

## Sea Serpents Criteria to complete Pre-Team

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

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

### Water Safety

- Floats on back continuously
- Can safely get to any wall

### Training

- Able to complete 25 yards without touching walls/lanelines

### Stroke Progression

- Holds streamline 25 yards
- Floats on stomach & back for at least 5 seconds

### Freestyle

- Streamline freestyle kick 25-yards
- Catchup drill with hand-tag
- Completes laps with 1 hand finish
- Side-breathing (bubble-arm/breathing-arm)

### Backstroke

- Backstroke kick 25-yards
- Starts each lap from their back
- Straight arms over head and pulls underwater
- Stays on their back the full 25-yards

### Butterfly

- Able to pushoff walls in streamlined dolphin kick
- Arms move together over head
- Feet stay together full 25 yard dolphin kick

### Character Development

- Follow group rules
- Waits for teammates to finish
- Follows coach instructions
- Puts away borrowed equipment at the end of practice
- Knows to stay in their lane

### Competitive Progression

- Participates in practice meets to demonstrate stroke development
- Participates in Swim-for-Funds

Promoted to Junior Serpents: \_\_\_\_\_

Dues are: **\$120.00** per month.

Current Junior Serpent practice schedule: \_\_\_\_\_

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

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

*Please return this form to your coach*