

Mini Piranhas Check List

Name: _____

In order to move up to Big Fish 1, swimmers must check each box.

Butterfly

- Can keep feet together
- Has general undulation motion
- Can kick on top of the water for 25 M

Backstroke

- Can keep head still for 25 M
- Can keep hips on top of water
- Can kick consistently in a streamline for 25 M
- Can recover with straight arms over top of the water

Breaststroke

- Has a general whip kick (heels up, toes out, push back)
- Has basic breaststroke arms action (scoop it, eat it, go back for more)
- Breathes every stroke

Freestyle

- Can kick consistently for 25 M
- Has grasp of side glide
- Can swim with head still for 25 M

Swimmers must also be able to

- Push off in a streamline and glide
- Swim consistently for 25 M
- Show respect towards teammates, coaches and themselves