


## Olympic Way Gold Skills Checklist

<b>Name:</b>		<b>Does Skill Correctly= DS</b>	
		<b>Not Yet= NY</b>	

<b>Butterfly</b>		<b>Freestyle</b>	
	Head Position: Eyes down		Head Position: Still when not breathing
	Productive kick: Moves them forward effectively		Kicks through breath
	Proper rhythm		Continuous kick
	Breathing Timing: Not breathing too late		Breathing Pattern: Every three strokes
	Breathing Pattern: Every other stroke		Breathing Timing: Quick breath to the side
	Touches the wall with two hands		Demonstrates legal Freestyle flip turn
	Legal stroke		4x50 Catch-up 11 on 1:10- 1:20
<b>Backstroke</b>		<b>Additional Skills</b>	
	Head Position: Eyes up and still		Demonstrates a dive from the block
	Continuous kick at the surface of the water		Prepares to leaves the wall from the Ready Position, pushing with both feet in a tight streamline, underwater
	Proper body rotation		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
	Demonstrates legal Backstroke flip turn		Consistently listens to and follows directions
	4x50 Backstroke on 1:20- 1:30		
<b>Breaststroke</b>		<b>Kick Sets</b>	
	Head Position: Eyes down before kick		4x75 Flutter kick with kickboard on 2:00
	Heels to bottom during kick		6x50 Streamline on back on 1:30
	Finishes kick with feet together		
	Legal kick		
	Finishes kick before starting next pull		
	Keeps pull in front of shoulders		
	Proper timing with a glide		
	Touches the wall with two hands		
	Demonstrates underwater pullout		
	4x50 Breaststroke on 1:20- 1:30		

**Notes:** \_\_\_\_\_