

Green 2

Name:

Age:

Skills Checklist

Freestyle Skills	Date Accomplished
<p><i>Proper Streamline Push off</i> demonstrates the ability to push off the wall in a proper streamline position and glide for 2 seconds</p>	
<p><i>Out of the water recovery</i> can properly swim freestyle with a recovery that comes out of the water, this is a big differentiator between freestyle and doggy paddle</p>	
<p><i>Side breathing</i> While swimming freestyle, shows the ability to perform a proper side breathe without lifting the head out of the water</p>	
<p><i>Pencil Push/Kick/Swim</i> Can properly push off the wall in streamline with a 2 second glide, proceed to flutter kick in streamline for 4 seconds, then swim freestyle the rest of the way with proper recovery and breathing</p>	
<p><i>Attempts Rotation</i> Swimmer shows knowledge of rotation as it connects to swimming freestyle and will attempt to rotate while swimming the freestyle stroke</p>	

Backstroke Skills	Date Accomplished
<p><i>Proper Streamline Push off</i> demonstrates the ability to push off the wall in a proper streamline position and glide for 2 seconds with head back in the proper position</p>	
<p><i>Out of the water recovery</i> can properly swim backstroke with a recovery that comes out of the water</p>	
<p><i>Pencil Push/Kick/Swim</i> Can properly push off the wall in streamline with a 2 second glide, proceed Kick in streamline for 4 seconds, then swim Backstroke the rest of the way with proper recovery. This is all done on their back</p>	
<p><i>Attempts Rotation</i> Swimmer shows knowledge of rotation as it connects to swimming freestyle and will attempt to rotate while swimming the freestyle stroke</p>	

Breast/Fly Skills	Date Accomplished
<p><i>Proper and Legal Breaststroke Kick</i> Can properly perform a 25 of Breaststroke kick that would be deemed legal kick in a USA Swim meet</p>	
<p><i>Proper and Legal Butterfly Kick</i> Can properly perform a 25 of Butterfly kick that would be deemed legal kick in a USA Swim meet</p>	

Physical Skills	Date Accomplished
<p data-bbox="277 386 505 422"><i>200-yard swim</i></p> <p data-bbox="103 457 678 541">Can complete a 200-yard swim or kick without stopping</p>	
<p data-bbox="196 579 586 615"><i>10x25 Freestyle @ 1 min.</i></p> <p data-bbox="110 646 672 730">Can complete 10x25 freestyle on a 1-minute interval without stopping</p>	
<p data-bbox="164 768 618 804"><i>10x25 Freestyle Kick @ 1 min.</i></p> <p data-bbox="99 835 683 919">Can complete 10x25 freestyle kick on a 1-minute interval without stopping</p>	

Character Development	Accomplished
<p data-bbox="110 1098 672 1234">Is consistently ready to start practice on time with the proper equipment needed</p>	
<p data-bbox="110 1272 672 1409">Gives undivided auditory and visual attention to the coach while they are providing instruction</p>	