Olympic Way Silver Skills Checklist

Name:		**Dose Skill Correctly= DS**	
		Not Yet= NY	

	Butterfly with fins		**Freestyle**
	Body Dolphin with both feet together		Head Position: Keep eyes down
	Good rhythm with hips breaking the surface		Breathing Pattern: Every three strokes
	Body dolphin with one arm		Breathing Timing: Quick breath
			Kicks through breath
			Demonstrates Catch-up 11 Freestyle
			Demonstrates Freestyle flip turn
			4x50 Catch-up 11 on 1:20- 1:30
	Backstroke		**Additional Skills**
	Head Position: Eyes up and still		Demonstrates a Kneeling Dive
	Moves arms continuously with body rotation		Prepares to leaves the wall from the Ready Position, pushing with both feet in a tight streamline, underwater
	Consistent kick at the surface with straight legs and pointed toes		Does not need coach's prompting to leave the wall at the appropriate time
	Starts and finishes on back		Uses clock to follow time intervals
	Basic understanding of the Backstroke Flip turn		Consistently listens to and follows directions
	6x25 Backstroke on :50		
	Breaststroke		**Kick Sets**
	Head Position: Eyes down before kick		4x50 Flutter kick with kickboard on 1:30
	Heels to bottom during kick		6x25 Streamline on back on 1:00
	Kick with some propulsion		
	Invisible kickboard Breaststroke kick		
	Legal kick		
	Finishes kick before starting next pull		
Notes:			