

Swimmer: _____

Date: _____

Coach/Evaluated by: _____

RED GROUP EVALUATION

Equipment List

Goggles (Quality, NOT Dollar Store)

Kick Board

Fins (recommend Finis Positive Drive Fins)

SWIMMERS MUST COMPLETE THE FOLLOWING SKILLS:

- Swimmer must have one hand on wall and ready to follow directions at all times
- Swimmer must be in ready position prior to go time and streamline off wall
- Swimmer must use correct rotary breathing technique i.e. head down, breath to sides
- Swimmer must be able to follow the pace clock and go times
- Swim all 4 strokes legally for 25 yards
- Swim a legal 100 IM
- Swimmer must be certified in a forward and back start

SWIMMER MUST BE ABLE TO DEMONSTRATE THE FOLLOWING DRILLS:

- Freestyle/Backstroke 3-6-3
- Freestyle/Backstroke EVF Catch-up
- Breaststroke 3-kick, 1 pull
- Dipsy Doo
- Butterfly 1 arm
- Butterfly 3-3-3

SWIMMER MUST BE ABLE TO MEET THE FOLLOWING TIME STANDARD:

- 4 x 50 Yard Free @ 1:30

NOTES: _____

Advance to Blue Group by: _____ Date: _____