



**TRAIL
LIFE
USA**

Competitive Swimming

Name _____

- ____1. Do the following to learn about competitive swimming:
 - ____a. List at least five safety rules to follow while on the pool deck and while you are swimming.
 - ____b. Explain the etiquette rules for lap swimming.
 - ____c. Explain the importance of warming up and stretching before you swim and cooling down and stretching after you swim.
 - ____d. Explain the rules for each of the four racing strokes (butterfly, backstroke, breaststroke, and freestyle), relays, and the individual medley (IM) including the rules for legal starts, turns, and finishes.
 - ____e. Explain the process for a disqualification during a race.
 - ____f. Describe how events, heats, and lanes are determined based on seeding for timed finals and for preliminary heats.
 - ____g. List the dimensions of an Olympic-sized pool and other lengths that are used in competitive swimming.
 - ____h. Explain the purpose of lane lines, starting blocks, backstroke flags, and the touchpad.
- ____2. Do one of the following:
 - ____a. Explain how competitive swimsuits, goggles and other swim equipment have changed over the years to help athletes improve their time and technique.
 - ____b. Attend or watch a high school or college swim meet.
 - ____c. Attend or watch an international swimming competition.
 - ____d. Read a biography of a famous swimmer.
- ____3. Demonstrate the proper technique for each of the following:



- _____a. Racing starts: forward, backstroke, and relay.
- _____b. Racing turns for butterfly, backstroke, breaststroke, and freestyle.
- _____c. Swimming 50 meters (or 50 yards) of each of the four racing strokes (butterfly, backstroke, breaststroke, and freestyle).
- _____4. Over a period of at least six weeks, participate in at least eighteen practice sessions on different days where a session can be any of the following:
- Team practice for an organized team
 - A professionally coached skills session, lesson, or class
 - Individual swim practice of at least 1800 yards
- _____5. Participate in at least four organized swim meets or competitions and swim in at least two different events in each.

Trail Badge Mentor Signature

Date

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