



# DTSM Winter Warmers



..... 's record card

## GOLD

10 seconds of each skill with a transition (3 skills)

Single bounce, double bounce,  
speed skipping



Speed skipping, slalom,  
single bounces



Running, crossovers, side swings



Pretzel, single bounces,  
speed skipping



Backwards single bounce,  
backwards double bounce,  
backwards running on the spot



Crossovers, pretzels, speed skipping



My favourite skill is .....

