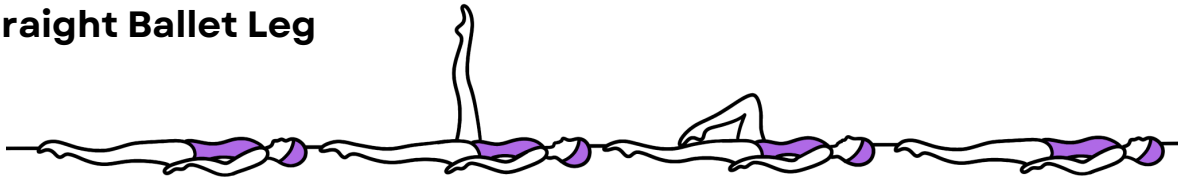


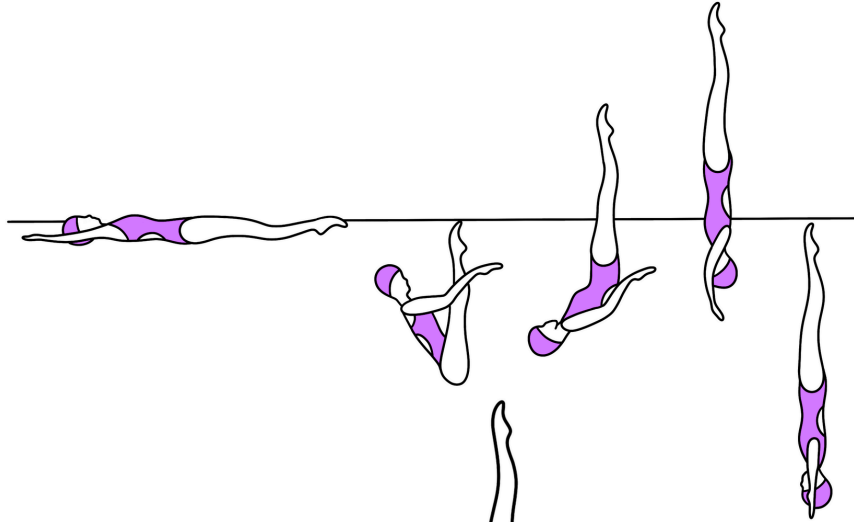
REQUIRED SKILLS



- **Straight Ballet Leg**



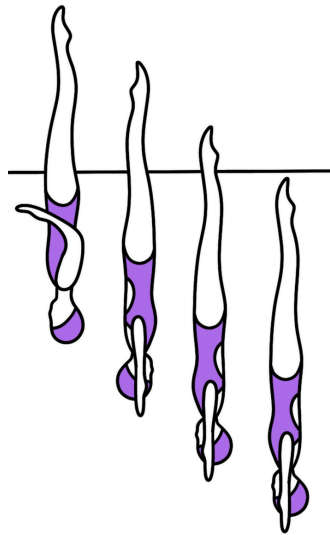
- **Barracuda**



- **Vertical held for 15 support sculls**



- **Vertical 360 Spin**



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

- **Dive Entry
Head First
Boost**

