Ava Knapton	Blue	Green	Red	Blue	Blue	Red	Red	Red	Blue	Red
Caringbah	Charlotte White	Red	Blue	Blue	Red	Blue	Red	Blue	Blue	Blue	Blue
Caringbah	Claire Harvey	Blue	Green	Blue	Blue	Green	Blue	Blue	Blue	Blue	Blue
Caringbah	Ellie Marshall	Blue	Red	Red	Red	Blue	Green	Blue	Blue	Blue	Red
Caringbah	Ellie Valabjee	Blue	Red	Blue	Blue	Red	Red	Red	Blue	Red	Blue
Caringbah	Holly Mak	Blue	Red	Blue	Blue	Blue	Green	Blue	Blue	Blue	Blue
Caringbah	Isla Coulton	Blue	Red	Blue	Blue	Blue	Blue	Blue	Blue	Red	Blue
Caringbah	Josie Cox	Blue	Green	Red	Blue	Red	Green	Red	Red	Blue	Red
Caringbah	Maeve Cavanagh	Red	Green	Green	Red	Blue	Green	Blue	Blue	Red	Red
Caringbah	Matilda Cope	Red	Red	Blue	Blue	Red	Green	Blue	Blue	Blue	Red
Caringbah	Mila Holford-Demasi	Red	Green	Red	Red	Blue	Green	Blue	Blue	Red	Red
Caringbah	Scarlett Tran	Red	Blue	Blue	Red	Blue	Red	Green	Blue	Blue	Blue
Caringbah	Sienna Smith	Blue	Red	Red	Blue	Blue	Red	Green	Red	Blue	Red
Caringbah	Skylar Schmidt	Blue	Blue	Blue	Red	Blue	Blue	Blue	Blue	Red	Red
Caringbah	Sofia Kopke	Red	Red	Blue	Red	Blue	Green	Green	Blue	Blue	Blue
Caringbah	Summer Pearse	Red	Blue	Red	Blue	Blue	Green	Blue	Blue	Blue	Blue
Caringbah	Vivian Donnelly	Blue	Red	Green	Red	Blue	Red	Red	Red	Blue	Red
Caringbah	Willow Timor	Green	Red	Blue	Blue	Blue	Blue	Red	Blue	Red	Blue
Caringbah	Zara Marsellos	Blue	Blue	Blue	Blue	Blue	Red	Red	Blue	Red	Blue



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Glebe	Chloe West	Red	Red	Green	Red	Blue	Yellow	Red	Red	Red	Red
Glebe	Georgie Hebblewhite	Red	Yellow	Red	Blue	Red	Yellow	Green	Blue	Blue	Red
Glebe	Millie Bodor	Green	Green	Green	Red	Red	Green	Blue	Blue	Red	Red
Gymtastic	Willow Sauter	Red	Yellow	Green	Green	Red	Yellow	Green	Red	Blue	Green
Seven Hills	Lani Buckland	Blue	Green	Red	Blue	Red	Green	Green	Blue	Red	Red
Seven Hills	Natasha Emeterio	Blue	Red	Blue	Blue	Red	Red	Red	Blue	Blue	Red
Seven Hills	Srinika Majji	Blue	Red	Red	Blue	Red	Red	Blue	Blue	Red	Red
TGR	Ada Marshall	Green	Red	Blue	Red	Blue	Green	Red	Blue	Blue	Red
TGR	Dorris Ma	Red	Blue	Blue	Red	Red	Red	Blue	Blue	Red	Green
TGR	Isabelle Lee	Green	Red	Red	Red	Blue	Green	Blue	Green	Red	Green