

# Sea Serpents Criteria to complete Group 1

Swimmer's Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Training

- 6 x 50s Free @ 1:10
- 6 x 50s kick @1:30
- Able to complete a 10-minute swim non-stop and keep track of their laps

## Technique Progression

- Can maintain stroke technique during practice
- Understands drills are done SLOWLY and done to help change swim technique
- Understands distance per stroke (by counting strokes per lap)

## Stroke Progression

- Streamlines past flags and off walls
- Executes legal finishes
- Knows 1 drill per stroke and their purpose

## Freestyle

- Executes flip-turns
- Executes proper side kicking with head and arm position

## Backstroke

- Executes flip-turns
- Executes proper arm pull during the entire stroke
- Holds streamlines off all walls

## Breaststroke

- Able to perform correct timing (pull/breathe/kick/glide)
- Performs basic pull-downs (without the competitive dolphin kick)

## Butterfly

- Understands and performs "pressing" technique and drill
- Performs proper rhythm (arms and kick)

## Individual Medley

- Knows "IM order"
- Executes proper turns/transitions: Fly/Back, Back/Brst, Brst/Free

## Character Development

- Swimmer is prepared to make 3 practices per week commitment
- Understands interval keeping, can keep track of set, :60, :45, :30, 1:05 etc.
- Starts and finishes to the wall (no walking on the bottom or stopping)
- Completes all sets given by coach start to finish
- Gives the coach their undivided attention, while receiving instructions
- Accepts stroke technique from coach and makes appropriate changes
- Puts away all equipment

## Competitive Progression

- Participates in all required team meets for skill/stroke development
- Participates in Swim-for-Funds

Promoted to Group 2: \_\_\_\_\_

Dues are: **\$150.00** per month.

Current Group 2 practice schedule: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Please return this form to your coach*