Bear River Swimming DAILY Skills Checklist

	Silver Group										Gold Group					Senior Team		
	Ready Position	Streamline to Flags	Power Kick	Breast Pulldowns	Fly & Back - 4 fly kick streamlines	Flip Turns	Breath Every 3	Kick Dominant Free	:10 Apart	Kick w/ both hands on board	Flip Turn w/ Snorkel	Fly & Back - 6 fly kick streamlines	Breath 5 & 7 for Free	Breath Every Other Fly	2 Hand Hits off Walls on Free	Back - Breast Turns	Flip Turns with Board	Fly & Back - 8 fly kick streamlines