**Abilities**

* Communicates with coach
* Leads Activation
* Continuously trying to make improvements
* 800 Free continuous with turns
* 400 Back continuous
* 400 Breast continuous
* 100 Fly continuous

**Coaches Comments**

**Fort St. John Inconnu
Swim Club**Junior A



Swimmer:

Coach:

Group:

Year:

**Freestyle**

* Streamline to flags **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* 6 beat kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* 2 strokes in/out no breath **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* High elbow catch **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* High elbow recovery **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* One goggle breathing **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Correct body roll **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Arms stay on correct side **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Backstroke**

* Streamline to flags **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Proper breakout at flags **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Bent elbow on stroke **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Fingers point out on stroke **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Head flat in water **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Entry even with shoulders **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Hand finishes at thigh **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Proper timing/roll **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Butterfly**

* Thumb first entry **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Chin stays in **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Push past hips close to body **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Diamond pull **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Streamline dolphin kick 10M **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Chin in water on breath **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Arms extended on entry **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Knees stay together **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Breaststroke**

* Proper stroke timing **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Chin stays in **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Pullout with a dolphin kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Breath at insweep **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Elbows above hands **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Squeeze elbows at recovery **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Insweep thumbs under chin **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Use hips during kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Dives and Turns**

* Shallow dives

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* 10 meters dolphin kick off dive

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* 10 meters streamline off turn

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* Fast approach & tight turns FR/BK

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* Tight turns / legs tucked FL/BR

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* Proper IM turns

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* Enter water streamline on dive

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

* Proper rotation back to front on flip turn

**Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_Coachability:** Attitudes and behaviours required to progress through this level

**Attention Skills: \_\_\_\_**

**Enthusiasm: \_\_\_\_**

**Adaptability: \_\_\_\_**

**Cooperation: \_\_\_\_**

**Attendance:** At practice and swim meets

**Practice %: \_\_\_\_**

**# of swim meets: \_\_\_\_**

**Punctuality: \_\_\_\_**

**Skill Development:** The basic swimming skills that will create competitive strokes, total count.

**Freestyle: \_\_\_\_**

**Backstroke: \_\_\_\_**

**Butterfly: \_\_\_\_**

**Breaststroke: \_\_\_\_**

**Dives and Turns: \_\_\_\_**

**Additional Comments:**

Swimmer must achieve a 30 or more on each of the freestyle, backstroke, breaststroke, butterfly, and starts/turns to progress to next group.

Scoring is as follows:

1 – never performs skill

2 – rarely performs skill

3 – sometimes performs with constant reminders

4 – usually performs with minimal reminders

5 – always performs