

Sea Serpents Criteria to complete Jr Serpents

Swimmer's Name: _____

Date: _____

Training

- Able to complete 100 yards of Freestyle nonstop

Stroke Progression

- Pushes off walls correctly (sink/streamlin/push) and streamlines to flags

Freestyle & Backstroke

- Performs 3 underwater dolphin kicks off the wall in streamline
 Freestyle breakouts are with bottom hand and first 2 strokes without breathing
 Uses bi-lateral side breathing (hold/bubbles/breathe) on freestyle
 Proper head position (not too high or low)
 Demonstrates shoulder/hip rotation
 Demonstrates elbow position during pull
 Flutter kicking from the hips (straight legs & floppy feet)

Breaststroke

- Head position is submerged during glide and streamlines
 Hand position during pull phase and reach phase (thumbs up/thumbs down)
 Wrists don't bend at anytime during pull phase
 Able to perform correct timing (pull/breathe/kick/glide)
 Feet flexed during kick phase, pointed during glide phase
 Completes laps with 2 hand touches

Butterfly

- Performs underwater dolphin kicks off walls
 Proper head position during breathing (not too high & out in front)
 Swims with proper dolphin kick, 2-beat, feet together
 Completes laps with 2 hand touches

Character Development

- Listens to instructions
 Follows group rules and coaches rules
 Demonstrates circle-swimming when sharing lanes with teammates
 Keeps track of lap counts/repetitions for the sets
 Recognizes intervals (pace clock) for sets can do 1:00min intervals
 Puts away borrowed equipment at the end of practice

Competitive Progression

- Participates in SSS hosted meets to demonstrate stroke development
 Participates in Swim-for-Funds

Promoted to Group 1: _____

Dues are: **\$140.00** per month.

Current Group 1 practice schedule: _____

Parent signature: _____

Date: _____

Please return this form to your coach