


Olympic Way Bronze Skills Checklist

Name:

Does Skill Correctly= DS

Not Yet= NY

Freestyle		Breaststroke	
	Head Position: Eyes Down		Breaststroke kick: Whip or Scissor
	Side Kick with Face in		Breaststroke kick: some propulsion and glide
	7 Kick Switch with Face in		
	Ability to breath on both sides		
	Catch-up 11 arms with continuous kicking		
Backstroke		Additional Skills	
	Head Position: Eyes Up		Body Dolphin with Fins
	Side Kicks with Face out		Demonstrates 20 bobs with rhythmic Breathing
	Canoe Kick		Demonstrates Front Somersaults
	7 Kick Switch with Face out		Demonstrates a Kneeling Dive
	Continuous arm strokes with consistent kick at the surface		Pushes off the wall from Ready Position with both feet underwater
			Consistently listens to and follows directions
Notes:			