



Preparing for **THE TEST**



Study Tips for Judges

Cookie Batsche
Brevet Judge, Florida



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Test
Prep

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**Study
Tips**

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Preparing for **THE TEST**

**Test
Anxiety**

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Preparing for **THE TEST**

**Test
Taking
Skills**

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Get Organized

- Get materials together
 - 3 ring binder
 - Flash cards
 - Symbol sheets
 - Judging sheets
 - Purchased materials
 - On-line Study Aides
 - Post It Flags
 - Highlighters



Develop a Study Schedule

- Stick to the schedule
- Build in easy days
- Count backwards from test day
- Schedule for number of days remaining
- Incremental Building Blocks
 - General knowledge
 - $\frac{1}{2}$ of an event per day
 - 1 event per day
 - 2 events per day
 - 4 events per day



Written Test Preparation

- Writing reinforces knowledge 3 times as much as reading it alone
- Develop a cheat sheet
 - 1 page
 - Section for each event
 - Organize by deductions
 $>.3; \underline{3}; >2; \underline{2}; >1; \underline{1}; \underline{.05}$
- Write/Re-write (aim for 5 minutes)



<u>Void</u>	<u>.50</u>	<u>.40</u>	<u>.30</u>	<u>.20</u>	<u>.10</u>
No Touch	Fall	Mat Steps	Total No Open	Large Step hop	Steps Legs x'd
No Soles	Spot Ldg.				
No Collar (4/5)	Coach Bet (4/5)				
Spot during land Table	No signal				
<u>2.0</u>	<u>↑.50</u>	<u>↑.20</u>	<u>↑.25</u>		<u>↑.10</u>
head touch (inc 05 arms)	Armsbt (01/3)	Less up 1, 2	Ins/Late ext NV		AT hand Exact LA Slight hop/ABg X arm
<u>1.0</u>		Hip 2 1			
1 hand	LA turn late	Arch 1'S			
	Height	AT Rep			
		Brush table			
		Pasture			
		Trunk Not.			

all else ↑ 3

CC +1 T/F ex 3/67
 CO +2 NO T/F
 DD +2 NO T/F

C flight
 B flight 1
 C Turn (w Mat/Dist)
 C to moment

.30
 hit mat grasp
 X swing
 Bd rem (CT)

.20
 >1 bet mt
 I bar Δ
 hit bar w/tt

.10 ea
 Anchor
 3/4 N
 swing FB ↓ hor

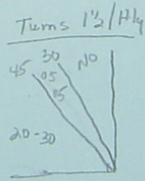
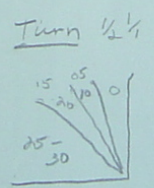
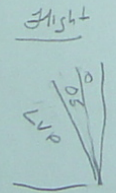
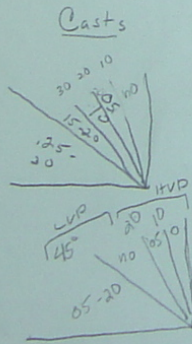
.10
 land close

.05
 FB

↑.30
 ht set to dis m

↑.20
 Choice elements
 Choice receiver
 Amp
 Dynamics
 Energy
 Effortless

↑.10
 F/T bal
 Varies el/cum
 PD
 Tail/brush bars/mat
 Understable release/flight
 ! Precision thru out
 Ins ext L ↑
 Rhythm
 Hesitate to !





Written Test Preparation

- Take practice tests
- Make-up your own test questions

Element Memorization

- Study half of elements per event together
- Write out the shorthand for element
- Study Group 3/6/7 on bars together; pull these flash cards out as a group
- Make handstand charts/turn charts
- Attend to **Same Box** elements



Open Book Test Prep

- Read and re-read so you can find info quickly
- Organization is the key
 - Tab your book
 - Use different color markers
 - Enlarge the symbol sheet
 - Highlight selected symbols
 - Write key words in margin



Film Test Prep

- Open book suggestions key here
- Practice judge with a friend/group
- Practice scripting elements & combos
- Gradually add execution
- Practice complex skills and combos in slow-mo if needed
- Practice “keeping going”
- Practice “not getting a score”
- Make up names for skills you have trouble writing M + L
- Consider judging sheets with composition deductions included

Send corrections to cbatsche@tampabay.rr.com

LEVEL 10 BARS

Cookie Batsche June 1, 2009

Special Requirements (.50) Min of 1 C flight 2 nd different flight, minimum of B Min of C LA turn (not mt/dismt) C Dismount	Value Parts 3 A (.10 each) 3 B (.30 each) 2 C (.50 each)	Connection Value C + C = .1 (with flight/turn) C + C = .1 (3/6/7 no ft/trn) C + D = .1 D + D = .2 C before or after D does not need turn or flight	Flat .20 < 2 bar change >1 ele bef mount Flat .10 each > 1 squat on ¼ giant forward Uncharacteristic Flat .05 Fwd/Back circles/releases**	Up to .20 Choice of releases Choice of elements** Up to .10 Distribution Balance pirouettes/flight** Variety elements/connections**	Dynamics >.2 ** = Part of choice w/ max of .20
_____ 	_____ A _____ B _____ C _____ D _____ E	Release _____ Choice _____ <u>Max .2</u> Flt/Turn _____ El/Conn _____ Fwd/Back _____ Bar Chag _____ Squat On _____ Distributn _____ ¼ Giant _____ Unchar _____ PreMnt _____	9.50 + CV _____ + D/E _____ = _____ - VP _____ - SR _____ SV = _____ - Exec _____ - Comp _____ - Dyn _____ SCORE _____		
_____ 	_____ A _____ B _____ C _____ D _____ E	Release _____ Choice _____ <u>Max .2</u> Flt/Turn _____ El/Conn _____ Fwd/Back _____ Bar Chag _____ Squat On _____ Distributn _____ ¼ Giant _____ Unchar _____ PreMnt _____	9.50 + CV _____ + D/E _____ = _____ - VP _____ - SR _____ SV = _____ - Exec _____ - Comp _____ - Dyn _____ SCORE _____		



Study Tips

- Learn symbols
- Take flash cards with you everywhere
- If auditory learner, record material
- Study with a friend; get feedback
- Several small sessions better than fewer long sessions
- Maintain a positive attitude
- Sleep on it – sleep consolidates new info in brain
- Take practice tests
- Reward yourself for studying



Get Creative

- **Acronyms: each letter is a cue**

SEE: Definition of bar dynamics

Swingful

Energy maintained

Effortless

- **SEC:** Definition of Artistry

Style

Expression

Choreography



Get Creative

- **Acrostic: invented sentence or poem**
- **All the 2nd flight vault deductions > .3**

I Love BLue And Purple SaLT

- **Insufficient Length**
- **Bent Legs**
- **Arched body**
- **Piked body**
- **Stretch not maintained**
- **Legs Twisted**



Improving Your Concentration

- Select a study space with little distraction
- Stick to a routine
- Find time of day that is best for you
- Vary your study activities; try on-line materials (Gym Quest)
- When find yourself wandering:
 - “Be here now”
 - Think about beam (not “don’t think about floor”)
 - Don’t worry as you study. Set a time to “worry”– “I’ll think about that tomorrow” actually works!



Improving Your Concentration

- Set realistic goals
- Organize your life—not just your study schedule/develop a life schedule
- Create a To-Do list
- Keep a list of questions
- Visualize yourself doing well
- “I can do it!”
- Avoid fatalism; just 1 day of study brings improvement
- Take regular breaks



Test Anxiety

- Some anxiety is helpful
- Too much interferes
- If you answer yes to 4 or more of these questions, you may have test anxiety



Do you have Test Anxiety ?

- I have a hard time getting started studying for a test.
- When studying for a test, I find many things that distract me.
- I expect to do poorly on a test no matter how much or how hard I study.
- When taking a test, I experience physical discomfort like sweaty palms, upset stomach, headache, difficulty breathing, muscle tension.
- When taking a test, I find it difficult to understand the directions and questions.
- When taking a test, I have difficulty organizing my thoughts.
- When taking a test, I often “draw a blank.”
- When taking a test, I find my mind wandering to other things.
- I don't think my test performance reflects what I really know.
- After a test, I remember information I couldn't recall during the test.



Overcoming Test Anxiety

Pre-Test

- Utilize good study techniques.
- Over-study.
- Maintain a positive attitude.
- Visualize yourself as someone else who is a good test-taker.
- Practice systematic desensitization.
- Develop a **strategy** for how you are going to take the test; this puts you in control instead of the test being in control.
- Rehearse your strategies, particularly for the time waiting to start the test.



Overcoming Test Anxiety on Test Day

- Go to the test well rested.
- Wear comfortable clothes.
- Eat a light snack before the test.
- Recognize that some anxiety is appropriate and normal.
- Arrive early for the test.
- Implement your plan.
- Avoid talking to those who are unprepared/negative.
- Organize your materials/workspace.
- Change seats if next to a foot stomper, gum chewer, pencil tapper.



Overcoming Test Anxiety During Testing

- Focus on positive self-statements during the test: “I know this material.”
- Tell yourself “Good job” every time you find a question you know.
- Take slow, deep breaths if you feel anxious during the test.
- If you don’t know an answer, stop, smile, tell yourself “she told me this would happen—I’ll come back later.”
- Apply test-taking tips (next slide)



Test Taking Tips

- Write your cheat sheet first.
- Decide order you want to answer. Vault and General should be a positive experience. Consider separating beam and floor.
- Answer questions you know first. Write down the questions you aren't sure of and come back to them at the end.
- DETER
 - Directions: read carefully
 - Examine the test structure
 - Time: allot time for each section
 - Easiest questions first
 - Review before turning in



Test Taking Tips

- Read each question carefully.
- Identify the answer before you read the alternatives; then search for the answer.
- Ignore those who turn test in quickly. Take the full time allotted.
- Bring extra pens/pencils



Sample Test Questions

Which is Correct Structure

- Which of the following statements is correct?
 - a. 180 degree turns in handstand must be completed within 30 degrees to receive no deduction.
 - b. $1\frac{1}{2}$ turns after handstand must be completed within 30 degrees to receive no deduction.
 - c. Healy turns must be completed within 20 degrees to receive no deduction.
 - d. B value is awarded to casts that swing to within 20 degrees from vertical.



Sample Test Questions

Total maximum deduction structure

- What is the total maximum deduction for the following errors?
 - Legs bent in 1st flight
 - Arms bent in support phase
 - Insufficient height
 - 1 step on landing

- a. .90
- b. 1.10
- c. 1.40
- d. 1.50



Sample Test Questions

Largest deduction structure

- Which of the following faults receives the largest deduction for vault?
 - a. Support on hands during landing
 - b. Deep squat on landing
 - c. Fall against vault table
 - d. Failure to land on soles of feet



Sample Test Questions

Total number structure

- What is the total number of Special Requirements fulfilled by the following sequences in a Level 10 bar routine?
 - Jump with 1/1 turn mount and kip to support on LB
 - Long kip, cast to handstand, counter straddle to handstand
 - Kip, cast handstand, clear hip handstand
 - Giant, giant, double back dismount
- a. 0
- b. 1
- c. 2
- d. 3
- e. 4



Sample Test Questions

Correct VP and AV structure

- What are the correct Value Part and Connection Value credit awarded to the following sequence in a Level 10 bar routine?

 - Pike sole circle to handstand

 - Back stalder to handstand

 - Clear hip handstand

 - Double back dismount
- | | | | | | |
|----|---|---|---|---|-------|
| a. | B | C | C | C | No CV |
| b. | C | C | C | C | +1 CV |
| c. | C | C | C | C | +2 CV |
| d. | C | C | C | C | +3 CV |



Sample Test Questions

Element ID structure

- Which of the following is not a C value on bars?
 - a. Counter straddle to handstand on LB
 - b. Back stalder to handstand
 - c. Reverse hecht
 - d. Front stalder to handstand



Sample Test Questions

Multiple knowledge structure

- How many of the following combinations would receive .10 for CV?
 - From HB, underswing to handstand on LB + clear hip to handstand
 - Back giant $\frac{1}{2}$ + Front giant $\frac{1}{2}$
 - Back stalder + clear hip to handstand
 - Clear hip to handstand + double back salto dismount
- a. 0
- b. 1
- c. 2
- d. 3
- e. 4



Summary

- Get organized
- Develop a study schedule
- Practice, practice, practice
- Develop a plan for test day
- Stick to your plan
- Sleep, breathe, and smile
- Visualize yourself passing
- Read questions carefully
- Go out and celebrate