



★ BRONZE:

- Can swim 25 yards Freestyle and 25 Backstroke without stopping
- Can swim Freestyle with face in the water
- Maintain streamline off the wall

★ High Bronze

- Can swim 50 yards Freestyle and Backstroke
 - Can complete a flip turn on each
- Can swim 25 yards Breast and Butterfly
- Dive Certified by Coach in Freestyle and Backstroke
- Maintain Backstroke Streamline off wall
- Can swim 100 Individual Medley

★ Silver

- Can do a Breaststroke Pull Out
- Dolphin Kick off walls and starts
- No DQ's
- Performs flip turns for all sets in Practice and Meets
- Can swim a 200 Individual Medley
- Must complete the following set without sitting any out
 - Can swim Set- 10 x 50 freestyle on 1:30

★ High Silver

- Always Does Flip Turns for Practice and Meets
- Can Alternate Breathing in Freestyle
- Can swim 100 of each Stroke with No DQ
- Can complete 500 free without stopping in practice
- Must complete the following set without sitting any out
 - 10 x 50 freestyle on 1:00

★ Gold

- Actively competing in Oak Hill Sponsored Swim Meets (home and away)
- Has the ability to swim any event in a meet if asked by the coach
- Must complete the following set without sitting out
 - 10 x 50 freestyle on 0:45

★ High Gold

- Can swim 200 yards of every event
- Ability to swim 500 yard freestyle in competition
- Ability to swim any event in a meet if asked by coach
- Committing to complete Dryland exercise at home as provided by coach 2-3 days a week.
- Must complete the following set without sitting out
 - 10 x 50 freestyle on the 0:30