



RIP IT!

One Star

Complete 7 of the following 8 poolside skills:

- Forward jump pike with armswing
- Back jump pike with armswing
- Back dive straight
- Forward dive tuck
- Back pike sit
- Reverse pike sit
- Inward pike wedge
- Forward somersault

Two Star

Complete 7 of the following 8 one metre skills:

- Forward jump pike with armswing
- Back jump pike with armswing
- 1-step hurdle to forward straight jump
- 3-bounces to forward straight jump
- Forward dive tuck
- Back dive straight
- Inward dive tuck
- Forward somersault tuck

Three Star

Complete 5 of the following 6 higher board skills:

- Forward jump tuck with armswing (3m)
- Back jump straight with armswing (3m)
- Forward fall straight (3m)
- Back fall straight (3m)
- Back jump straight (5m)
- Forward jump tuck (5m)