


Star 6 Test Sheet

 Name & Club	CASSA #	Vertical Position and Vertical Descent	Fishtail Position	Front Pike Position to Fishtail Position	Fishtail Position to Bent Knee Vertical Position	Fishtail Position to Vertical Position	Boost (one arm raised)	Kip	Tower	Bent Knee Vertical Switches and Level Changes	Routine Element – Head first scull, Kipnus to Bent Knee Vertical, Leg switches, descent to ankle height, tuck, Breaststroke to surface, Eggbeater stationary	Routine Propulsion & Transitions - shoulders open Kick-Pull, Kick-Pull-Kick-Over, Kick-Pull-Kick-Airplane, Kick-Pull-Kick-Backstroke (1 stroke), Back Layout, assume a Ballet Leg	Speed/Stamina – eggbeater forward 12m and backward 12m	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: _____