


Star 3 Test Sheet

 Name & Club	CASSA #	Alligator (Reverse Scull) 5m. (16 ft)	Front Pike Position & Front Pike Pull-down	Front Pike to Submerged Ballet Double Position and Split Scull	Front Flutter Kick, head up 12 m (40 ft)	Modified Front Crawl, head up 12 m (40 ft)	Eggbeater traveling sideways 6 m (20 ft) right & left	Somersault Front Pike	Kick-Pull, shoulders square, 4 right, 4 left, 4 alternating lead arm	Routine Element – Eggbeater, Kick-Pull, Eggbeater sideways, Back Flutter Kick, Alternate Sailboats traveling, Flower Pot Position (see Appendix)	Routine Propulsion & Transitions Front Flutter Kick, Side Flutter, Backstroke, Back Flutter, Back Flutter forearms vertical, Side Flutter, Kick-Pull	Front Crawl for speed 25 m	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: _____