

Novice Evaluation Form

Name _____

Description:

Swimmers in this group need to be able to swim 25 freestyle and 25 backstroke (1 length of each). These athletes learn what it means to be on a team, and learn all four competitive strokes. These swimmers are expected to pay attention, and give their best. Practices emphasize technique and are three days a week on Monday, Wednesday, and Friday for 45 minutes.



Expectations:

1. Come to practice
2. Try your best
3. Follow the coaches instructions.

Criteria to move to Explore:

- 1) Legal competitive strokes
- 2) Ability to dive and hold streamline.
- 3) Coaches permission.

You will find an evaluation of your swimmers skills on the back. If you have any questions please feel free to contact the coaching staff at: ocst.coach@gmail.com.

YOUR NEXT GROUP ASSIGNMENT IS: NOVICE EXPLORE

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Streamlined push off: Arms should be lined up with the ears, the eyes down and a straight bodyline.

Needs improvement

Meets expectations

Exceeds expectations

Freestyle stroke: Arms and legs are straight with an even stroke. When the swimmer breathes they keep one goggle in the water and maintain kick. Flutter kick legs should be straight, and toes pointed.

Needs improvement

Meets expectations

Exceeds expectations

Backstroke: Arms and legs are straight with an even stroke. The arms pull to the side and the swimmer is comfortable on their back.

Needs improvement

Meets expectations

Exceeds expectations

Breaststroke: Arms sweep out and then in forming a circle and elevating for a breath. The hands are then kicked forward and the body balances in a streamline position. On the breaststroke kick the knees bend with heels coming up; the feet then turn out and whip around with the knees staying inside of the feet.

Needs improvement

Meets expectations

Exceeds expectations

Butterfly: Arms recover straight just above the water with pinky leading. The head leads the hands into the water on the entry and arms extend while feet kick with legs together.

Needs improvement

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Comments: _____

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Butterfly: Arms recover straight just above the water with thumb leading. The head leads the hands into the water on the entry and arms extend while feet kick with legs together.

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Comments: _____
