

Sport-Specific Skill Evaluation Checklist (Swimmers)

Athlete Name

Date

Evaluator

Stroke Technique (Rate 1 = Needs Improvement to 5 = Excellent)

Skill	1	2	3	4	5
Freestyle					
Backstroke					
Breaststroke					
Butterfly					

Starts & Turns

Skill	1	2	3	4	5
Dive Start					
Backstroke Start					
Turns (All Strokes)					
Finishes					

General Skills

Skill	1	2	3	4	5
Streamline					
Breathing Technique					
Endurance					
Speed					
Coachability					

Comments/Recommendations

