

## Sting Ray Skills (Level 6)



### Blue Card

- \_\_\_\_\_ Front Crawl 75 yards
- \_\_\_\_\_ H.E.L.P. position (2 min)
- \_\_\_\_\_ Huddle position (2 min)

### GOAL

- \_\_\_\_\_ Front crawl 100 yds

### Blue Card

- \_\_\_\_\_ Elementary Back Stroke 75 yards
- \_\_\_\_\_ Back float in deep water (5 min)
- \_\_\_\_\_ Treading water, legs only (2 min)

### GOAL

- \_\_\_\_\_ Elem Backstroke 100 yds

### Blue Card

- \_\_\_\_\_ Breaststroke Kick with kickboard 25 yards
- \_\_\_\_\_ Breaststroke Arms with pull buoy 25 yards
- \_\_\_\_\_ Breaststroke open turn push off into a streamline position
- \_\_\_\_\_ Surface dive & retrieve object from deep water

### GOAL

- \_\_\_\_\_ Breaststroke 50 yds

### Blue Card

- \_\_\_\_\_ Back Crawl Kick with kickboard 25 yards
- \_\_\_\_\_ Back Crawl Arms with pull buoy 25 yards
- \_\_\_\_\_ Back Crawl flip turn, push off into a streamline position
- \_\_\_\_\_ Survival float (5 min)

### GOAL

- \_\_\_\_\_ Back Crawl 50 yds

### Blue Card

- \_\_\_\_\_ Butterfly Kick with kickboard 25 yards
- \_\_\_\_\_ Butterfly Arms with pull buoy 25 yards
- \_\_\_\_\_ Butterfly open turn, push off into a streamline position

### GOAL

- \_\_\_\_\_ Butterfly 50 yds

### Blue Card

- \_\_\_\_\_ Sidestroke Kick with kickboard 25 yards
- \_\_\_\_\_ Sidestroke Arms with pull buoy 25 yards
- \_\_\_\_\_ Sidestroke open turn
- \_\_\_\_\_ Safety rules

### GOAL

- \_\_\_\_\_ Sidestroke 50 yds

### EXIT SKILLS:

- \_\_\_\_\_ 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- \_\_\_\_\_ 2. Jump into deep water, perform a survival float for 5 min., roll onto back and perform a back float for 5 minutes.
- \_\_\_\_\_ 3. Perform a feet-first surface dive, retrieve an object from deep water, return to the surface and return to starting point.

\_\_\_\_\_ **Congratulations! You Completed Personal Water Safety Level**

### Sting Ray Front Crawl Stroke Performance Criteria

|                    |  |
|--------------------|--|
| Body Position      | Body is nearly horizontal to the surface in a streamlined position; body roll is a fluid motion (head, trunk and legs are aligned).  |
| Arms               | Above-water recovery with arm bent at elbow; arm relaxed as hand moves toward the head; arm extends fully in coordination with body roll; elbow and hand move just outside the shoulders as the arm travels straight backward; palm presses toward feet until arm reaches full extension during finish |
| Legs               | Continuous kicking that starts from the hips; ankles and knees extended but not rigid; feet remain below the surface (heels just break the surface).   |
| Breathing & Timing | Exhale under water before the next breath during the power phase; head remains in line with the body (minimal head movement); alternate side breathing preferred.  |

### Sting Ray Elementary Backstroke Stroke Performance Criteria

|                    |  |
|--------------------|--|
| Body Position      | Body is nearly horizontal to the surface with arms at side during glide; chin up; ears in the water.   |
| Arms               | Arms extend at or slightly above the shoulder level with hands no further than top of head; fingers lead arm extension; palms face toward feet; elbows extend as palms push backward and inward, stopping at the hips. |
| Legs               | Heels drop by bending knees; ankles bend to 90 degrees and rotate outward with toes wider than heels of the feet; knees and ankles fully extending at the end of the power phase.                                      |
| Breathing & Timing | Rhythmic breathing pattern (inhale during recovery and exhale during power phase); arm recovery begins slightly before leg recovery; arm and leg power phase begins simultaneously; extended glide after power phase.  |

### Sting Ray Breaststroke Stroke Performance Criteria

|                    |  |
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| Body Position      | Body is nearly horizontal to the surface and streamlined during glide position.  |
| Arms               | Arms sweep outward from the glide position (arms extended narrower than shoulder width); bend at elbows increase as hands move toward chest; elbows remain high throughout the pull; hands come together at the midline under the chin; arms extend forward to a glide position. |
| Legs               | Heels drawn toward buttocks; heels remain under water; ankles rotate outward with toes wider than heels; knees and ankles fully extend at end of power phase.  |
| Breathing & Timing | No delay from finish into recovery; face and head submerge during arm recovery; kick and glide; exhale under water (pull and breath, kick and glide)   |

### Sting Ray Back Crawl Stroke Performance Criteria

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| Body Position      | Body is nearly horizontal to surface in a streamlined position; head is still and aligned with body, no side-to-side movement; body roll is a fluid motion (head, trunk and legs are aligned)  |
| Arms               | Above-water recovery (arms straight at elbow; hands enter just outside shoulder in coordination with body roll; hand enters little finger first reaching downward with elbow bent; fingertips pointing away from the body to the side; hand follows a straight path toward the feet; arm fully extended at elbow for the finish. |
| Legs               | Continuous kicking that starts from the hips and propels swimmer forward using a 2-to-6-beat kick; feet remain below the surface.  |
| Breathing & Timing | Rhythmic breathing pattern (inhales as one arm recovers and exhale as the other arm recovers; arms in continuous opposition) no hesitation at finish   |

### Sting Ray Butterfly Stroke Performance Criteria

|               |   |
|---------------|---|
| Body Position | Body is nearly horizontal to the surface in a streamlined position. |
|---------------|---|

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|--------------------|--|
| Arms               | Above-water arm recovery little or no bend in the elbows; hands enter thumb side first in front of or slightly outside the shoulders; arms extend and hands accelerate and press back past hips.   |
| Legs               | Legs can separate slightly at knees during kick (no flutter kick motion); legs extend during downbeat; legs straighten with ankles relaxed during upbeat; heels just break the surface.  |
| Breathing & Timing | Forward rhythmic breathing pattern on stroke each cycle; inhalation during face lift and arm recovery and exhalation during underwater arm pull; pivoting, up and down body action paired with arm action and two dolphin kicks; face exits water before the arms and reenter the water before the arms. |

### Sting Ray Sidestroke Stroke Performance Criteria

|                    |  |
|--------------------|--|
| Body Position      | Body is nearly horizontal to the surface and streamlined during the glide position; hips and shoulders aligned; bottom ear and lower face in water.  |
| Arms               | <p>Leading arm: hand remains below the surface; palm angled down and slightly outward; elbow bends and hand sweeps slightly downward and slightly backward toward the feet; pull ends at upper chest; shoulder rotates and elbow drops; fingers lead arm extension as the hand passes the ear and the arm rotates so palm faces down; arm is parallel to and below the surface, inline with head, trunk and legs.</p> <p>Trailing arm: hand remains below the surface of the water; palm presses downward and slightly backward at the beginning of the catch and continues backward throughout the pull; forearm travels along the midline close to the body during recovery.</p> |
| Legs               | Scissors kick on both sides; knees and hips bend, pulling heels toward buttocks; legs remain close together as knees bend; ankle of top leg begins the power phase in a bent position and extends as the leg returns to the glide position; ankle of the bottom leg remains extended with the toes pointed throughout the power phase.   |
| Breathing & Timing | Regular breathing pattern (inhale during leg recovery and exhale during power phase of the kick); arms alternate; recovery phase of kick occurs during leading arm pull and trailing arm recovery; extended glide after power phase.   |