


Star 7 Test Sheet

 Name & Club	CASSA #	Submerged Ballet Leg Position	Submerged Flamingo Position (1) & Heron Pike (2)	Thrust for (1) Heron, (2) Barracuda and (3) Barracuda Bent Knee	Bent Knee Vertical to Vertical Position, Vertical descent	Back layout to submerged ballet leg double position and back layout to submerged back pike position	Barracuda Bent Knee	Barracuda	Heron	Routine Element – Eggbeater, Kick-Pull, Kick-Pull-Kick-Airplane, front layout, front pike position is assumed, fishtail position, Bent Knee Vertical, position, descent to ankle height, rise to former height, descent, tuck, Breaststroke, Boost (no arms)	Routine Propulsion & Transitions – (1) Propeller side sit-up to Eggbeater, (2) Propeller roll to front tuck in legs & sit up, (3) Propeller tuck in sideways & kick forward, (4) Propeller Swirlee back	Speed/stamina – kick pull kick airplane 25 m and breaststroke for speed 25 m	Final Result	Fee Paid/Award Issued
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														

Pass Mark = 5.0 *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: _____