

Directions for for Using "Seeing is Believing"

The goal of this project is to focus on the many aspects of a vault!

1. **First Look**...judge what you see and record your **total** deductions.
2. Slo-mo...review in a slower speed to catch what may have been missed.
3. Freeze Frame...actual picture of Body at the Height of the vault.
4. List your Specific Deduction for **Height** (^ 0.50)
5. List your Specific Deductions if needed for **Body Position at Height**
6. **Landing**...Body Shape, Control, Steps, Balance loss
7. **Second Look**...did your scores need adjustment from the First Look???

2020 Vault Project Evaluations: Seeing is Believing

1st Look Evaluation

2nd Look Evaluation

#	Vault #	Vault Name	Total Exec	Height	BP at Max Hgt	Landing	Total Exec	Height	BP at Max Hgt	Landing
1	4.306	Yurchenko 1/1	0.35-1.00	0.10-0.30	0-0.20	0.05-0.40	0.50-1.05	0.10-0.30	0.05-0.30	0.10-0.35
2	4.203	Yurchenko Tuck	0.35-1.30	0.05-0.40	0-0.20	0-0.30	0.40-1.30	0.10-0.40	0-0.25	0.10-0.30
3	4.305	Yurchenko Layout	0.30-1.00	0.10-0.30	0-0.20	0-0.25	0.30-1.10	0.15-0.30	0-0.20	0.10-0.30
4	1.101	Handspring	0.30-2.35	0.05-0.30	0-0.15	0-0.20	0.40-2.50	0.05-0.30	0-0.10	0.10-0.20
5	2.301	Handspring Frt Tuck	0.35-1.20	0.15-0.30	0-0.30	0.10-0.30	0.40-1.35	0.10-0.35	0-0.45	0.10-0.25
6	3.302	Tsuk Tuck 1/1	0.55-1.50	0.15-0.30	0.10-0.20	0.10-0.40	0.60-1.50	0.15-0.35	0.10-0.40	0.20-0.45
7	4.303	Yurchenko Tuck 1/1	0.60-1.50	0.15-0.40	0.10-0.30	0.10-0.45	0.65-1.55	0.10-0.40	0.10-0.35	0.10-0.40
8	4.307	Yurchenko 1/2 Frt Tuck	0.55-1.45	0.15-0.40	0.10-0.35	0.10-0.35	0.35-1.50	0.10-0.35	0.10-0.55	0.10-0.35
9	2.302	Handspring Frt Tuck 1/2	0.35-1.10	0.05-0.25	0.10-0.35	0.10-0.30	0.35-1.05	0.05-0.25	0.10-0.25	0.10-0.25
10	4.304/ 4.305	Yurchenko PK or LO ??	0.35-1.15	0.05-0.20	0-0.20	0.05-0.30	0.30-1.25	0.05-0.20	0.10-0.20	0.05-0.30
11	3.407	Tsuk 1/2 Frt Layout	0.40-1.20	0.10-0.30	0.10-0.40	0.10-0.25	0.45-1.30	0.10-0.30	0.10-0.40	0.1-0.30
12	5.409	Yurchenko 1/1-Bk Pike	0.20-1.40	0.05-0.40	0-0.20	0-0.40	0.25-1.40	0.05-0.40	0.10-0.30	0-0.30
13	4.304	Yurchenko Pike	0.15-1.20	0.05-0.30	0-0.20	0.10-0.25	0.15-1.30	0.05-0.30	0.05-0.20	0-0.25
14	2.304	Handspring Frt Pike	0.15-0.80	0.10-0.30	0-0.10	0-0.25	0.30-0.80	0.10-0.30	0-0.05	0.05-0.25
15	4.406	Yurchenko 1 1/2	0.30-1.25	0.05-0.15	0-0.15	0.05-0.20	0.15-1.25	0.05-0.15	0-0.15	0.10-0.20
16	3.404	Tsuk Layout 1/1	0.30-0.85	0.05-0.20	0.05-0.20	0.10-0.25	0.35-0.90	0.05-0.20	0.05-0.20	0.10-0.35
17	4.506	Yurchenko Layout 2/1 <i>Mislabeled on film as Tsuk 2/1</i>	0.25-0.70	0-0.15	0-0.10	0.10-0.30	0.20-0.60	0-0.10	0.05-0.15	0.15-0.30