**Abilities**

* Listens to the coach
* Positive attitude
* Supportive of teammates
* 150 freestyle continuous
* 100 Back continuous
* 200 kick continuous

**Coaches Comments**

**Fort St. John Inconnu
Swim Club**Novice



Swimmer:

Coach:

Year:

**Freestyle**

* Proper start position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Horizontal body position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Arms extended past head **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Straight leg flutter kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Uses breathing pattern **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Blows bubbles underwater **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Kicks while breathing **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Steady head position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Backstroke**

* Start and finish on back **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Stays on back entire time **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Straight leg kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Horizontal body position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Steady head position **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Straight arm recovery **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Shoulder rotation **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Eyes looking up **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Dolphin Kick**

* Feet together **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Legs move simultaneously **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Breaststroke**

* Basic kick **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**
* Understand I,Y,Scoop,Shoot **Dec:\_\_\_ Mar:\_\_\_ May:\_\_\_**

**Dives and Turns**

* Proper start position

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

* Basic back start

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

* Basic flip turn

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

* Two hand touch on breaststroke

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

**Dolphin Kick \_\_\_\_**

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

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

**Additional Comments:**

Swimmer must achieve a 30 or more on each of the freestyle, backstroke, and a combination of dolphin kick, breaststroke and dives/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