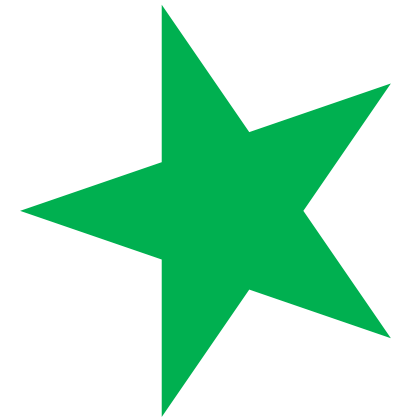


SYNCHRONISED SWIMMING

STAR THREE AWARD



Name: _____

Has achieved competency in the following skills:

- | | |
|--|--|
| <input type="checkbox"/> Alligator (Reverse scull) 5m | <input type="checkbox"/> Kick Pull Shoulders Square 4 strokes left and right |
| <input type="checkbox"/> Front Pike Position & Front Pike Pull Down | <input type="checkbox"/> Routine Element: eggbeater, kick pull, eggbeater sideways, back flutter kick, alternate sailboats travelling, flowerpot position |
| <input type="checkbox"/> Front Pike to Submerged Ballet Double Position and Split Sculls | <input type="checkbox"/> Routine Skills/Transitions: Front flutter kick, side flutter, backstroke, back flutter, back flutter forearms vertical, side flutter, kick pull |
| <input type="checkbox"/> Front Flutter Kick Head Up 12m | <input type="checkbox"/> Front Crawl for speed |
| <input type="checkbox"/> Modified Front Crawl Head Up 12m | |
| <input type="checkbox"/> Eggbeater Side Travel (left and right) 12m | |
| <input type="checkbox"/> Somersault Front Pike | |

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.