

Guelph Junior Marlins Level 2 8 x 25m Kick Test Results

8 x 25m kick test

- first four are freestyle kick, on front with no board, streamline position
- last four are backstroke, on back with no board, streamline position
- suppose to be on 1min 10sec, but was changed to 2 minutes to accommodate for the speed of the swimmers in the group.

Individual Results:

Jamie:

Freestyle kick:

1. 42secs
2. 45secs
3. 44secs
4. 45secs

Backstroke kick:

5. 44secs
6. 47secs
7. 54secs
8. 40secs

Averages:

Freestyle kick- 44secs

Backstroke kick- 46.25secs

Overall average-45.13secs

Notes: Jamie is an awesome swimmer! Her kick test went very well! She was ready to go and did not complain way to go! Awesome kicks off of the wall.

Vytas:

Freestyle kick:

1. 41secs
2. 55secs
3. 42secs
4. 43secs

Backstroke kick:

5. 44secs
6. 53secs
7. 55secs
8. 50secs

Averages:

Freestyle kick: 45.25secs

Backstroke kick: 50.50secs

Overall average: 47.88secs

Notes: Vytas did an excellent job! He must remember to point his feet and toes when he kicks. I can tell he loves the water but sometimes he goes underwater when a set is being explained, and does not listen. I have mentioned this to him and he has listened and is improving. Way to go!

Olivia:

Freestyle kick:

1. 1 min

2. 1min 10secs
3. 1 min 11secs
4. 1 min 20secs

Backstroke kick:

5. 1 min 10secs
6. 1 min 15secs
7. 1 min 23secs
8. 37secs

Averages:

Freestyle kick: 1 min 10.25secs

Backstroke kick: 1min 6.25secs

Overall average: 1min 8.25secs

Notes: Olivia did a good job! She has a lot of potential but has to gain some more motivation and confidence in her swimming abilities. She is a very bubbly and enthusiastic girl most of the time, however, during the set she complained a lot. But just before the last 25m of kick I told her it was the last one and that we would play a game afterwards and she completed the length in half the previous time. I believe that she needs more motivation to swim well. I will make sure to motivate her more often.

Sara:

Freestyle kick:

1. 1 min
2. 1 min 5secs
3. 1 min 4secs
4. 1 min 5secs

Backstroke kick:

5. 1 min 10secs
6. 1 min 10secs
7. 1 min 12secs
8. 1 min 25secs

Averages:

Freestyle kick: 1min 3.25secs

Backstroke kick: 1min 14.25secs

Overall average: 1min 8.75secs

Notes: Sara's times were very consistent. She did a great job! She needs to remember to keep her feet moving so that her body does not sink so much in the water. This will come with practice. Overall great job!

Note to all swimmers:

Great job everyone! I was really impressed with your overall outcome! You are all great swimmers and I cannot wait to teach you some more fun things!

Note to Parents:

Thank you for bringing the kids to swimming everyday! I really appreciate it! As a swimmer for 13 years I know how much time the parents put into getting their kid(s) to practice and making sure they are ready to go on time. I really appreciate it thank you! I will do my very best to make your kids the best swimmers I can.

Thanks Again!

Jacqueline Clarke