

SWIMMING PERFORMANCE CHART

Academic Year: 2024 / 2025

Student Name: _____

Coach/Instructor: _____

Level / Grade: _____

Date of Assessment: _____

SKILL / STROKE	DISTANCE (M)	TIME / RESULT	TECHNIQUE GRADE (1-5)
Primary Strokes			
Freestyle			
Backstroke			
Breaststroke			
Butterfly			
Technical Skills			
Tumble Turn	N/A		
Dive Start	N/A		
Underwater Kick			
Endurance & Stamina			

SKILL / STROKE	DISTANCE (M)	TIME / RESULT	TECHNIQUE GRADE (1-5)
Individual Medley	100m		
Distance Swim	400m		

INSTRUCTOR COMMENTS:

Signature: _____ Generated for Educational Progress Tracking