

## Silver 1

Name:

Age:

### Skills Checklist

Freestyle Skills	Date Accomplished
<p><b><i>Correct Goggle Position while taking breath</i></b></p> <p>Whenever breathing, the swimmer takes a breath with one goggle in the water and one goggle out of the water</p>	
<p><b><i>Shows ability to rotate</i></b></p> <p>Swimmer now rotates whenever swimming freestyle</p>	
<p><b><i>Flip Turn</i></b></p> <p>Swimmer shows the ability to do a freestyle flip turn</p>	

Backstroke Skills	Date Accomplished
<p><b><i>Correct timing with the pull and recovery</i></b></p> <p>Swimmer demonstrates the ability to swim backstroke with proper timing and does not lead with the head in any party of the stroke</p>	
<p><b><i>Shows ability to rotate</i></b></p> <p>Swimmer now rotates whenever swimming backstroke</p>	
<p><b><i>Flip Turn</i></b></p> <p>Swimmer shows the ability to do a Backstroke flip turn</p>	

Breaststroke Skills	Date Accomplished
<p style="text-align: center;"><b><i>Proper Pull</i></b></p> <p>Swimmer demonstrates the ability to do a legal breaststroke pull, does not pull past the hips</p>	
<p style="text-align: center;"><b><i>Proper Timing</i></b></p> <p>Swimmer demonstrates proper timing and places the pull, kick, and glide in the correct places</p>	
<p style="text-align: center;"><b><i>Understanding of a pullout</i></b></p> <p>Swimmer shows understanding of the steps to do a pullout and can properly attempt</p>	
<p style="text-align: center;"><b>Legal turn</b></p> <p>Swimmer shows the ability to do a legal and proper open turn swimming breaststroke from 10 yards in and 10 yards out of the wall</p>	

Butterfly Skills	
<p style="text-align: center;"><b><i>Proper Pull</i></b></p> <p>Swimmer demonstrates the ability to do a legal butterfly pull</p>	
<p style="text-align: center;"><b><i>Proper Timing</i></b></p> <p>Swimmer demonstrates proper timing and places the pull and kick in the correct places</p>	
<p style="text-align: center;"><b>Legal turn</b></p>	

Swimmer shows the ability to do a legal and proper open turn swimming butterfly from 10 yards in and 10 yards out of the wall	
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<b>Physical Skills</b>	<b>Date Accomplished</b>
<p><b><i>15-minute continuous kick/swim</i></b></p> <p>Can complete a 15-minute continuous swim alternating 50 free and 50 free kick</p>	
<p><b><i>Legal 200 IM</i></b></p> <p>Can swim a legal 200 IM with legal turns, finishes, and transitions for each stroke</p>	
<p><b><i>10x50 Free @1:15</i></b></p> <p>Can complete this set without missing a repetition</p>	
<p><b><i>10x50 Free Kick @1:15</i></b></p> <p>Can complete this set without missing a repetition</p>	
<p><b><i>Attempts Proper starts</i></b></p> <p>Understands how to do a proper freestyle and backstroke start and attempts to do them using the blocks</p>	

<b>Character Development</b>	<b>Accomplished</b>
Understands being part of a team and respects teammates	

Understands team rules and that there are consequences to breaking them	
Swims the entire practice without stopping or touching the bottom unless approved by the coach	
Leaves on time during sets and can do Top (:60) and Bottom (:30) intervals	
Challenges themselves in practice	
Attends recommended meets and understands the importance of being on time for warmups	

<b>Team Connection</b>	<b>Accomplished</b>
Knows the team's name and team colors	
Knows the name of the coaches and teammates in training group	
Knows the name of the training group immediately above	