

## DC Wave Swim Team Assessment Form

| Stroke                          | Skill/Ability   | Y/N? |
|---------------------------------|---|------|
| <b>Freestyle or Front Crawl</b> | Underwater streamline push off from wall  |      |
|                                 | Uniform hip/shoulder rotation   |      |
|                                 | <b>Rotary arms with side breathing</b>  |      |
|                                 | Fingers closed when pulling   |      |
|                                 | Catches water out in front of the head  |      |
|                                 | Stroke finishes past hip line   |      |
|                                 | <b>Steady flutter kick throughout strokes and breaths</b>                                   |      |
|                                 | Flip turn at the wall   |      |
|                                 |   |      |
| <b>Backstroke</b>               | Underwater streamline push off from wall  |      |
|                                 | Uniform hip/shoulder rotation   |      |
|                                 | <b>Rotary arms</b>  |      |
|                                 | Fingers closed when pulling   |      |
|                                 | Head back ears in the water   |      |
|                                 | Stroke finishes past hip line   |      |
|                                 | <b>Steady flutter kick throughout strokes</b>   |      |
|                                 | <b>Able to maintain flat body position on back throughout (doesn't sit up in the water)</b> |      |
|                                 |   |      |
| <b>Breaststroke</b>             | Underwater streamline push off from wall  |      |
|                                 | Performs correct underwater pullout before surfacing  |      |

|                             |   |  |
|-----------------------------|---|--|
|                             | <b>Correct whip kick motion</b>   |  |
|                             | <b>Hands remain at or above breastbone throughout pull phase</b>                              |  |
|                             | Breathing each stroke cycle   |  |
|                             | <b>Proper timing - pull &amp; breathe then kick &amp; glide</b>                               |  |
|                             | Two hand touch on turns and finishes  |  |
|                             |   |  |
| <b>Butterfly</b>            | Underwater streamline push off from wall  |  |
|                             | Dolphin kicking underwater in streamline before breakout                                      |  |
|                             | <b>Correct dolphin kick motion during arm cycles</b>  |  |
|                             | <b>Simultaneous arms clearing the surface during each cycle</b>                               |  |
|                             | <b>Proper timing - two kicks per cycle finishing breath before hands re-enter the water</b>   |  |
|                             | Uses hips during the stroke   |  |
|                             | Two hand touch on turns and finishes  |  |
|                             |   |  |
| <b>Starts &amp; Kicking</b> | Can perform head first entry from the side with arms above head in streamline position        |  |
|                             | Can perform head first entry from the block with arms above head in streamline position       |  |
|                             | <b>Can travel the length of pool using flutter kick only (streamline or board)</b>            |  |
|                             | Can travel the length of pool using dolphin kick only (streamline or board)                   |  |
|                             | <b>Can travel the length of pool using flutter kick only on back (streamline or board)</b>    |  |
|                             | Can travel the length of pool using dolphin kick only on back (streamline or board)           |  |
|                             | Can travel the length of the pool using whip kick only on front or back (streamline or board) |  |

*Skills in bold are the minimum standard for successful completion of a particular stroke. For the Developmental levels 1-3 successful completion of three out of four strokes and kicking criteria is required for team membership. For Age Group levels 1-3 successful completion of all four strokes and kicking criteria is required for team membership.*