

Advancement Goals

STATION ① Bubbles

1. 10 Relaxed bobs

STATION ② Floats and Glides

2. Front Glide and recover - 5 seconds
3. Back Glide and recover - 5 seconds

STATION ③ Kicking

4. Front Kick - 15 feet
5. Back Kick - 15 feet

STATION ④ Crawl Stroke

6. Side Glide Kick - 20 feet
7. Crawl Stroke - 20 feet no breathing

STATION ⑤ Freestyle

8. Crawl Stroke with breathing with a minimum of 4 breaths

STATION ⑥ Backstroke

9. Swim Freestyle - 75 feet
10. Swim Backstroke - 30 feet
11. Tread Water for 1 minute

STATION ⑦ Breaststroke & Butterfly

12. Swim Freestyle - 50 yds
13. Swim Backstroke - 25 yds
14. Kick Breaststroke - 20 feet

STATION ⑧ Turns

15. Swim Freestyle - 100 yds using bi-lateral breathing
16. Swim Breaststroke - 25 yds
17. Swim Butterfly - 30 feet

STATION ⑨ Lifetime Strokes

18. Swim Freestyle - 200 yds using bi-lateral breathing for one continuous 50
19. Swim Butterfly - 25 yds
20. Swim Breaststroke - 50 yds
21. Swim Elementary Backstroke - 50 yds
22. Swim Sidestroke - 50 yds

STATION ⑩ Individual Medley

23. Swim 300 yds Freestyle
24. Swim 100 yds Backstroke
25. Swim 100 yds Individual Medley

TRUTHFULNESS

The successful athlete must be truthful with himself, with those who are there to help him achieve his goals, and with his teammates. Most of all, he must be truthful about his successes and failures, for only by being truthful here can he hope to achieve his full potential as an athlete and as a person.

COURAGE

Courage is the ability to keep your composure in competition when it would be easier to fall apart. It is the fortunate athlete who has the ability to maintain composure in the face of extremely stiff competition or when competing in a hostile environment.

SUCCESS

Success is achieving one's highest potential. It is a combination of determination, rigorous training, coachability and experience. And, by improving each day, one can go from success to success. However, success is seldom achieved alone and failure is seldom the fault of others.

PERSISTENCE

All athletes lose, but the athlete who fails is he who does not rise again and again and again. And, this is persistence; having the determination to turn every loss into a victory by standing back up with a renewed commitment to win the next time.

DIGNITY

Any good athlete with the talent and determination to succeed will win. But it requires character to win with dignity just as it requires character to lose with dignity. This is something more than ability, it is the essence of sportsmanship.