**2015年上海市市民大联赛健美操比赛报名表**

一、**健身操报名表（一）**

参赛单位： 电子信箱：

领队姓名： 联系电话： 教练姓名： 联系电话：

联络地址： 邮 编： 填报日期：

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| **序号** | **姓名** | **组别** | **级别** | **全国全民健身操等级推广规定动作** | | **大众锻炼标准** | | **系列校园青春健身操** | |
| **有氧舞蹈** | **表演轻器械操** | **少年组** | **等级锻炼标准** | **健身操** | **啦啦操** |
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备注：在选择的参赛项目栏中“√”

二、**健身操报名表（二）**

参赛单位： 电子信箱：

领队姓名： 联系电话： 教练姓名： 联系电话：

联络地址： 邮 编： 填报日期：

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| **序号** | **姓名** | **组别** | **规定动作** | | **自选动作** | | | | |
| **2014市民健身操**  **规定动作--有氧健身操** | **2014市民健身操**  **规定动作--花球操** | **徒手健身操** | **徒手健身舞** | **踏板操** | **轻器械健身操** | **轻器械健身舞** |
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备注：在选择的参赛项目栏中“√”

**三、啦啦操报名表**

参赛单位： 电子信箱：

领队姓名： 联系电话： 教练姓名： 联系电话：

联络地址： 邮 编： 填报日期：

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| **序号** | **姓名** | **组别** | **级别** | **自选动作** | | | | | **全国啦啦操规定动作** | | | | | |
| **舞蹈啦啦操** | | **技巧啦啦操** | | | **舞蹈啦啦操** | | |  |  |  |
| **爵士** | **花球** | **混双** | **五人** | **集体技巧** | **爵士** | **花球** | **街舞** | **技巧1** | **技巧2** | **技巧3** |
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备注：在选择的参赛项目栏中“√”