

Swimmer Name: \_\_\_\_\_ Age: \_\_\_\_\_ New or Returning Coach: \_\_\_\_\_ Proposed Group: \_\_\_\_\_

Stroke	Skills	Notes- 1 Good Comment, 1 Needs Improvement Comment	Est. Group
Freestyle Length: Time:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Breathing on side <input type="checkbox"/> Rotation/Alignment <input type="checkbox"/> Streamline w/dolphin <input type="checkbox"/> Flip turn		
Backstroke Length:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Streamline w/dolphin <input type="checkbox"/> Rotation/Alignment <input type="checkbox"/> Flip turn		
Breaststroke Length:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Streamline/Pull Down <input type="checkbox"/> Proper kick (no scissor kick) <input type="checkbox"/> Correct timing		
Butterfly Length:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Streamline w/dolphin <input type="checkbox"/> Proper Kick (no scissor kick) <input type="checkbox"/> Synchronized arms		
Starts	<input type="checkbox"/> Block or Side <input type="checkbox"/> Streamline entry		

Swimmer Name: \_\_\_\_\_ Age: \_\_\_\_\_ New or Returning Coach: \_\_\_\_\_ Proposed Group: \_\_\_\_\_

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Freestyle Length: Time:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Breathing on side <input type="checkbox"/> Rotation/Alignment <input type="checkbox"/> Streamline w/dolphin <input type="checkbox"/> Flip turn		
Backstroke Length:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Streamline w/dolphin <input type="checkbox"/> Rotation/Alignment <input type="checkbox"/> Flip turn		
Breaststroke Length:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Streamline/Pull Down <input type="checkbox"/> Proper kick (no scissor kick) <input type="checkbox"/> Correct timing		
Butterfly Length:	<input type="checkbox"/> Confidence (no stopping) <input type="checkbox"/> Streamline w/dolphin <input type="checkbox"/> Proper Kick (no scissor kick) <input type="checkbox"/> Synchronized arms		
Starts	<input type="checkbox"/> Block or Side <input type="checkbox"/> Streamline entry		

### Coaches Guide to determine Group.

#### Swimmers 10&U

Ask swimmers to complete a 25 Freestyle. If they are able to complete this, ask them to do a 25 Backstroke. If they are able to complete it, ask them to do a 25 Breaststroke. If they are able to complete it, ask them to do a 25 Butterfly. Once the swimmer has completed these 25s, ask them to do a 25 freestyle for time from a dive (block or side). **IF A SWIMMER HAS NOT USED A BLOCK BEFORE, THEY WILL DIVE OFF THE SIDE.**

#### Swimmers 10&Over

Ask swimmers to complete a 100 IM. If they do not know what an IM is, explain it to them. If a swimmer cannot complete 25s of each stroke, ask them to complete a 25 of freestyle and backstroke. Once they have completed this, ask them to do a 50 FR for time from the starting block. **IF A SWIMMER HAS NOT USED A BLOCK BEFORE, THEY WILL DIVE OFF THE SIDE.**

If a swimmer cannot make it a full 25 without stopping or hanging on the wall, they cannot join. Direct them to **swim lessons** and encourage them to try out next year.

If a swimmer is between 5-12 and can swim a full 25 freestyle, and complete at least a partial 25 backstroke, they will be placed in **Bronze**.

If a swimmer is between 5-12 and can swim a full 25 freestyle, 25 backstroke, legal 25 breaststroke or legal 25 butterfly, they will be placed in **Silver**.

If a swimmer is between 9-18 and can swim a 100 IM but need to stop between 25s, if they do not meet the skills listed on the try out sheet, they will be placed in **Gold**.

If a swimmer is 11-18, and can swim a 100 IM consecutively and legally with confidence, and a 50 freestyle under :35, they will be placed in **Platinum**.

### Coaches Guide to determine Group.

#### Swimmers 11&U

Ask swimmers to complete a 25 Freestyle. If they are able to complete this, ask them to do a 25 Backstroke. If they are able to complete it, ask them to do a 25 Breaststroke. If they are able to complete it, ask them to do a 25 Butterfly. Once the swimmer has completed these 25s, ask them to do a 25 freestyle for time from a dive (block or side). **IF A SWIMMER HAS NOT USED A BLOCK BEFORE, THEY WILL DIVE OFF THE SIDE.**

#### Swimmers 11&Over

Ask swimmers to complete a 100 IM. If they do not know what an IM is, explain it to them. If a swimmer cannot complete 25s of each stroke, ask them to complete a 25 of freestyle and backstroke. Once they have completed this, ask them to do a 50 FR for time from the starting block. **IF A SWIMMER HAS NOT USED A BLOCK BEFORE, THEY WILL DIVE OFF THE SIDE.**

If a swimmer cannot make it a full 25 without stopping or hanging on the wall, they cannot join. Direct them to **swim lessons** and encourage them to try out next year.

If a swimmer is between 5-10 and can swim a full 25 freestyle, and complete at least a partial 25 backstroke, they will be placed in **Bronze**.

If a swimmer is between 5-10 and can swim a full 25 freestyle, 25 backstroke, legal 25 breaststroke or legal 25 butterfly, they will be placed in **Silver**.

If a swimmer is between 9-18 and can swim a 100 IM but need to stop between 25s, if they do not meet the skills listed on the try out sheet, they will be placed in **Gold**.

If a swimmer is 11-18, and can swim a 100 IM consecutively and legally with confidence, and a 50 freestyle under :35, they will be placed in **Platinum**.