

Sail Fish Skills (Level 6)



Blue Card

- ____ Fitness programming & training techniques water
- ____ Using a pace clock
- ____ Uses paddles with front crawl 25 yards
- ____ Swimming etiquette (circle swimming)

GOAL

____ Cooper Pre-assessment: _____

Blue Card

- ____ Open turn and flip turn on front, push off into a streamline position
- ____ Front Crawl 50 yards using a pull buoy
- ____ Front Crawl kick 50 yards using fins

GOAL

____ Front crawl 100 yds

Blue Card

- ____ Calculate target heart rate
- ____ Elementary Back Stroke 75 yards

GOAL

____ Elem Backstroke 100 yds

Blue Card

- ____ Breaststroke Kick with kickboard 25 yards
- ____ Breaststroke using a 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 using fins 25 yards
- ____ Back Crawl with pull buoy 25 yards
- ____ Back Crawl open turn and flip turn, push off into a streamline position

GOAL

____ Back Crawl 50 yds

Blue Card

- ____ Butterfly Kick using fins 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 yd

- EXIT SKILLS:** _____ 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- _____ 2. Perform the Cooper 12-minute swim and compare with pre-assessment.

____ **Congratulations! You Completed Fitness Swimmer Level**

Sail Fish 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.

Sail Fish 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.

Sail Fish Breaststroke Stroke Performance Criteria

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)

Sail Fish Back Crawl Stroke Performance Criteria

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

Sail Fish Butterfly Stroke Performance Criteria

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

Sail Fish 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.