


Olympic Way Junior Skills Checklist

Name:

Does Skill Correctly= DS

Not Yet= NY

Butterfly		Freestyle	
	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		
Backstroke		Additional Skills	
	Head Position: Eyes up and still		Demonstrates a dive from the block
	Continuous kick at the surface of the water		Demonstrates legal IM with turns
	Proper body rotation		Prepares to leaves the wall from the Ready Position, pushing with both feet in a tight streamline, underwater
	Starts and finishes on back		Does not need coach's prompting to leave the wall at the appropriate time
	Demonstrates legal Backstroke flip turn		Uses clock to follow time intervals
			Consistently listens to and follows directions
Breaststroke		Swim/ Kick Sets	
	Head Position: Eyes down before kick		400 Flutter kick with kickboard under 10:00 (10yrs), 9:00(11& over)
	Heels to bottom during kick		8x50 Stroke other than Freestyle 1:20- 1:10
	Finishes kick with feet together		8x100 Freestyle on 2:00 (11& over)
	Legal kick		6x50 Freestyle on 1:00 (10 yrs.)
	Finishes kick before starting next pull		6x100 IM on 2:20 (11& over)
	Keeps pull in front of shoulders		
	Proper timing with a glide		
	Touches the wall with two hands		
	Demonstrates underwater pullout		
Notes:			