

Missouri State Aquatics Swim School

Swimming Evaluation

Team Prep 2

Student Name: _____

Instructor: _____

Class _____ Date: _____

Evaluation of swimmer on his/her progress of each of the following skills
(C=Complete, P=Progressing, N=Not Completed)

- _____ Flutter kick with board 50 yards
- _____ Kick on side with arms at side (Free)
- _____ Kick on side without board with one arm extended (Free)
- _____ Swim freestyle 50 yards with appropriate breathing technique
- _____ Kick on side with arms at side (back)
- _____ Kick on side with one arm extended (back)
- _____ Swim backstroke 50 yards
- _____ Breaststroke kick with board 50 yards
- _____ Demonstrate Breaststroke flutter kick drill
- _____ Demonstrate Breaststroke dolphin drill
- _____ Skulling with bouy (front & wind shield wiper)
- _____ Swim breaststroke with appropriate timing 50 yards
- _____ Demonstrate Body Dolphin Drills
- _____ 1 arm butterfly for 25 yards
- _____ Swim butterfly for 25 yards
- _____ Kneel/Standing dive
- _____ Introduced to flip turn

Once all skills have been successfully completed, swimmer is ready for the next appropriate level.

For questions or information regarding swim lessons, please contact
Randy Horner 836-6479.

Recommended level for this child after this session:

Beginner 1 Beginner 2 Team Prep 1 Team Prep 2 Swim Team

(Swimmers in the Team Prep levels are eligible to compete in meets with the team. For information on meets contact Randy Horner)

GREAT WORK! THANKS FOR SWIMMING WITH US!

Instructor Comments: