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Name: _____

Coach: _____

Date : _____

N = needs improvement
√ = ready for star testing by certified judge

- Submerged Ballet Leg Position
 - Submerged Flamingo Position (1) and Heron Pike (2)
 - Thrust for (1) Heron (2) Barracuda and (3) Barracuda Bent Knee
 - 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)
 - Barracuda Bent Knee & Barracuda
 - Somersub
 - Routine Element
 - Propulsion & Transitions
 - Sequence or routine
- Continue working towards Star level**
- Is ready to test on** _____

Comments: _____

*The star requirements are set up by Synchro Canada, and upon successful completion, swimmers will be awarded with a Star pin & Certificate. The Club has set up Star Testing dates, when local certified judges will come to evaluate swimmers.