

SYNCHRONISED SWIMMING

STAR FOUR AWARD



Name: _____

Has achieved competency in the following skills:

- 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 - Kick Pull Kick Airplane, Somersault Front Pike to Submerged Ballet Leg Double, Split position, join to Vertical ankle height, Torpedo/Propeller, Eggbeater sideways
- Routine Propulsion & Transitions - shoulders square Kick-Pull, Kick-Pull-Kick- Over, Kick-Pull-Kick-Airplane, Front Layout, Pull-down
- Eggbeater Sideways for speed

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.

