


Star 5 Test Sheet

 Name & Club	CASSA #	Inverted Tuck Position	Bent Knee Vertical Position	Flamingo Position	Support Scull drill	Support Scull in Table Top Position	Boost – (no arms raised)	Somersault Back Pike	Kipus	Routine Element – Eggbeater forward, Side Flutter kick, Back Layout, Somersault Back Pike, Flowerpot Position	Routine Propulsion & Transitions - Eggbeater forward, Front Flutter kick, Side Flutter, Side Eggbeater, Side Eggbeater one arm are 45, Side Flutter one arm vertical, Breaststroke, Back Layout	Unders (as many breathes as needed 25 meters)	Final Result	Fee Paid/Award Issued
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														

Pass Mark = 4.5 *Candidate must attempt all skills and must pass at least all but one skill. If the candidate received less than the pass mark on one skill, that mark can be no less than .5 below a pass. (No mark awarded for the sequence)

Signature of Official _____

Test Location: _____

Test Date: _____

Host Club: _____