**Judges Event Feedback Form**

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| **Name:** Nathan Gostin | **Comp:** Judges Cup (Roswell) | **Date(s):** 11/12/17 | **Event:** VT |

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| **Highlights:**LV 4: Most guys stick. Obviously this is good.LV 5: Most stick.LV 6: Runs definitely show improvement over level 5, acceleration through the board fairly prominent. |

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| **Typical Deductions:**LV 4: Arms MUST come up in straight jump. Archiness in flight. General form deductions.LV 5: Arms MUST grab legs. Almost everyone hits board with feet behind, and has much too far of a travel and not enough height.LV 6: Position on table often archy with closed shoulders.LV 7: Similar to lv 6. |

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| **Data:**Average scores sitting somewhere around 9.2 for levels 4-6. High around 9.8, low around 8. No one got all 3 virtuosity.Level 7 average was closer to 8.6, seeing as they start at a 9. Optional vaults were either Tsukaharas or front handsprings. |

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| **Additional Comments:**For compulsories, work on virtuosity points, especially in level 4 and 5. This is what’s going to win the competition for you, not just a perfectly clean straight jump. Accelerate through the board, hit with feet in front, and show significant rise. For level 6 and 7; work on the block. Pushing off of the table is crucial to progression, and again, will give you a better chance for a virtuosity bonus, and therefore a better chance at the podium.  |