

# SWIMMING STROKE MASTERY

Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Stroke Type</b>	<b>Body Position</b>	<b>Kick Pattern</b>	<b>Arm Pull</b>	<b>Done</b>
<b>Freestyle</b>	Horizontal / Rotation	Flutter (Continuous)	High Elbow Catch	
<b>Backstroke</b>	Horizontal / Flat	Flutter (Upward)	Pinky Entry / Deep S	
<b>Breaststroke</b>	Undulating / High	Whip Kick	Sculling / Recovery	
<b>Butterfly</b>	Wave Motion	Dolphin (Double)	Keyhole Pattern	

**INSTRUCTOR FEEDBACK & DRILL FOCUS:**