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

**Level II Swimming Proficiency**

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

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

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_\_\_ 1. Describe the different turns used in swimming competitions and which type is used with which stroke.

\_\_\_\_\_\_\_\_\_\_ 2. Demonstrate the elementary backstroke and sidestroke.

\_\_\_\_\_\_\_\_\_\_ 3. Demonstrate the ability to swim one length of the pool using the freestyle (crawl) with one breath or less, without a dive.

\_\_\_\_\_\_\_\_\_\_ 4. Demonstrate an ability to tread water for ninety seconds, keeping the head above water and face out of the water for the entire time.

\_\_\_\_\_\_\_\_\_\_ 5. Demonstrate the ability to swim thirty lengths of the pool without stopping.

\_\_\_\_\_\_\_\_\_\_ 6. Demonstrate the ability to swim thirty lengths of the pool without stopping.

\_\_\_\_\_\_\_\_\_\_ 7. Demonstrate an ability to swim a two hundred IM without stopping, using strokes in

 correct order and with legal strokes, touches and turns.

\_\_\_\_\_\_\_\_\_\_ 8. Demonstrate the ability to tread water for ninety seconds, keeping the head above

 water and the face out of the water the entire time.

\_\_\_\_\_\_\_\_\_\_ 9. Demonstrate the ability to rescue a swimmer in distress using a shepherd’s crook

 and a ring buoy.

\_\_\_\_\_\_\_\_\_10. Participate in a swimming competition by entering and swimming in at least two

 events.

\_\_\_\_\_\_\_\_\_11. Compose a swim practice routine which totals fifteen hundred yards using all for

 strokes in a variety of sets of swimming, kicking, and pulling.

\_\_\_\_\_\_\_\_\_12. Describe a good breakfast a swimmer might eat before a big swim. Describe the

 types of foods that are important to include in such a breakfast.

\_\_\_\_\_\_\_\_\_13. Demonstrate the correct water entry and stroke a strong swimmer would use when

 going to assist a swimmer in deep water.

\_\_\_\_\_\_\_\_\_14. Demonstrate the elementary backstroke and sidestroke.

\_\_\_\_\_\_\_\_\_15. Create and display an exhibit (posters, display that promotes some learned aspect of

 the swimming project.

\_\_\_\_\_\_\_\_\_16. Participate in a community service activity related to the swimming project.

**Completion of Level II Swimming Proficiency**

The member has successfully completed 80%(13 of 16) of the above items.

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

Project Leader’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Revised 2014