

Big Fish 2 Check List

Name: _____

In order to move up to Junior Splash swimmers must check each box.

Butterfly

- Can kick at the top and bottom of the stroke
- Can swim consistently for 25 M
- Breathes forward
- Touches the wall with two hands

Backstroke

- Can continuously kick and rotate side to side for 50 M
- Can swim and rotate to both sides continuously for 50 M
- Can perform a backstroke flipturn
- Can swim with head still for 50 M

Breaststroke

- Arms and legs are timed together
- Breath is timed in every stroke
- Glides for 1-2 seconds
- Touches the wall with two hands

Freestyle

- Can continuously kick and rotate side to side for 50 M
- Can breathe sideways and continue to swim
- Can swim consistently for 100 M

Swimmers must also be able to

- Swim consistently for 100 M
- Dive off the blocks
- Do a proper underwater rules past 5 M
- Show respect towards teammates, coaches and themselves