Solo Pin Award

TEST SHEET

Synchro Swim ONTARIO

www.synchroontario.com

Swimmer Name Address & Postal Code (PLEASE PRINT)	Age (if under 18) or "A" for Adult	Eggbeater Boost	Forward Eggbeater	Back Layout to Inverted Tuck	Kipnus	Side Eggbeater	Kick-Pull-Kick	Front Pike to Crane Position	Join to Vertical and Sink	Head Up Breast Stroke	Ballet Leg Single	Presentation *(smiling, happy, having fun)*	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:** _____