



# Splash



Name:

Winter 2009

<b>Pool Skills</b>				<b>Class Skills</b>			
Hold Streamline (SL)	x	30 Minute practice	x	Respect Teammates	x	Follows Direction	x
Breakout from SL	x	5 Minute Swim	x	Listens to Coach	x	Keep focus on task	x
Kick 25 Yards Front	x	Starts off the wall	x	Knows team rules	x	Ability to concentrate	x
Kick 25 Yards Back	x	Finishes at the wall	x	Starts on Time	x	Know teammates and coaches by name	x
Sculling Vertical	x	Begin Butterfly	x	Age appropriate and maturity level acceptable to AGI.			x
Bilateral Breathing	x	Begin Breaststroke	x	<b>Competition</b>			
Dive	x	Begin flip Turn	x	25 Freestyle			
Dive with SL	x	Kick on side	x	25 Backstroke			
Open Turn	x	Hip roll side to side	x				
Count Strokes	x	Breath control	x				
Legal Freestyle	x	Breath holding	x				
Legal Backstroke	x	Relaxation	x				
Familiar with the different water layers, S, V, & C	x	Understands how to Push off in "V" or "C" layer	x				
Slip and Slide	x	Crocodile breathing	x				