

4-H

Swimming Proficiency Program

A Member's Guide

OVERVIEW

The 4-H Swimming Proficiency program helps you learn what you need to know about your 4-H project. You will practice principles for water safety.

There are many resources to help you learn more about your project:

- The University of California Davis has free resources available online by visiting: <http://anrcatalog.ucdavis.edu/4HYouthDevelopment/>. This site lists a variety of project materials and resources recommended for use in your project.
- The Lassen County 4-H Resources and Lending Library at our county 4-H Office includes other books, videos, and reference materials that can be checked out by members and leaders.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- ◆ Level I – “Explorer”, you begin to learn about many different aspects of swimming.
- ◆ Level II – “Producer”, you learn more about your project.
- ◆ Level III – “Consumer”, you become experienced in many aspects of your project.
- ◆ Level IV – “Leader”, allows you to show your own leadership potential.
- ◆ Level V – “Researcher”, you may carry out a demonstration or experiment on some aspect of your project, and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement.

SWIMMING

Level I - Explorer

Date
Completed

1. Demonstrate the back float and hold for fifteen seconds.

2. Demonstrate a simple forward dive from either a kneeling or standing position.

3. Demonstrate the front crawl (freestyle) stroke using the correct side breathing head position and flutter kick for one length of the pool.

4. Demonstrate the backstroke using consistent arm strokes and flutter kick for one length of the pool.

5. Demonstrate the breaststroke using symmetrical frog kick and a regular arm pull for one length of the pool.

6. Demonstrate the butterfly using symmetrical arm pull and correct dolphin kick with feet together for one length of the pool with less than three breathes.

7. Demonstrate an ability to swim in front crawl (freestyle) without regular breaths by swimming one length of the pool with less than three breathes.

8. Demonstrate an ability to swim the underwater dolphin (breath as needed) for one length of the pool.

9. Demonstrate an ability to tread water for thirty seconds in the deep end of the pool.

10. State whether a one or two hand touch is required at the finish of a breaststroke race.

11. State whether a one or two hand touch is required at the finish of a butterfly race.

12. State whether or not a flip turn is a legal turn in a breaststroke race.

13. Should a person ever dive into a pool without knowing beforehand how deep the pool is? Why or why not?

14. If a person fell overboard in the middle of the lake, name two things they could do to keep their head above water.

15. Name the correct order and name of the strokes as they are swum in the IM (Individual Medley) event of a swim competition.

16. Two lengths of a twenty-five yard pool equal how many yards?

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

SWIMMING

Level II - Producer

Date
Completed

1. _____ Demonstrate the ability to swim one hundred yards freestyle without stopping, using a flip turn.
2. _____ Demonstrate the ability to swim one hundred yards backstroke without stopping, using a backstroke slip turn.
3. _____ Demonstrate the ability to swim one hundred yards butterfly without stopping, using the correct hand touch at all turns and finishes.
4. _____ Demonstrate the ability to swim one hundred yards breaststroke without stopping, using the correct two hand touch at all turns, the correct pull down and two hand finish.
5. _____ Demonstrate the ability to swim one length of the pool using the freestyle (crawl) with one breath or less, without a dive.
6. _____ Demonstrate the racing dive from a competition starting block.
7. _____ Demonstrate the ability to swim thirty lengths of the pool without stopping.
8. _____ Demonstrate an ability to swim a two hundred IM without stopping, using strokes in correct order and with legal strokes, touches and turns.
9. _____ Demonstrate an ability to tread water for ninety seconds, keeping the head above water and face out of the water the entire time.
10. _____ Demonstrate the ability to rescue a swimmer in distress using a shepherd's crook and a ring buoy.
11. _____ Participate in Swim Championships by entering and swimming in at least two events.
12. _____ Compose a swim practice which totals fifteen hundred yards using all four strokes in a variety of sets of swimming, kicking and pulling. Present this workout and act as coach while the swim team swims your set, with coaches' supervision.
13. _____ Describe a good breakfast a swimmer might eat before a big swim.
14. _____ Demonstrate the correct water entry and stroke a strong swimmer would use when going to assist a swimmer in deep water.
15. _____ Demonstrate the elementary backstroke and sidestroke.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

SWIMMING
Level III - Consumer

Date
Completed

- _____ 1. Demonstrate the ability to swim one thousand yards (forty lengths) of freestyle without stopping.
- _____ 2. Demonstrate the ability to swim four hundred yards (sixteen lengths) of backstroke without stopping.
- _____ 3. Demonstrate the ability to swim two hundred yards of butterfly without stopping and with legal touches, turns and stroke.
- _____ 4. Demonstrate the ability to swim one length of a twenty-five yard pool without a breath, using any stroke.
- _____ 5. Complete the requirements for certification from the American Red Cross in First Aid.
- _____ 6. Complete the requirements for certification from the American Red Cross in Cardio-Pulmonary Resuscitation (CPR).
- _____ 7. Participate in the swim championships by entering in at least four events and placing in the first, second or third place in at least one event.
- _____ 8. Participate in at least two relay events at the same championship.
- _____ 9. Participate in an open-water swim of at least one mile.
- _____ 10. Create a swim practice totaling at least two thousand yards and swim that practice along with your teammates.
- _____ 11. Participate in at least three swim practices acting as a coach to beginning swimmers, with coaches' supervision.
- _____ 12. Participate in the American Red Cross Lifeguarding course.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

SWIMMING
Level IV - Leader

Date
Completed

- _____ 1. Serve as Junior or Teen leader in this project for one year.
- _____ 2. Prepare teaching materials for use at project meetings.
- _____ 3. Assist younger members in learning and perfecting a particular stroke.
- _____ 4. Speak on a project-related subject before an organization other than your 4-H group.
- _____ 5. Assist younger members in actually learning a specific topic in the project.
- _____ 6. Develop your own special project-related event. Create a plan, chart progress, analyze successes and/or problems and report results.
- _____ 7. Assist a local organization related to your swimming project.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

SWIMMING
Level V - Researcher

Date
Completed

- _____ 1. Report on the results of a demonstration comparing measurable differences in some aspect of your project. (Experiment)
- _____ 2. Prepare a paper of 300 words or more on a topic of your coaches choice and orally summarize it to your project group.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

Certificate of Achievement

This certifies that

has completed the Swimming Proficiency

in Lassen County.

Explorer

Producer

Consumer

Leader

Researcher

Date

Date

Date

Date

Date

Initials

Initials

Initials

Initials

Initials

