

Swimmer Name: _____
 Instructor: _____
 Day: _____ Time: _____

Level 4: Distance, Competitive, IM

Front Crawl 20 meters with bilateral	Completed:	
Face down: <input type="checkbox"/> Breaths to side: <input type="checkbox"/> Head not lifting: <input type="checkbox"/> Body straight: <input type="checkbox"/> Legs kicking: <input type="checkbox"/> Hips rotating: <input type="checkbox"/>		
Notes:		

Back Crawl 20 meters with body in soldier	Completed:	
Arms straight: <input type="checkbox"/> Body straight: <input type="checkbox"/> Legs kicking: <input type="checkbox"/> Hips rotating: <input type="checkbox"/> Head still: <input type="checkbox"/> Hips near surface: <input type="checkbox"/>		
Notes:		

3x streamline w/ no kick + ((1 x "11,Y, Eat w/ breath, and Reach")+(1 BR Kick in Position 11))	Completed:	
Steps done slowly: <input type="checkbox"/> 2 distinct events; arms and kick: <input type="checkbox"/> No kick streamline: <input type="checkbox"/> Kick completes while arms stay in Pos. 11: <input type="checkbox"/> Elbows do not "chicken wing" when moving from "Y" through "Eat": <input type="checkbox"/>		
Notes:		

Streamline + 2 strokes Fly w/ breath on #2	Completed:	
Kick constant: <input type="checkbox"/> legs move together: <input type="checkbox"/> Thumbs point down@water: <input type="checkbox"/> Arms move through "airplane" to get back to position 11: <input type="checkbox"/> Breath at beginning of 2nd stroke, done as arms move up: <input type="checkbox"/>		
Notes:		

Swim 50 meters Front or Back	Completed:	
Done without stopping: <input type="checkbox"/>		
Notes:		

Ready for Developmental Swim	Completed:	
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