

Swimmer: _____

Date: _____

Coach/Evaluated by: _____

BLUE GROUP EVALUATION

******ALL RED GROUP SKILLS PLUS THE FOLLOWING:******

Equipment List

- Goggles (Quality, NOT Dollar Store)
- Small Hand Paddles
- Kick Board
- Fins (rec Finis Positive Drive Fins)
- Pull Buoy
- Snorkel

SWIMMERS MUST COMPLETE THE FOLLOWING SKILLS:

- Swimmer must be able to do a backstroke to backstroke flip turn
- Swimmer must be able to do a breaststroke pull out
- Swimmer must be proficient in open turns
- Swimmer must have correct body position for all strokes
- Swimmer show consistent use of streamline, underwaters, 3's rule
- Use a pull buoy and paddles correctly
- Swimmer must be proficient in a forward and back start from the block
- Independently use the pace clock and leave on go time
- Commit to practice work ethic

SWIMMER MUST BE ABLE TO MEET THE FOLLOWING TIME STANDARD:

- 500 Free under 10:00
- 200 IM under 3:30
- 5 x 100 Free @ 2:00

NOTES: _____

Advanced to White Group by: _____ date: _____