

Explore Evaluation Form

Name _____

Explore Expectations:

1. Average 3 practices/ wk
2. Try your best
3. Pay attention and follow the coaches instructions.
4. Participate in 2 meets per season



Description:

Explore group swimmers spend most of their time working on refining stroke mechanics. These swimmers know all the strokes and while much of the work is technique based they will begin to be introduced to training principles. The expectations for this group are for the swimmers to pay attention and give their best. Practices are three to five days a week and range from 1 hour to 1 ¼ hr depending on the season. A 10-30 minute mini-dryland session is often a part of the practice.

Skill Evaluation: Each skill will be marked with an [N] Needs improvement, [S] Successfully meets standards, or [E] Exceeds expectations.

Streamline push off: [] Pushes off of every wall with a straight streamline and breakout into appropriate stroke. [] When starting a swim the swimmer gives a minimum five seconds for the person in front of them before dropping from a ready position and pushing off.

Freestyle stroke: [] Legs are mostly straight with toes pointed, and they swim from hips; knees & ankles bend but do not break. [] The swimmer breathes at the finish of a stroke and they keep one goggle in the water while continuously swimming legs; breath is comfortable on both sides. [] The arm recovers in a relaxed fashion and the hand enters above the shoulder. [] The swimmer rotates into a full extension and the arm remains in a naturally straight position keeping the elbow above the wrist as the swimmer moves over that spot.

Backstroke: [] The swimmer is comfortable on their back with water flowing over their ear. [] Flutter kick legs are straight with toes pointed and legs swim steadily at surface with body roll. [] Arms recover straight; thumb exits water at hip and pinky enters above shoulder. [] The arm swims to the side with a slight elbow bend, stroke finishes at hip; arms remain opposite each other. [] Whenever pushing off wall, swimmer is in streamline position on back or towards side (shoulders not passed vertical). [] Can complete 6x50 backstroke or backstroke drill on the 1:20 send-off.

Breaststroke: [] Legs create propulsion with feet swimming in a circular motion staying wider than the knees. [] Arms swim in a circular sculling motion staying in front of the face, with hands pausing only at the top of the stroke as the swimmer balances in a streamline position. [] Swimmer demonstrates a coordinated rhythm with full stroke, balancing in line at finish of each stroke, with head breaking surface each pull. [] Consistent proper use of the underwater pull-out. [] Can complete 6x50 breaststroke or breaststroke drill on the 1:20 send-off.

Butterfly: [] Arms swim under the water between the body and the bottom of the pool as they squeeze the water; then begin to sweep the hands out at the belly button and around for the recovery. [] Arms in a jumping jack motion, just above the water with thumb leading. [] The head lifts for a breath as the swimmer begins to squeeze the water and enters as the arms swim around. [] The head leads the hands into the water on the entry and arms extend. [] Upon head entry hips break surface or remain near surface, as [] legs kick from hips not knees and remain together; no alternating or scissor kicks. [] Can complete 4x50 butterfly or butterfly drill on the 1:20 send-off.

Flip turn: [] Speed is maintained as one arm finishes its stroke and then remains at the side, followed by the second arm beginning its last stroke and halfway through the chin drops while the knees are pulled up the chest and ankles to the rear. [] The hands are kept in close to the body during the somersault and go straight into a streamline before pushing off on the side for freestyle and on the back for backstroke. [] On backstroke the swimmer uses the second to last stroke to spin over on the stomach, the last stroke looks like a freestyle stroke and the flip is begun at the same point as on the stomach.

Open turn: [] Both hands come in level and together on the breast or butterfly extension touching the wall at the same time. [] The arms bend halfway from the forward motion and then one elbow is forcefully pulled to the side of the body while the knees are pulled up. [] Once the feet come up to the middle of the wall the shoulder that isn't connected to the wall drops into the water and the hand on the wall comes over the top of the water meeting the other hand in a streamline while the swimmer pushes off on their side.

Dives: [] Swimmer can perform a long and shallow dive, holding streamline position to the surface from a standing position ("trophy" dive) or compact standing position (competitive grab start) from the diving block.

Attitude: [] The swimmer has their head above water and eyes on the coach when the coach is talking, works well with others and responds to coach's directions. [] They treat their teammates with respect and fully participate in practice activities. [] Behavior promotes a positive training environment (i.e. attentiveness to activities, is not continually distracted or disruptive, no horseplay during practice etc.).

YOUR NEXT GROUP ASSIGNMENT IS: EXPLORE SPRINT

Additional Comments:

Criteria to move to Sprint:

- 1) All competitive strokes meet expectations.
- 2) Ability to dive and hold streamline and break out into competitive stroke.
- 3) Turns meet expectations as well as IM transition turns.
- 4) Completes 400 swim with expected technique in under 8:00
- 5) Coach's permission.
- 6) Averages 60% attendance
- 7) Competes in two meet per season.
- 8) Competed in 50 of all strokes & 100 IM

If you have any questions please feel free to contact the coaching staff at: ocst.coach@gmail.com.

Sprint Expectations:

- 1) Pay attention and try your best.
- 2) Work hard physically and mentally.
- 3) Average 60% attendance
- 4) Recall times and cycle counts for 4 x 25.
- 5) Sets goals and works towards them.
- 6) Participation in three meets per season.