

Swimmer's Name: _____

Swimmer's Age: _____

Coaches Recommendation (circle one):			Coach's Initial:		
LTS	Junior Wave	Developmental 1	Developmental 2	Developmental 3	
Age Group 1	Age Group 2	Age Group 3	National Development		
STROKE	SKILLS ASSESSED	HAS IT	NEEDS WORK	NOT CORRECT	NOTES
FREESTYLE / FRONT CRAWL	Streamlines underwater off walls				
	Uniform hip/shoulder rotation				
	ROTARY ARMS WITH SIDE BREATHING				
	Fingers closed when pulling				
	Catches water in front of head				
	Stroke finished at or past hip line				
	FLUTTER KICK DURING STROKES/BREATHS				
	Flip turns at the wall				
BACKSTROKE	Streamlines underwater off walls				
	Uniform hip/shoulder rotation				
	ROTARY ARMS				
	Fingers closed when pulling				
	Head back with ears in the water				
	Stroke finished at or past hip line				
	FLUTTER KICK DURING STROKES				
	MAINTAINS FLAT BODY POSITION WHILE ON BACK				
BREASTSTROKE	Streamlines underwater off walls				
	Performs breaststroke pullout sequence underwater				
	CORRECT WHIP KICK MOTION				
	HANDS AT/ABOVE BREASTBONE DURING PULL PHASE				
	Takes a breath during each stroke cycle				
	CORRECT TIMING: PULL-BREATHE-KICK-STRETCH				
	Two hand touch on turns and finishes				
BUTTERFLY	Streamlines underwater off walls				
	Dolphin kicks UW with streamline before pulling				
	CORRECT DOLPHIN KICK MOTION DURING ARM CYCLES				
	BOTH ARMS CLEAR THE SURFACE ON RECOVERY AT THE SAME TIME				
	TIMING - 2 KICKS PER ARM CYCLE, HEAD IN BEFORE HANDS ENTER				
	Uses hips well during the stroke				
	Two hand touch on turns and finishes				
STARTS & KICKING	Head first entry from the side in streamline				
	Head first entry from the block in streamline				
	Flutter kicking on front using board or in streamline				
	Dolphin kicking on front using board or in streamline				
	Flutter kicking on back using board or in streamline				
	Dolphin kicking on back using board or in streamline				
	Whip kick on front or back using board or in streamline				

**** Skills in bold are the minimum standard for successful completion of a particular stroke/skill. For Developmental levels 1-3, successful completion of three (3) out of four (4) strokes and kicking criteria is required for team membership. For Age Group levels 1-3 successful completion of all four strokes and kicking criteria is required for team membership.