



# SYNCHRONISED SWIMMING STAR AWARDS

## progress report

swimmer: \_\_\_\_\_

club: \_\_\_\_\_

### star programs

#### STAR 1:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Back Layout and Stationary (flat) Scull
- Head First Scull (Standard Scull) 5m
- Foot First Scull 5m
- Back flutter Kick 12m
- Back Crawl and variations 12m
- Tub
- Somersault Back Tuck
- Waterwheel
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

#### STAR 2:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Front Layout (Stationary Scull)
- Propeller or Torpedo 5m
- Paddle (Bubble) Scull 5m
- Side Flutter Kick 12m
- Breast Stroke, head up / Whip kick 12m
- Eggbeater Stationary 20 seconds
- Pretzel
- Sailboat Alternate
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

#### STAR 3:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Alligator (Reverse Scull) 5m
- Reverse Propeller 5m
- Support Scull drill
- Front Flutter Kick, head up 12m
- Modified Front Crawl, head up 12m
- Eggbeater traveling sideways 6m
- Flowerpot
- Kick-Pull
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

#### STAR 4:

date: \_\_\_\_\_ examiner: \_\_\_\_\_

comment: \_\_\_\_\_

- Ballet Leg Position
- Front Pike Position
- Support Scull in Table Top Position
- Front Pike Pull-down
- Front Pike to Submerged Ballet Leg Double Position and Split Scull
- Eggbeater traveling forward 6m and backward 6m
- Somersault Front Pike
- Somersault Back Pike
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)



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