



AG I



Name:

Pool Skills				Class Skills			
Swim all four strokes		6 x 50 Free		Age appropriate and maturity level acceptable to AG II.		Understands Quality work	
Execute start off block		6 x 50 Free kick		Demonstrates Sportsmanship		Understands how to learn from errors	
Streamline Underwater		6 x 50 Back		Treats teammates, coaches, and parents like he/she would want to be treated		Attends practice regularly and is on time	
Break to surface		6 x 50 Back Kick		Talks to Coach before and after race		Begins to develop positive self-talk	
Legal 50 yard Free		6 x 50 Breast		Competition			
Legal 50 yard Back		6 x 50 Breast Kick		100 Free		200 IM	
Legal 50 yard Breast		6 x 50 Fly		100 IM		200 Free	
Legal 50 yard Fly		6 x 50 Fly kick		50 Back		100 Back	
100 IM and Turns		3 x 100 IM		50 Breast		100 Breast	
Count strokes per 25 yds		3 x 100 IM Kick		50 Fly			
Vertical sculling no kick		200 Free with flip turn and Bilateral breathing					
Correct finishes on the four competitive strokes.		200 Back with Turn and a bent anchor arm action.					
Attend competitions		200 Breast with correct underwater pullouts.					
10 minute swim		100 Fly with fins and correct turns					
Competition racing start		200 IM and Turns					
Understands and able to feel different layers, S,V and C.		Executes proper turns during practice.					
Comfortable with breathing patterns in all strokes							