



SPLASH IT!

One Star

Complete 9 of the following 10 shallow-water skills:

- Forward push and glide
- Mushroom float to stretch
- Back push and glide
- Forward glide to handstand
- Forward glide to front somersault
- Spring header to glide
- Spring header to handstand
- Forward dive tuck to handstand
- Forward somersault from standing
- Back somersault from standing

Two Star

Complete 9 of the following 10 poolside skills:

- Forward jump straight with armswing
- Forward jump tuck with armswing
- Forward tuck roll
- Sitting dive
- Forward pike line up
- Forward crouch dive
- Back push and circle in water
- Back jump straight with armswing
- Back jump tuck with armswing
- Back tuck roll

Three Star

Complete 7 of the following 8 board skills:

- Forward jump straight with armswing (1m)
- Forward jump tuck with armswing (1m)
- Back jump straight with armswing (1m)
- Back jump tuck with armswing (1m)
- Forward pike line up (1m)
- Sitting tuck roll to entry (1m)
- Sitting dive (1m)
- Forward jump straight (3m)