

The following is a 'snapshot' of your assessment results. Refer to your program Manual and Release DVD to continue to develop the skills/elements marked with a "No"	
R - REMEMBER (Choreography)	
Memorize the choreography efficiently	Yes/No
Executes movements in the correct sequence	Yes/No
Executes movements on correct beat and musical cues	Yes/No
Leads on the correct side to mirror participants	Yes/No
Comments:	
I - INSTRUCT (Verbally Cue)	
Uses precise pre-cueing	Yes/No
Uses cues for form and technique	Yes/No
Projects voice adequately	Yes/No
Uses a blend of verbal and visual cues	Yes/No
Comments:	
P - PERFORM (Visually Cue)	
Demonstrates safe movements for instructors and participants	Yes/No
Demonstrates proper form and technique	Yes/No
Accurately simulates water movement by:	
a) Loading down	Yes/No
b) Executing strong, crisp, resistant movements	Yes/No
c) Performing suspended and rebound movements as demonstrated on Wave release	Yes/No
Appropriately Cue with body parts (hand, arm, head, facial cues)	Yes/No
Comments:	
P - PERSONALIZE (Connect with individual participants)	
Makes eye contact with participants	Yes/No
Smiles, uses humor appropriately, exhibits enjoyment	Yes/No
Addresses participants by name (at least one)	Yes/No
Offers positive reinforcement with corrections and follow-up cues	Yes/No
Comments:	
L - LEAD (Interconnect the entire group)	
Creates memorable track introductions	Yes/No
Is organized and commanding	Yes/No
Understands and communicates track focus	Yes/No
Creates a team environment with participants	Yes/No
Engages participants by interacting with them	Yes/No
Comments:	
E- EXCITE (Celebrate success)	
Acknowledges participant and group success	Yes/No
Demonstrates genuine enthusiasm for the WATERinMOTION® Program	Yes/No
Creates celebratory atmosphere by using positive language	Yes/No
Offers thanks at the end	Yes/No
Comments:	
COMPETENCIES REQUIRED: 6	COMPETENCIES ACHIEVED: