**Mendocino County 4-H Youth Development Program**

**Level IV Swimming Proficiency**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***To obtain Level III Swimming Proficiency, complete 80% of the following items.***

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_\_\_\_ 1. Prepare teaching materials for use at least two project meetings.

\_\_\_\_\_\_\_\_\_\_\_ 2. Assist younger members in learning and perfecting a particular stoke.

\_\_\_\_\_\_\_\_\_\_\_ 3. Speak on a project-related topic before an organization other than your 4-H group.

\_\_\_\_\_\_\_\_\_\_\_ 4. Help younger members by creating a plan to chart their progress, analyze

successes and/or problem areas and report the results.

\_\_\_\_\_\_\_\_\_\_\_ 5. Assist a local organization related to your swimming project. Report your

participation.

\_\_\_\_\_\_\_\_\_\_\_ 6. Create a display to promote the swimming project.

\_\_\_\_\_\_\_\_\_\_\_ 7. Describe the health benefits of participating in a swim program.

\_\_\_\_\_\_\_\_\_\_\_ 8. Report on the results of an experiment that compares measurable differences in

some aspect of your swimming project.

\_\_\_\_\_\_\_\_\_\_\_ 9. Prepare paper of 300 word or more on a topic of your leader’s choice and orally

summarize it to your project group.

**Completion of Level IV Swimming Proficiency**

The member has successfully completed 80% (7 of 9) of the above items.

Member’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Leader’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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