

Name _____

Stroke Evaluation

Stroke	1 Beginner, no breathing technique, no hand/leg coordination	2 Intermediate, Some breathing, Knows some technique with hand/leg coordination	3 Advanced Breath Technique majority of time, Hand/leg coordination is proficient.	4 Expert Breath technique constant, Perfect hand/leg coordination.
Front Crawl				
Back Crawl				
Sidestroke				
Elementary Stroke				
Breaststroke				

Notes/Comments/Concerns: