

Shark School Goals					
Skill	Key Points	Yes	No	Notes	
Breaststroke	Legal pull and kick; Kick and pull pattern; Begin working on stroke timing				
Butterfly	Legal pull and kick; Kick and pull pattern; Begin working on stroke timing				
Increased Stamina	Build from 25 yards to some 50s; Occassional 100 yard swim				
Coach on Deck	Comfortable with coach on deck (not in water); Listen and watch coach instructions; Follow coach directions				
Lane Etiquette	Circle swimming; Leaving space between swimmers; Allow faster swimmer to pass/lead				
Pace Clock	Reading 60 and 30; Learn "top" means 60, "bottom" means 30; Leaving 5 seconds apart				
Next Step:	Continue with additional Shark School classes				
	Set up an Evaluation for the Bronze group (swim team)				

Thank you for participating with JAX Shark School! Email jaxswimming@gmail.com or call (731) 300-6478 if you have questions or need help with the next step!

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