

SYNCHRONISED SWIMMING

STAR ONE AWARD



Name: _____

Has achieved competency in the following skills:

- | | |
|---|---|
| <input type="checkbox"/> Back Layout and Stationary (Flat) Scull | <input type="checkbox"/> Waterwheel / Pretty Lady |
| <input type="checkbox"/> Head First Scull (Standard Scull) 5 m. (16 ft) | <input type="checkbox"/> Routine Element - Back crawl, Back Layout , Tub Position , 3/4 turn, Foot first sculling |
| <input type="checkbox"/> Foot First Scull 5 m. (16 ft) | <input type="checkbox"/> Routine Skills/Transitions - Back Layout , Head first sculling, Back Flutter kick, Back Crawl, Back Layout |
| <input type="checkbox"/> Back Flutter Kick 12 m. (40 ft) | <input type="checkbox"/> Back Crawl for speed |
| <input type="checkbox"/> Back Crawl and variations 12 m. (40 ft) | |
| <input type="checkbox"/> Tub | |
| <input type="checkbox"/> Somersault Back Tuck | |

Examiner: _____

Signed: _____

Date: _____

Welcome to the Sydney Emeralds' Star Program!

The Star Program is a series of skill awards developed to offer swimmers an opportunity to learn correct body positions and creation and performance of sequences. This progressive program includes 10 Star Awards.

SYNCHRO

AUSTRALIA