

### STAR 5:

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

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

- Split Position
- Bent Knee Vertical Position
- Split Position join to Vertical Position at ankle height
- Back Layout to Submerged Back Pike Position and
- Back Layout to Submerged Ballet Leg Double Position
- Blossom
- Ballet Leg Single
- Inverted Tuck Position
- Flamingo Position
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

### STAR 6:

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

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

- Vertical Position and Vertical Descent
- Crane and Fishtail Positions
- Front Pike to Crane Position
- Crane Position to Bent Knee Vertical Position
- Boost (no arms raised)
- Kipnus (Bent Knee Kip)
- Neptunus
- Bent Knee Vertical switches and level changes
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

### STAR 7:

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

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

- Submerged Ballet Leg Position
- Centre Split Position
- Right Split to Left Split (Ariana rotation)
- Bent Knee Vertical to Vertical Position, Vertical descent
- Submerged Ballet Leg Double to Submerged Ballet Leg Position to Surface Ballet Leg Position
- Boost - one arm raised
- Kip
- Somersub
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

### STAR 8:

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

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

- Bent Knee Surface Arch Position
- Back Layout to Surface Arch to Back Layout Position and Surface Arch Position with Split Scull
- Walkout Front Transition
- Back Layout to Surface Arch to Split Position
- Front Pike to Split Position (180 degree arc)
- Swordfish
- Walkover Front
- Ariana
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

### STAR 9:

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

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

- Crane to Vertical Position
- Submerged Flamingo Position and Submerged Heron Pike
- Rising Catalina (Subalina) Rotation
- Bent Knee Vertical 180 degree spin
- Thrust for (1) Heron and (2) Barracuda
- Barracuda
- Heron
- Subalina
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

### STAR 10:

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

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

- Side Fishtail Position
- Flamingo Rollback
- Single Ballet Leg to Side Ballet Leg to Front Pike Position (Eiffel)
- Crane Position Half Twist
- Bent Knee Vertical Half Twist
- Flamingo Bent Knee
- Eiffel Tower
- Porpoise
- Set Routine (Solo)
- Sequence Routine (Duet, Trio, Team)

