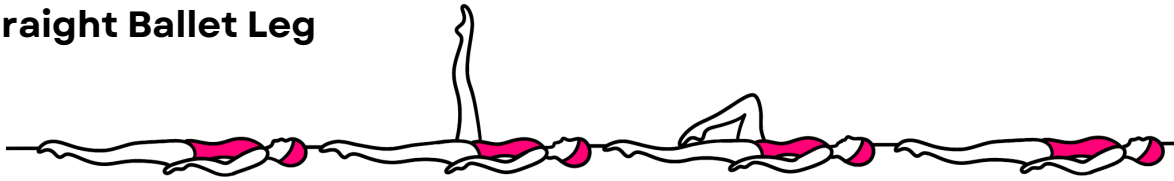


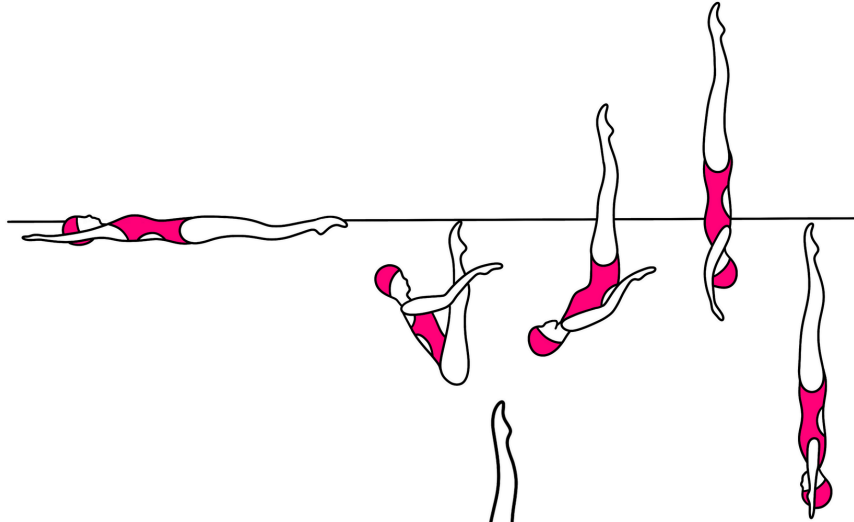
# REQUIRED SKILLS



- **Straight Ballet Leg**



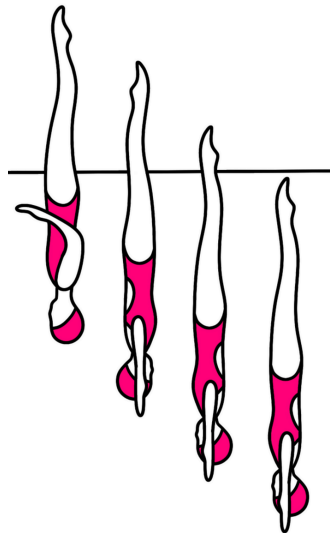
- **Barracuda**



- **Vertical held for 15 support sculls**



- **Vertical 360 Spin**



**Continuous  
400m freestyle  
in 8 minutes  
or less**

- **Dive Entry  
Head First  
Boost**

