



## **Aquatics Athlete Skills Stroke Development Assessment**

Athlete Name \_\_\_\_\_ Start Date \_\_\_\_\_  
Coach Name \_\_\_\_\_

### **Instructions**

1. Use tool at the beginning of the training/competition season to establish a basis of the swimmer's starting skill level.
2. Have the swimmer perform the skill several times.
3. If the athlete performs the skill correctly three out of five times, check the box next to the skill to indicate that the skill has been accomplished.
4. Intersperse assessment sessions into your program.
5. Swimmers may accomplish skills in any order. Swimmers have accomplished this list when all possible items have been achieved.

### **Freestyle**

- Makes an attempt to swim on front
- Performs freestyle in waist-deep water
- Performs freestyle using flutter kick for 15 meters
- Performs freestyle with periodic breathing for 15 meters
- Performs freestyle with rhythmic breathing for one pool length

### **Freestyle Start**

- Makes an attempt to start from in the pool
- Performs a proper start in the pool
- Performs proper start standing on the pool edge
- Performs proper start using a starting block
- Continues to swim a proper freestyle stroke after starting from the block

### **Freestyle Turn**

- Makes an attempt to turn around without stopping
- Performs an open turn in waist-deep water
- Performs an open turn, after swimming freestyle, without stopping
- Performs a flip turn in waist-deep water
- Performs a flip turn, swimming freestyle for 15 meters
- Performs two flip turns in a row after swimming two pool lengths



### **Backstroke**

- Makes an attempt to swim on back
- Performs backstroke in waist-deep water
- Performs backstroke for 15 meters
- Performs backstroke correctly for a distance of one pool length

### **Backstroke Start**

- Makes an attempt to start on back
- Performs backstroke start, holding the side of pool with one hand
- Performs backstroke start while facing the starting end, both hands on a starting block
- Performs the correct backstroke start and swims one pool length

### **Backstroke Turn**

- Makes an attempt to turn on back
- Performs backstroke turn - assisted
- Performs backstroke turn in chest-deep water – independent
- Performs backstroke turn and continues to swim for one pool length

### **Breaststroke**

- Makes an attempt to swim breaststroke on front
- Performs breaststroke in waist-deep water
- Performs breaststroke using correct breaststroke kick for 15 meters
- Performs breaststroke with rhythmic breathing for 15 meters
- Performs breaststroke with rhythmic breathing for one pool length

### **Breaststroke Turn**

- Makes an attempt to do a breaststroke turn without stopping
- Performs breaststroke turn in waist-deep water
- Performs breaststroke turn after swimming for 15 meters
- Performs two breaststroke turns in a row after swimming two pool lengths

### **Butterfly**

- Makes an attempt to swim butterfly on front
- Performs butterfly in waist-deep water
- Performs butterfly using dolphin kick for 15 meters
- Performs butterfly with rhythmic breathing for 15 meters
- Performs butterfly with rhythmic breathing for one pool length

### **Butterfly Turn**

- Makes an attempt to do a butterfly turn without stopping
- Performs butterfly turn in waist-deep water
- Performs a butterfly turn after swimming butterfly without stopping
- Performs a butterfly after swimming for 15 meters
- Performs two butterfly turns in a row after swimming two pool lengths