

## REDHEAD SLSC PROFICIENCY 2021/2022

### SWIM COACH TO COMPLETE

I certify that \_\_\_\_\_ (child's name) is able to swim the following distance in the allocated time without stopping/ changing stroke/ putting feet down or holding lane rope.

AGE CATEGORY	REQUIREMENT	COACH SIGNATURE & TIME IF RECORDED
Under 8	25m pool swim Untimed, freestyle	
Under 9	200m pool swim Untimed, continuous freestyle	
Under 10	200m pool swim Untimed, continuous freestyle	
Under 11	200m pool swim Under 6 minutes	
Under 12	200m pool swim Under 5 minutes	
Under 13	200m pool swim Under 5 minutes	
Under 14	200m pool swim Under 5 minutes	

*Coach name:* \_\_\_\_\_

*License number:* \_\_\_\_\_

*Date assessed:* \_\_\_\_\_

*Coach signature:* \_\_\_\_\_