



PROGRESS CARD

Instructor: Missy

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MISSY

has completed Flying Fish – Level 7

INSTRUCTOR'S FEEDBACK

Missy has been an outstanding swimmer this session and has completed Flying Fish – Level 7. She is very proficient at performing front crawl. Missy should practice kicking with pointed toes and straight legs to develop a propulsive flutter kick. She has a very well developed flutter kick technique. Keep up the excellent work next season.

SKILLS

✓ Flying Fish level is complete

Stroke Refinement

- ✓ Surface dive and retrieve object
- ✓ Freestyle kick 150 yards without stopping
- ✓ Freestyle kick 200 yards without stopping
- ✓ Freestyle swim 150 yards with flip turns
- ✓ Backstroke swim 100 yards with flip turns
- ✓ Breaststroke kick 75 yards
- ✓ Breaststroke kick 100 yards
- ✓ Breaststroke swim 25 yards
- ✓ Breaststroke swim 50 yards with proper turns
- ✓ Butterfly kick 25 yards
- ✓ Butterfly kick 50 yards
- ✓ Butterfly swim 25 yards
- ✓ Individually Medley kick 100 yard-(25 yards each in order-butterfly, backstroke, breaststroke, & freestyle)

Deep Water Skills

- ✓ Treading water 2 minutes
- ✓ Surface dive feet first
- ✓ Surface dive head first

Diving Skills

- ✓ Kneeling Dive
- ✓ Standing Dives from side
- ✓ Standing Dive off diving block
- ✓ Competitive Dive
- ✓ Standing dive off side of pool and glide to flag
- ✓ Standing dive off block and glide to flag

Swimmer's Personal Growth

- ✓ Is confident in the pool
- ✓ Listens to instructions & follows directions
- ✓ Works hard during class to improve stroke technique
- ✓ Accepts constructive suggestions and makes those changes

Next Session is Spring 2023 - April 3 to June 4. Missy will swim in Shark – Level 8 level class next swim session. Keep practicing your swimming and we hope to see you in the pool.