



PROGRESS CARD

Instructor: Missy

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MISSY

has completed Shark – Level 8

INSTRUCTOR'S FEEDBACK

Missy has been a great swimmer this session and has successfully completed Shark – Level 8. She is very proficient at performing front crawl. Missy should continue to develop her endurance to prepare for and exceed levels' endurance requirements. She is able to move very quickly through the water with flutter kick. Way to go Missy! Have fun in your next swim level.

SKILLS

✓ Shark level is complete

Stroke Refinement

- ✓ Surface dive and retrieve objects
- ✓ Freestyle kick 250 yards
- ✓ Freestyle kick 500 yards
- ✓ Freestyle swim 200 yards with flip turns
- ✓ Backstroke swim 200 yards with flip turns
- ✓ Breaststroke kick 300 yards
- ✓ Breaststroke swim 100 yards swim with proper turns
- ✓ Butterfly kick 100 yards
- ✓ 50 yards butterfly swim
- ✓ 100 yards individually medley (IM) swim with turns
- ✓ Increase stroke speed and endurance

Deep Water Skills

- ✓ Treading water 2 minutes with no arms

- ✓ 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.