

Name:



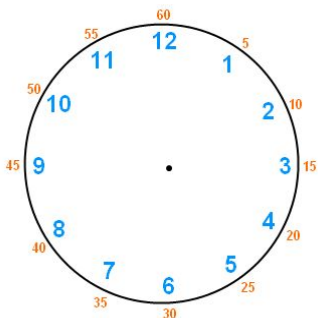
Clock Reading Worksheet for Junior + Senior Stingrays!

Remember to try your best, and return to your coaches by next week.

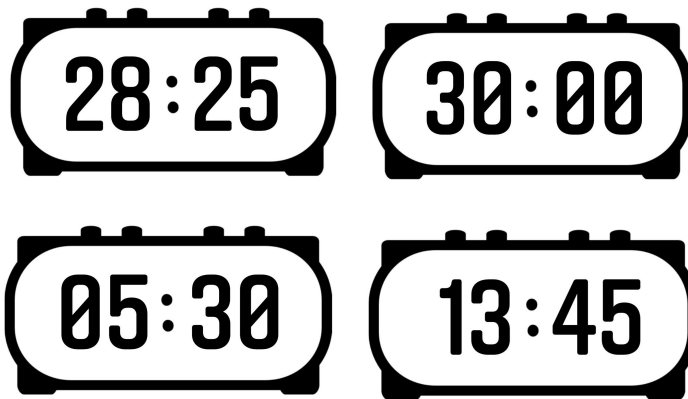
1. How many laps are in the following:
25 yards -
75 yards -
125 yards -
2. How many yards are in the following:
2 laps -
4 laps -
8 laps -
3. Circle the part of the clock that you should look at as a swimmer. Do we look at the seconds or minutes?



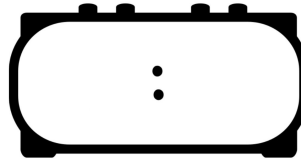
4. Do you know why your coaches call the 00 the top? Use the clock below to help you explain your answer :)



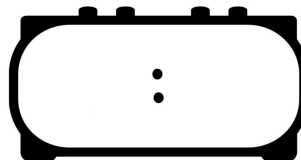
5. Coach Giuliana asks you to leave on “the top”. **Circle** which time the swimmers should leave the wall. (HINT: think of an analog clock)



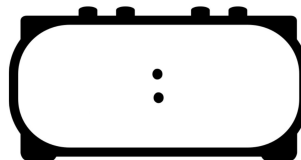
6. Coach Shelbi then asks you to leave on the bottom. **X OUT** the clock above that shows what “the bottom” means.
7. Coach Sam says the interval is one minute. If you start at **05:30**, when will you leave next? (HINT: one minute = one full rotation of the second hand on an analog clock)



8. Coach Giuliana tells you to leave on the top (53:00) and the interval is one minute and ten seconds (01:10). When should you leave next?



If we do one more and the interval is the same, when should you leave next?



9. Coach Shelbi wants you to kick four 25s on the 1:15 interval (one minute fifteen seconds per lap), if you leave on the top, when should you leave for the next laps? (HINT: ignore the minutes, focus on the seconds!)

First wall: 05:00

Second wall:

Third wall:

Last wall:

10. The coaches want you to swim four 25s on the 50 second interval. The coaches send you off on the 30. When do you leave for the next laps? (HINT: you can either add 50 or subtract 10)

First wall: 23:30

Second wall:

Third wall:

Last wall:

11. The coaches send you off on the top for a swim on the 50 second interval. If you came into the wall at 55, did you make the interval?

12. If you are supposed to leave on the top, and you see the clock says 00:02, what should you do? Leave the wall or wait? If you have to wait, how long?

13. If you are supposed to leave on the 30, and see the clock says 00:23, what should you do? Leave the wall or wait? If you have to wait, how long?

14. If you are not making an interval, what are some things you can do on the next lap to make sure you do? (ex. Faster turns...)

15. If you are the second swimmer in a lane and the coach tells the first group to leave on the bottom, when will you leave? What if you are the third swimmer?

16. If you left on the top and you get to the wall when the clock says 43, what was your time for the swim? (HINT: use subtraction)

17. If you left on the 20 and you get to the wall when the clock says 57, what was your time for the swim? (HINT: use subtraction)

18. How can an interval help you keep track of what lap you are on? For help figuring out this question - imagine you are swimming 8x25 on the 55, and left for the first one on the top. You just left on the 40, but don't know how many more you have left!

1 - 00:00

2 - 00:55

3 - 00:50

4 -

5 -

6 -

7 -

8 -