**Abilities**

* Communicates with coach
* Leads Lane
* Follows pace clock
* 400 Free continuous with turns
* 200 Back continuous
* 200 Breast continuous
* 50 Fly continous

**Coaches Comments**

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



Swimmer:

Coach:

Group:

Year:

**Freestyle**

* Proper Streamline **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Horizontal body position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Bi-lateral breathing **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Proper breathing roll **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Smooth continuous stroke **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Head stays still with spine **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Fingers point down **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Steady continuous kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Backstroke**

* Proper streamline **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Horizontal body position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Smooth continuous stroke **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Steady continuous kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Rotation of shoulders/hips **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Pinky first entry **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Hand finishes past hips **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Straight arm recovery **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Butterfly**

* Steady 2 beat kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Straight arm recovery **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Horizontal body position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Flat hips while kicking **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Uses breathing pattern **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Hands under body for push **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Kick originates from hips **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Head down non-breathing **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Breaststroke**

* Swim with glide **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Insweep thumbs under chin **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Basic pullout **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Horizontal body position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* ‘V’ out sweep past shoulders **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Bring heels to backside **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Rotate ankles outwards **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Finish kick with straight legs **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Dives and Turns**

* Flip turns with streamline

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

* Dive with streamline

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

* Backstroke turn with streamline

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

* Two hand touch open turn

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

* Hold streamline 5m until breakout

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

* Backstroke start hands over head

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

* Pull to wall, head down chin tucked flip

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

* Tuck elbow and hand over head open 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