

ASNZ KIWISTAR #1

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	N/A	
	N/A	
BASIC POSITIONS	BP 1 Back layout Comments:	
	BP 9 Tuck position Comments:	
BASIC MOVEMENTS	Stationary eggbeater for 10 seconds Comments:	
	In Back Layout position travel 5mts towards the head, sculling by hips (head first scull) Comments:	
FIGURES	310 Somersault back tuck Comments:	
	In tub position, complete 360 surface rotation each direction Comments:	

Average score	Achievement requirement
FLEX	N/A
BP/BM/FIG	2.5 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #1 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #2

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	N/A	
	N/A	
BASIC POSITIONS	BP 2 Front layout Comments:	
	BP 14b Bent knee back layout Comments:	
BASIC MOVEMENTS	BM 1 first part – Assume a Bent knee back layout position Comments:	
	In Back Layout position travelling 5mts towards the head, sculling above the head (reverse propeller scull) Comments:	
FIGURES	ASNZ Dolphin Figure - Alternated sailboat Comments:	
	ASNZ Dolphin Figure – 303 Somersault back pike Comments:	

Average score	Achievement requirement
FLEX	N/A
BP/BM/FIG	3.0 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #2 OUTCOME

	ACHIEVED	NOT ACHIEVED YET

ASNZ KIWISTAR #3

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	N/A	
	N/A	
BASIC POSITIONS	BP 10 Front pike position Comments:	
	BP 16 Split Comments:	
BASIC MOVEMENTS	BM 3 Assume a Front pike position Comments:	
	BM 2 second part – to lower a bent knee back layout position Comments:	
FIGURES	ASNZ Dolphin Figure – 323 Somersault Front Pike Comments:	
	ASNZ Dolphin Figure – 361 Prawn Comments:	

Average score	Achievement requirement
FLEX	N/A
BP/BM/FIG	3.5 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #3 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #4

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	Split Right Leg (land) Comments:	
	Split Left Leg (land) Comments:	
BASIC POSITIONS	BP 3 Surface ballet leg Comments:	
	BP 14c Bent knee vertical position Comments:	
BASIC MOVEMENTS	BM 6b Walkout back Comments:	
	BM 4 A front pike position to assume a submerged ballet leg double position Comments:	
FIGURES	106 Straight Ballet Leg Comments:	
	301 Barracuda Comments:	
Average score		Achievement requirement
FLEX		4.0 or higher - land
BP/BM/FIG		4.0 or higher
		Evaluators' names
		Evaluators' signatures

ASNZ KIWISTAR #4 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #5

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	Split Right Leg (land) Comments:	
	Split Left Leg (land) Comments:	
BASIC POSITIONS	BP 4 Surface flamingo position Comments:	
	BP 8 Fishtail position Comments:	
BASIC MOVEMENTS	BM 10 Vertical descend Comments:	
	Start of BM 14 Dolphin – From a Back Layout position, a Surface Arch position is assumed Comments:	
FIGURES	401 Swordfish Comments:	
	327 Ballerina Comments:	

Average score	Achievement requirement
FLEX	4.5 or higher - land
BP/BM/FIG	4.5 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #5 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #6

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	Split Right Leg (water) Comments:	
	Split Left Leg (water) Comments:	
BASIC POSITIONS	BP 13 Surface arch position Comments:	
	BP 7 Crane position Comments:	
BASIC MOVEMENTS	BM 7 Catalina rotation Comments:	
	BM 12a Half twist Comments:	
FIGURES	423 Ariana Comments:	
	143 Rio Comments:	



Average score	Achievement requirement
FLEX	4.5 or higher - water
BP/BM/FIG	4.5 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #6 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #7

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	Split Right Leg (water) Comments:	
	Split Left Leg (water) Comments:	
BASIC POSITIONS	BP 14d Bent knee surface arch position Comments:	
	BP 6 Vertical position Comments:	
BASIC MOVEMENTS	From Pike Position assume a Vertical Position (as per Porpoise Figure) Comments:	
	BM 12b Full twist Comments:	
FIGURES	315 Seagull Comments:	
	437 Oceanea Comments:	



Average score	Achievement requirement
FLEX	5.0 or higher - water
BP/BM/FIG	5.0 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #7 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #8

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	Split Right Leg (water) Comments:	
	Split Left Leg (water) Comments:	
BASIC POSITIONS	BP 5 Surface ballet leg double Comments:	
	BP 17 Knight position Comments:	
BASIC MOVEMENTS	BM 11 Rocket Split Comments:	
	BM 13g Twist spin Comments:	
FIGURES	Junior Team element #1 Comments:	
	Junior team element #3 Comments:	

Average score	Achievement requirement
FLEX	5.0 or higher - water
BP/BM/FIG	5.0 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #8 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #9

Swimmer's Name:		DOB:
Club:		Date:
REQUIREMENTS		SCORE
FLEXIBILITY SKILLS	Split Right Leg (water) Comments:	
	Split Left Leg (water) Comments:	
BASIC POSITIONS	BP 18 Knight variant position Comments:	
	BP 19 Side fishtail position Comments:	
BASIC MOVEMENTS	BM 12c Twirl Comments:	
	BM 13l Bent knee combined spin 360 (1 +1 rotations) Comments:	
FIGURES	Senior Duet element #2 Comments:	
	Junior Duet element #4 Comments:	

Average score	Achievement requirement
FLEX	5.5 or higher - water
BP/BM/FIG	5.5 or higher

Evaluators' names	Evaluators' signatures

ASNZ KIWISTAR #9 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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ASNZ KIWISTAR #10

Swimmer's Name:			DOB:	
Club:			Date:	
REQUIREMENTS			SCORE	
FLEXIBILITY SKILLS	Split Right Leg (water) Comments:			
	Split Left Leg (water) Comments:			
BASIC POSITIONS	BP 16b Airborne Split Position Comments:			
	BP 14e Bent Knee Dolphin Arch Position Comments:			
BASIC MOVEMENTS	Full twist + 1440 continuous spin (4 rotations) Comments:			
	BM 13j Combined spin of 720 (2+2 rotations) Comments:			
FIGURES	Senior Duet element #3 Comments:			
	Senior Duet element #5 Comments:			
Average score		Achievement requirement	Evaluators' names	Evaluators' signatures
FLEX		6.0 or higher		
BP/BM/FIG		6.0 or higher		

ASNZ KIWISTAR #10 OUTCOME

	ACHIEVED	NOT ACHIEVED YET
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