

Developmental or Level 4

Date: 2026-02-23 | Group:

Skill: Front crawl side breathing, backstroke, fly kick, breaststroke arms | Total: 600 yards

COACH'S MESSAGE

Make an attempt. You may fail, in fact, you should fail. Then do it again, change something, and do it again. Every attempt and failure is another way to grow.

Warm-up

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1 x 50 Free Kick no board
1 x 100 IM Kick; no board all in soldier
2 x 25 Position 11
    // review all 3 things for SL and Position 11 at start of 25
respectively
    // with FINS
```

Question of the Day

What does "freestyle" mean in competitive swimming?

' Reward: 5 front or back flips

' Consequence: 1 x 50 free kick (flutter) with fins and kick board

Main Set

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// Small group work. Send 1/2 lane to other side of pool with another coach
or instructor.
// Group 1:
    // 3 x SL + 5 FR + 1 breath on stroke 3
// Group 2:
`    // 3 x SL on back; stay in SL and kick to flags

4 x 25 on 1:00: Position 11 for 5 kicks then 1 arm stroke with FINS
    // kick in position 11 for 5 kids, do right arm, hold pos. 11 for 5
more kis, do left arm; repeat

// Challenge 1: Streamline underwater in airplane with no kick. Attempt to
make it to the flags

4 x 25 on 1:00 Backstroke (no fins)

// Small group work. Send 1/2 lane to other side of pool with another coach
or instructor.
// Group 1:
    // 3 x SL underwater with fly kick; attempt to get to the flags
// Group 2:
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` // 3 x SL with no kick. At surface do 2x (11, Eat, 11 w/ no kick)
(arm motion only)

4 x 25 on 1:00 Fly kick with FINS in soldier position (hands by hips).

// Challenge 2: Handstand rewind. Push off the wall and aim at the "T"
mark. Touch the bottom with hands and "rewind" so that your feet touch the
wall where you pushed off remaining in long body "streamline" position.

4 x 25 on 1:00 SL with "flex" feet (no kick) at surface do 1 x (11, eat,
11) then in position 11 do 1 x BR kick; then rest of 25 is free swim.
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COACH ANSWER KEY

Correct: Literally means you can do any stroke or swim; often means front crawl

Wrong: Anything else

Consequence: 1 x 50 free kick (flutter) with fins and kick board

Explanation:

Freestyle means you can do any style swim you want. We mainly mean front crawl because it is the fastest.