



DeMont Family Swim School

www.demontswim.com
520.877.SWIM (7946)

Name _____

Student ID _____

Instructor _____

Progress Report

X = skill mastered / = Working on skill

Hammerhead Junior

Must know the fundamentals of all four competitive strokes. We introduce individual medley and drills for each stroke, and we focus on starting each width with a streamline.

Freestyle

- 1 Consistent/rhythmic side breathing
- 2 Head is still
- 3 Able to do "catch up stroke"
- 4 Able to breathe on both sides
- 5 Strong, consistent kick

Backstroke

- 6 Strong, consistent kick
- 7 Arms: thumb out, pinky in
- 8 Evident shoulder roll
- 9 Correct and consistent arm movement

Butterfly

- 10 Feet together
- 11 Simultaneous arm motion
- 12 Arms: pull to waist underwater
- 13 Two kicks for every pull

Breaststroke

- 14 Correct kicking motion
- 15 Breathes every stroke
- 16 Legs together at end of kick
- 17 Glide in streamline at front of stroke

Other

- 18 Streamline off every wall
- 19 Master concept of circle swimming
- 20 Two widths of every stroke
- 21 Complete one width underwater

Hammerhead Senior

We focus on refining the four competitive strokes and introduce pace work. We also work on multiple individual medleys with correct strokes and turns

Freestyle

- 1 Arms fully extended at beginning of pull
- 2 Consistent use of freestyle flip turns
- 3 Mastered breathing patterns
- 4 Finishes stroke to the end

Backstroke

- 5 Consistent shoulder roll with deep pull
- 6 Six beat kick
- 7 Proper backstroke head position
- 8 Backstroke streamline underwater off the wall

Butterfly

- 9 Arms recover out of the water
- 10 Arms fully extended at beginning of pull
- 11 Breathe every other butterfly stroke
- 12 Understands and demonstrates butterfly rhythm

Breaststroke

- 13 Breaststroke "whip kick" accelerates body
- 14 Breathe at start of pull
- 15 Keeps hands in front of elbows during breaststroke
- 16 Demonstrates underwater breaststroke pullout

Other

- 17 Able to swim multiple I.M.'s with correct strokes
- 18 Able to vary amounts of effort (pace work)
- 19 Knows equivalent distances ("25" = 1 lap, "50" = 2 laps)
- 20 Attempts to do correct turns
- 21 Correct turns and finishes on all strokes

Recommended Level: _____

Today's Date: _____