



DeMont Family Swim School

www.demontswim.com
520.877.SWIM (7946)

Name _____

Student ID _____

Instructor _____

Progress Report

X = skill mastered / = Working on skill

Hammerhead 1

Must know the fundamentals of all four competitive strokes. We introduce individual medley and drills for each stroke, and we focus on starting each width with a streamline.

- 1 Butterfly feet together
- 2 Simultaneous butterfly arm motion
- 3 Strong consistent backstroke kick
- 4 Backstroke thumb out, pinky in
- 5 Correct breaststroke kicking motion
- 6 Breaststroke - breathe every stroke
- 7 Consistent freestyle side breathing
- 8 Freestyle head is still
- 9 Complete one width of every stroke
- 10 15 widths of freestyle within 5 minutes
- 11 Streamline off every wall
- 12 Master concept of circle swimming

Hammerhead 2

We focus on improving all four competitive strokes through different stroke drills and an introduction to pace clock use. We also focus on improving endurance

- 1 Butterfly - Pulls to waist underwater
- 2 Two kicks for every butterfly pull
- 3 Evident backstroke shoulder roll
- 4 Backstroke correct and consistent arm movement
- 5 Legs together at end of breaststroke kick
- 6 Glide in streamline at front of breaststroke stroke
- 7 Freestyle - Ability to breath to both sides
- 8 Strong consistent Freestyle kick
- 9 Two widths of every stoke
- 10 20 widths of freestyle within 5 minutes
- 11 Complete one width underwater
- 12 Introduced to use of pace clock

Hammerhead 3

We focus on refining the four competitive strokes and introduce pace work. We also work on multiple individual medleys with correct strokes and turns

- 1 Butterfly arms recover out of the water
- 2 Butterfly arms fully extended at beginning of pull
- 3 Consistent backstroke shoulder roll with deep pull
- 4 Six beat kick during backstroke
- 5 Breaststroke whip kick accelerates body
- 6 Breath at start of breaststroke pull
- 7 Demonstrate kicking patterns during freestyle
- 8 Arms fully extended at beginning of freestyle pull
- 9 Able to swim multiple I.M.s with correct strokes
- 10 25 widths of freestyle within 5 minutes
- 11 Able to vary amounts of effort (pace work)
- 12 Know equivalent distances (a 25= 1 length, a 50= 2 lengths, etc.)

Hammerhead Seniors

This is a pre-competitive swim program with coaching done from the pool deck that is open to any student that is a Hammerhead 2 or stronger. We focus on technique, endurance, proper turns, finishes, and interval training using the pace clock.

- 1 Understands the rhythm of the butterfly stroke
- 2 Breaths every other butterfly stroke
- 3 Proper backstroke head position
- 4 Backstroke streamline underwater off the wall
- 5 Keep hands in front of elbows during breaststroke
- 6 Demonstrate underwater breaststroke pullout
- 7 Consistent use of freestyle flip turns
- 8 Demonstrates freestyle breathing patterns
- 9 Attempt correct turns
- 10 Complete 10 lengths of freestyle within 5 minutes
- 11 Correct turns and finishes on all strokes
- 12 Interval training using pace clock

Recommended Level: _____

Today's Date: _____