



SYNCHRO
SWIM
NEW ZEALAND

SYNCHRONISED SWIMMING STAR AWARDS

SUPERSTARS

progress report

swimmer: _____

club: _____

star programs

SUPERSTAR 1:

date: _____ examiner: _____

comment: _____

- Knight Position
- Walkout Back
- Knight Position to Single Ballet Leg Position
- Catalina Reverse Rotation
- Swordfish Straight Leg
- Walkover Back
- Dalecarlia
- Catalina Reverse
- Routine Set - Parts 1 and 2
- Routine

SUPERSTAR 2:

date: _____ examiner: _____

comment: _____

- Half Twist in Vertical Position and Twirl in Vertical Position
- 360 degree Spin
- Albatross to Bent Knee Vertical Position
- Split Position join to Vertical Position
- Ibis
- Albatross
- Ballet Leg Double (figure)
- Side Fishtail Split
- Routine Set - Parts 3 and 4
- Routine

SUPERSTAR 3:

date: _____ examiner: _____

comment: _____

- Vertical Position Continuous Spin
- Vertical Full Twist
- Bent Knee joining to Vertical Position with 180 degree spin
- Vertical Spin Up 180 degrees
- Flamingo Bent Knee Continuous Spin
- Albatross Spinning 180 degrees
- Kip Split
- Heron Spinning 180 degrees
- Routine Set - Parts 1, 2, 3 and 4
- Routine

SUPERSTAR 4:

date: _____ examiner: _____

comment: _____

- Catalina Rotation
- Submerged Ballet Leg double to Knight Position
- Knight Position to Fishtail Position
- Aurora
- Catalina (figure)
- Kip Full Twist (or other twist or spin)
- Eiffel Walk
- Barracuda Twirl
- Routine



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