

SYNCHRONISED SWIMMING

STAR FIVE AWARD



Name: _____

Has achieved competency in the following skills:

- | | |
|--|--|
| <input type="checkbox"/> Inverted Tuck Position | <input type="checkbox"/> Routine Element- Eggbeater forward, Side Flutter kick, Back Layout, Somersault Back Pike, Flowerpot Position |
| <input type="checkbox"/> Bent Knee Vertical Position | <input type="checkbox"/> Routine Propulsion & Transitions - Eggbeater forward, Front Flutter kick, Side Flutter, Side Eggbeater, Side Eggbeater one arm 45, Side Flutter one arm vertical, Breaststroke, Back Layout |
| <input type="checkbox"/> Flamingo Position | <input type="checkbox"/> Unders |
| <input type="checkbox"/> Support Scull drill | |
| <input type="checkbox"/> Support Scull in Table Top Position | |
| <input type="checkbox"/> Boost - (no arms raised) | |
| <input type="checkbox"/> Somersault Back Pike | |
| <input type="checkbox"/> Kipnus | |

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.