

STAR Progress Report

NAME: _____

TERM: _____

INTERMEDIATE

STAR 3

- Alligator (Reverse scull) 5m
- Front Pike Position & Front Pike Pull Down
- Front Pike to Submerged Ballet Double Position and Split Sculls
- Front Flutter Kick Head Up 12m
- Modified Front Crawl Head Up 12m
- Eggbeater Side Travel (left and right) 12m
- Somersault Front Pike
- Kick Pull Shoulders Square 4 strokes left and right
- Routine Element
- Routine Skills/Transitions
- Front Crawl for speed

STAR 4

- Ballet Leg Position
- Split
- Reverse Propeller
- Front Pike Position to Split Position 180 arc on the surface
- Split Position join to Vertical Position at ankle height
- Single Ballet Leg (Figure)
- Surface Prawn
- Routine Element
- Routine Skills/Transitions
- Eggbeater Sideways for speed



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- Ballet Leg Position
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- Front Pike Position to Split Position 180 arc on the surface
- Split Position join to Vertical Position at ankle height
- Single Ballet Leg (Figure)
- Surface Prawn
- Routine Element
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- Eggbeater Sideways for speed



STAR Progress Report

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NAME: _____

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BEGINNER

BEGINNER

STAR 1

STAR 2

- Back Layout and Stationary (Flat) Scull
- Head First Scull (Standard Scull) 5 m.
- Foot First Scull 5 m.
- Back Flutter Kick 12 m.
- Back Crawl and variations 12 m.
- Tub
- Somersault Back Tuck
- Waterwheel / Pretty Lady
- Routine Element -
- Routine Skills/Transitions
- Back Crawl for speed

- Front Layout (stationary scull)
- Propeller and Torpedo 5m
- Paddle scull 5m
- Side Flutter Kick 12m
- Head up Breast stroke / whip kick
- Eggbeater stationary 20 seconds
- Pretzel
- Sailboat Alternate
- Routine Element
- Routine Skills/Transitions
- Breaststroke for speed

STAR 1

STAR 2

- Back Layout and Stationary (Flat) Scull
- Head First Scull (Standard Scull) 5 m.
- Foot First Scull 5 m.
- Back Flutter Kick 12 m.
- Back Crawl and variations 12 m.
- Tub
- Somersault Back Tuck
- Waterwheel / Pretty Lady
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- Sailboat Alternate
- Routine Element
- Routine Skills/Transitions
- Breaststroke for speed



STAR Progress Report

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NAME: _____

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TERM: _____

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ADVANCED

ADVANCED

STAR 5

STAR 6

- | | |
|--|--|
| <input type="checkbox"/> Inverted Tuck Position | <input type="checkbox"/> Vertical Position and Vertical Descent |
| <input type="checkbox"/> Bent Knee Vertical Position | <input type="checkbox"/> Crane and Fishtail Positions |
| <input type="checkbox"/> Flamingo Position | <input type="checkbox"/> Front Pike to Fishtail Position |
| <input type="checkbox"/> Support Scull drill | <input type="checkbox"/> Fishtail Position to Vertical Position |
| <input type="checkbox"/> Support Scull in Table Top Position | <input type="checkbox"/> Fishtail Position to Bent Knee Position |
| <input type="checkbox"/> Boost - (no arms raised) | <input type="checkbox"/> Boost - (one arm raised) |
| <input type="checkbox"/> Somersault Back Pike | <input type="checkbox"/> Tower |
| <input type="checkbox"/> Kipnus | <input type="checkbox"/> Bent Knee Vertical Switches and Level changes |
| <input type="checkbox"/> Routine Element | <input type="checkbox"/> Routine Element |
| <input type="checkbox"/> Routine Propulsion & Transitions | <input type="checkbox"/> Routine Propulsion & Transitions |
| <input type="checkbox"/> Unders | <input type="checkbox"/> Eggbeater Forward and Backwards for speed |

STAR 5

STAR 6

- | | |
|--|--|
| <input type="checkbox"/> Inverted Tuck Position | <input type="checkbox"/> Vertical Position and Vertical Descent |
| <input type="checkbox"/> Bent Knee Vertical Position | <input type="checkbox"/> Crane and Fishtail Positions |
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| <input type="checkbox"/> Unders | <input type="checkbox"/> Eggbeater Forward and Backwards for speed |

