

SWIMMING

NAME _____ CLUB _____

BEGINNING

	<u>Date Completed</u>	<u>Leader's Initials</u>
1. Demonstrate the back float and hold for fifteen seconds.	_____	_____
2. Demonstrate a simple forward dive from either a kneeling or standing position.	_____	_____
3. Demonstrate the front crawl (freestyle) stroke using the correct side-breathing head position and flutter kick for one length of the pool.	_____	_____
4. Demonstrate the backstroke using consistent arm strokes and flutter kick for one length of the pool.	_____	_____
5. Demonstrate the breaststroke using symmetrical frog kick and a regular arm pull for one length of the pool.	_____	_____
6. Demonstrate the butterfly stroke using symmetrical arm pull and correct dolphin kick with feet together for one length of the pool with less than three breaths.	_____	_____
7. Demonstrate an ability to swim the front crawl (freestyle) without regular breaths by swimming one length of the pool with less than three breaths.	_____	_____
8. Demonstrate an ability to swim the underwater dolphin (breathe as needed) for one length of the pool.	_____	_____
9. Demonstrate an ability to tread water for thirty seconds in the deep end of the pool.	_____	_____
10. State whether a one or two hand touch is required at the finish of a breaststroke race.	_____	_____
11. State whether a one or two hand touch is required at the finish of a butterfly race.	_____	_____
12. State whether or not a flip turn is a legal turn in a breaststroke race.	_____	_____
13. Should a person ever dive into a pool without knowing beforehand how deep the pool is? Why or why not?	_____	_____
14. If a person fell overboard in the middle of the lake, name two things they could do to keep their head above water.	_____	_____
15. Name the correct order and name of the strokes as they are swum in the IM (Individual Medley) event of swim competition.	_____	_____
16. Two lengths of a twenty-five yard pool equal how many yards?	_____	_____

SWIMMING

NAME _____

CLUB _____

INTERMEDIATE

	<u>Date Completed</u>	<u>Leader's Initials</u>
1. Demonstrate the ability to swim one hundred yards freestyle without stopping, using a flip turn.	_____	_____
2. Demonstrate the ability to swim one hundred yards backstroke without stopping, using a backstroke slip turn.	_____	_____
3. Demonstrate the ability to swim one hundred yards butterfly without stopping, using the correct hand touch at all turns and finish.	_____	_____
4. Demonstrate the ability to swim one hundred yards breaststroke without stopping, using the correct two hand touch at all turns, the correct pull down and two hand finish.	_____	_____
5. Demonstrate the ability to swim one length of the pool using the freestyle (crawl) with one breath or less, without a dive.	_____	_____
6. Demonstrate the racing dive from a competition starting block.	_____	_____
7. Demonstrate an ability to swim thirty lengths of the pool without stopping.	_____	_____
8. Demonstrate an ability to swim a two hundred IM without stopping, using strokes in correct order and with legal strokes, touches and turns..	_____	_____
9. Demonstrate an ability to tread water for ninety seconds, keeping the head above water and face out of the water the entire time.	_____	_____
10. Demonstrate the ability to rescue a swimmer in distress using a shepherds crook and a ring buoy.	_____	_____
11. Participate in Swim Championships by entering and swimming in at least two events.	_____	_____
12. Compose a swim practice which totals fifteen hundred yards using all four strokes in a variety of sets of swimming, kicking and pulling. Present this workout and act as coach while the swim team swims your set, with coaches' supervision.	_____	_____
13. Describe a good breakfast a swimmer might eat before a big swim competition.	_____	_____
14. Demonstrate the correct water entry and stroke a strong swimmer would use when going to assist a swimmer in deep water.	_____	_____
15. Demonstrate the elementary backstroke and sidestroke.	_____	_____

SWIMMING

NAME _____

CLUB _____

ADVANCED

	<u>Date Completed</u>	<u>Leader's Initials</u>
1. Demonstrate the ability to swim one thousand yards (forty lengths) of freestyle without stopping.	_____	_____
2. Demonstrate the ability to swim four hundred yards (sixteen lengths) of backstroke without stopping.	_____	_____
3. Demonstrate the ability to swim two hundred yards of butterfly without stopping and with legal touches, turns and stroke.	_____	_____
4. Demonstrate the ability to swim one length of a twenty-five yard pool without a breath, using any stroke.	_____	_____
5. Demonstrate the ability to swim one length of a twenty-five yard pool without a breath under water, any stroke.	_____	_____
6. Complete the requirements for certification from the American Red Cross in First Aid.	_____	_____
7. Complete the requirements for certification from the American Red Cross in Cardio-Pulmonary Resuscitation (CPR).	_____	_____
8. Participate in the Swim Championships by entering in at least four events and placing in the first, second or third in at least one event.	_____	_____
9. Participate in at least two relay events at the same Championships.	_____	_____
10. Participate in an open-water swim of at least one mile.	_____	_____
11. Create a swim practice totaling at least two thousand yards and swim that practice along with your teammates..	_____	_____
12. Participate in at least three swim practices acting as a coach to beginning swimmers, with coaches' supervision.	_____	_____
13. Participate in the American Red Cross Lifeguarding course.	_____	_____