

SWIM CANTERBURY WEST COAST

Event: Heat: Lane:	
Skills To Work On	
This swimmer has been noted as having done something which needs some work to avoid potential future disqualification	
Start	
Started before the starting signal or wasn't still for the start	
Freestyle	
Pulled on the lane ropes	
Swam underwater during the race	
Backstroke	
Turned over off their back before the turn/finish of the race	
Pulled on the lane ropes	
Performed illegal turn	
Breaststroke	
Didn't surface in time after the start	
Swam with an alternating type of kick	
Swam with a dolphin kick	
Swam with legs not on the same plane	
Head not breaking water during each stroke cycle	
Swam with scissors type kick	
Hands went back past the hips during the race	
Swam underwater during the race	
Moved off the breast during the race	
Touched at the turn/finish with one hand	
Touch not simultaneous at Turn or Finish	
Butterfly	
Moved off the breast during the race	
Non synchronous movement of the arms	
Swam with an alternating type of kick	
Swam with a breaststroke kick	
Didn't bring arms forward at the same time	
Didn't bring arms forward OVER the water	
Touched at the tun/finish with one hand	
Touch not simultaneous at Turn or Finish	
Other	
Didn't finish in the same lane as they started	
Didn't swim the entire race distance	
Didn't touch the wall at the turn	
Swam past the 15m mark underwater in F/S, BK/S, BFL/s	
Stood up and walked	

Keep trying because practice makes perfect!!

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