

# SYNCHRONISED SWIMMING

## STAR TWO AWARD



**Name:** \_\_\_\_\_

### Has achieved competency in the following skills:

- |  |   |
|--|---|
| <input type="checkbox"/> Front Layout (stationary scull)   | <input type="checkbox"/> Sailboat Alternate   |
| <input type="checkbox"/> Propeller and Torpedo 5m          | <input type="checkbox"/> Routine Element: head first scull, back layout, pretzel, pretzel somersault, eggbeater stationary  |
| <input type="checkbox"/> Paddle scull 5m                   | <input type="checkbox"/> Routine Skills/Transitions: propeller, side sit-up to eggbeater, stationary eggbeater, side flutter kick, front layout, breaststroke, front layout |
| <input type="checkbox"/> Side Flutter Kick 12m             | <input type="checkbox"/> Breaststroke for speed   |
| <input type="checkbox"/> Head up Breast stroke / whip kick |   |
| <input type="checkbox"/> Eggbeater stationary 20 seconds   |   |
| <input type="checkbox"/> Pretzel                           |   |

**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**