

## Race Evaluation Form

Name \_\_\_\_\_

### **Race Expectations:**

- 1) Demonstrate a team oriented quality of character on/ off deck.
- 2) Work hard physically and mentally.
- 3) Attendance over 70%.
- 4) Recall times and cycle counts for 4 x 50.
- 5) Sets goals and works towards them.
- 6) Participation in four meets per season.



### **Description:**

Race group swimmers demonstrate good swimming skills. At this level swimmers begin to spend more time on training sets and building endurance, while still emphasizing technique. Most of the swimmers in the Race group are 11 – 15 years old and are expected to work hard, pay attention, and regularly attend practice. Practices are six days a week and range from an hour and fifteen minutes to an hour and a half and have a twenty to thirty minute dry-land.

**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 while maintaining speed from underwater to the surface. [ ] When starting a swim the swimmer gives a minimum five seconds for the person in front of them before pushing off in Drop/Chop/Mash fashion.

**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 pointing downward and keeping the elbow above the wrist as the swimmer moves over that spot. [ ] Can hold an average speed of :40sec for 8x50 on the 1:20 send-off.

**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 hold an average speed of :45sec for 6x50 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 hold an average speed of :50sec for 6x50 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 hold an average speed of :45sec for 6x50 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.

**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. [ ] During practice and out of the pool their behavior promotes a positive training environment, and they regularly demonstrate a team-oriented quality of character through a respectful attitude, uncompromising integrity, and positive growth mindset.

## YOUR NEXT GROUP ASSIGNMENT IS:      RACE      TRAIN

### Additional Comments:

---

---

---

---

---

#### Criteria to move to Train:

- 1) 1:40 Aerobic base. Your base \_\_\_\_\_
- 2) 300 kick under 6:00 Your time \_\_\_\_\_
- 3) 8 x 100 IM (2:00). Your interval \_\_\_\_\_
- 4) Good stroke and turn quality.
- 5) Coach's permission.
- 6) Attendance over 75%. Your Att. \_\_\_\_\_
- 7) Competes in 4 meets/season. Meets \_\_\_\_\_
- 8) Has demonstrated maturity, and commitment.

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

#### Train Expectations:

- 1) Demonstrate a team oriented quality of character on/off deck.
- 2) 10 x 100 fr (1:30) 8 x 100 IM (2:00)
- 3) Work hard physically and mentally.
- 4) Attendance over 80%
- 5) Recall times and cycle counts for 6 x 50.
- 6) Sets goals and works towards them.
- 7) Participation in five meets per season.