



Pansy Forbes 1 Routine Incentive Award TEST SHEET



www.synchroontario.com

| Swimmer Name Address & Postal Code (PLEASE PRINT) | Age (if under 18) or "A" for Adult | Side Flutter to Back Crawl | Extended Back Flutter to Head First Sculling | Tub Turn | Back Tuck Somersault | Front Crawl & Circle Pattern | Cookie Turn | Sailboat Alternate | Float Pattern | Synchronization <small>(in time with music & other swimmers)</small> | Presentation <small>(smiling, happy, having fun)</small> | RESULT |
|---|---------------------------------------|-------------------------------|--|----------|-------------------------|---------------------------------|-------------|-----------------------|---------------|---|---|--------|
| 1. | | | | | | | | | | | | |
| 2. | | | | | | | | | | | | |
| 3. | | | | | | | | | | | | |
| 4. | | | | | | | | | | | | |
| 5. | | | | | | | | | | | | |
| 6. | | | | | | | | | | | | |
| 7. | | | | | | | | | | | | |
| 8. | | | | | | | | | | | | |

PASS = ✓
WEAK = W
INCOMPLETE = I

Pool: _____ Test Date: _____

Club/Municipality: _____ Instructor/Examiner & ID# _____

Phone Number: _____ Signature: _____