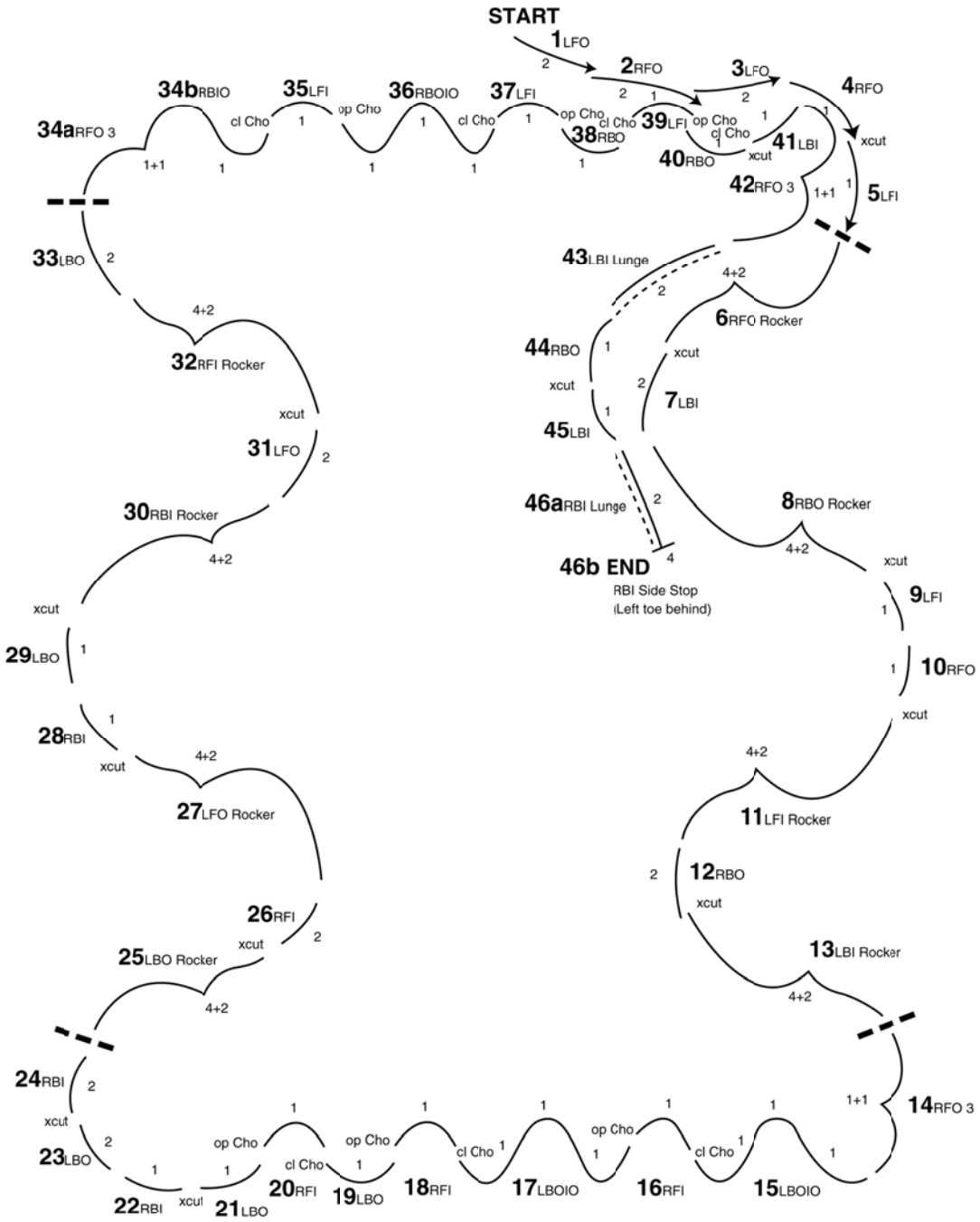


SENIOR SILVER
ROCKERS & CHOCTAWS

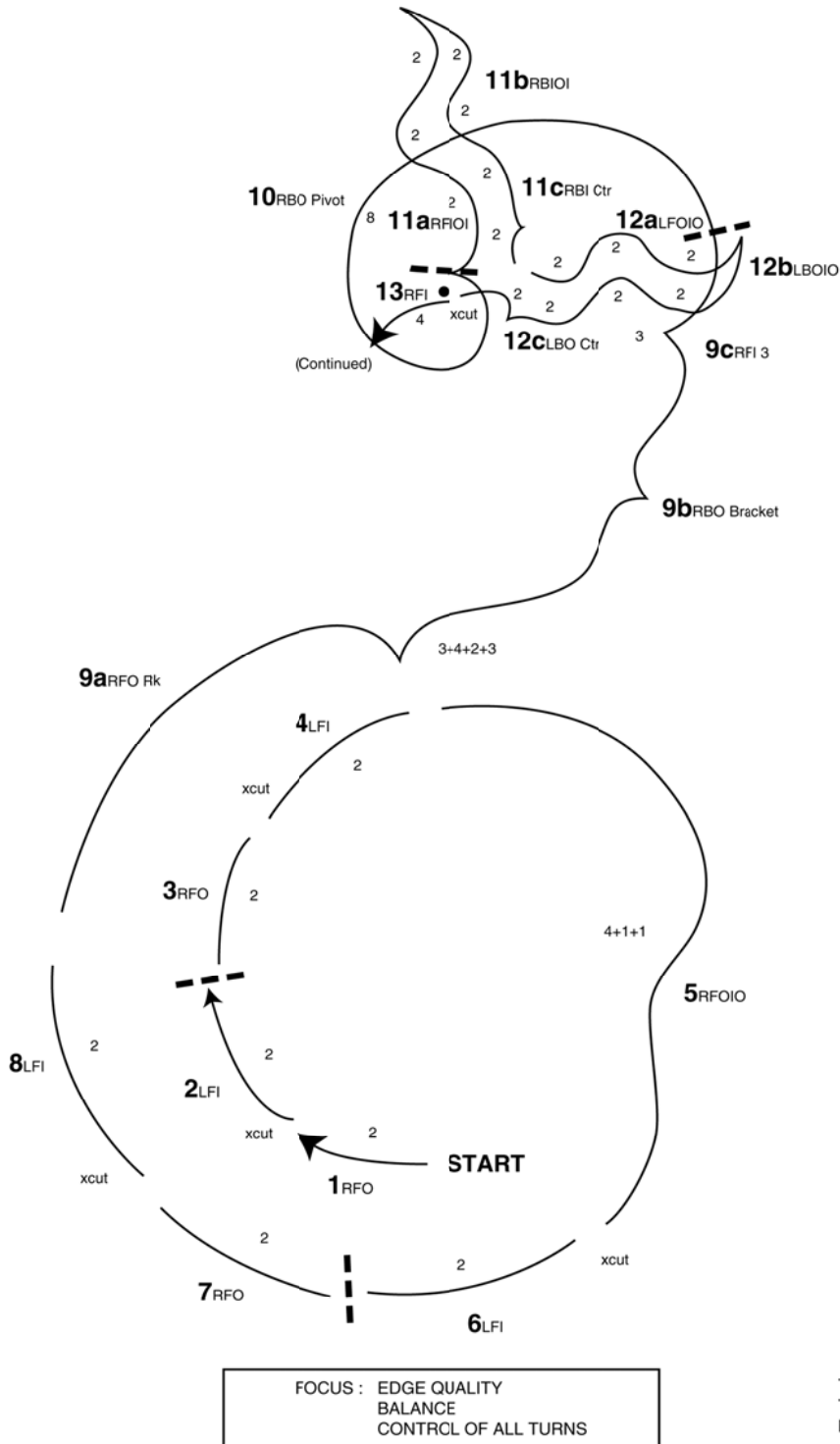


Revised August 30, 2001

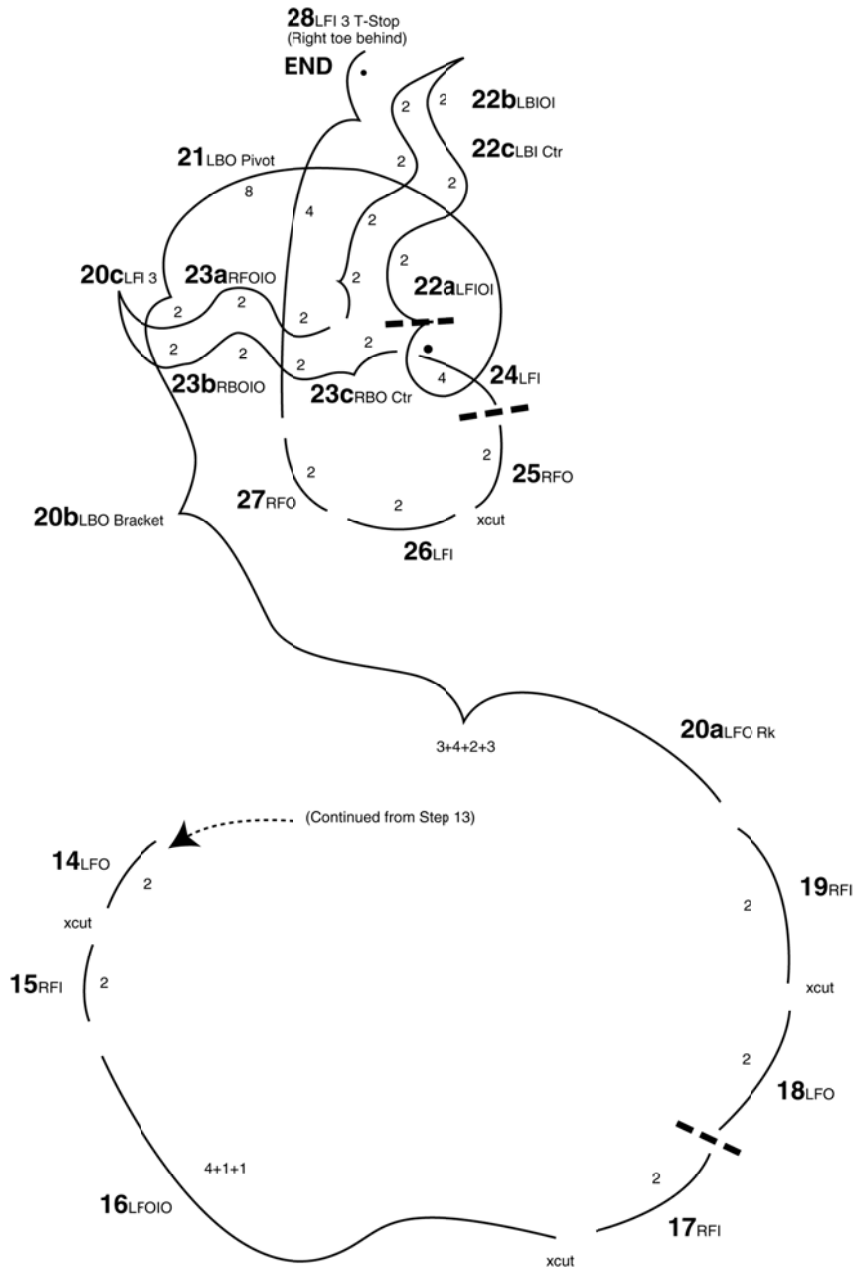
FOCUS : CONTROL OF ROCKERS
AGILITY

Time Signature = 4/4
Tempo = 124 bpm
Music = Rockers and Choctaws (3A)

SENIOR SILVER
EXPANDING EXERCISE



SENIOR SILVER
EXPANDING EXERCISE



FOCUS : EDGE QUALITY
BALANCE
CONTROL OF
ALL TURNS

Time Signature = 4/4
Tempo = 124 bpm
Music = Expanding
Exercise