SWIMMER	Aadhira Kalra	Soukhya Pasham	Jain, Nina	Sashwat Sivakumar	harita. Nakula	Kambhammettu, Dharsh	Veeravalli, Sai Pranav	
AGE	8	, , , , , , , , , , , , , , , , , , , ,	10	9	14	14	15	
Team Prep Skills								
500 FreeStyle						1	1	
Completed Yardage Without Stopping Did Not Complete Without Stopping	х	x	x	x	x	· · · · · · · · · · · · · · · · · · ·	'	
200 IM	A	A	A		A			
Perfishant in all strokes						I	I	
Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION)	Х	X	X	x	х			
Stroke Development								
Stream line off all wall all strokes	X	I	I	I	Х	I	I	
Timed 50 Free	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
2 Hand touches on Breast and Fly	X X	I	I X	X X	I	l Needs work	I Needs work	
Consistant Flip Turns Fly	X	Х	X	X	Х	Needs work	Needs work	
Arms	I	ı	I	I	Х	1	1	
Simultaneous Kick	I	X	I	I	I	I	I	
Breathing pattern	Х	I	I	I	х	I	I	
Back Arms	1	ı	ı	ı	1	1	ı	
Kicks	i	i	i	i	i	i	I	
Body position	ı	I	I	I	I	I	I	
Breast								
Arms Simultaneous Kick	I I	I X	l l	l I	I X		I I	
Glide	X	x	X	X	X	i	i	
Breathing Pattern	X	ı	I	X	х	I	I	
Freestyle								
Arms	l l	l I	I.	<u>!</u>	I .	l l	l I	
Kick Breathing Pattern	I I	I I	I I	I I	I I	I I	1	
Transitions			'			1	,	
Fly to Back'	Х	Х	х	I	х	I I	Į.	
Back to Breast	X	Х	х	X	х	I	I	
Back to Breast Breast to Free	X X	X I	X X	X X	X X	1	I I	
						I I Complete	I I Complete	
Breast to Free	X Incomplete	Incomplete	X Incomplete	X Incomplete	X Incomplete	I Complete		
Breast to Free Completed Full Course Requirements	X Incomplete Yerneni, Krithik	Incomplete Aaran Saransh	X Incomplete Arham Singhvi	X Incomplete Vihaan Bajpai	Х	Complete	Chennawar, Ansh	
Breast to Free Completed Full Course Requirements SWIMMER AGE	X Incomplete	Incomplete	X Incomplete	X Incomplete	X Incomplete	I Complete		
Completed Full Course Requirements SWIMMER AGE Team Prep Skills	X Incomplete Yerneni, Krithik	Incomplete Aaran Saransh	X Incomplete Arham Singhvi	X Incomplete Vihaan Bajpai	X Incomplete	Complete	Chennawar, Ansh	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle	X Incomplete Yerneni, Krithik 9	I Incomplete Aaran Saransh 12	X Incomplete Arham Singhvi 13	X Incomplete Vihaan Bajpai 12	X Incomplete Sthuthi Pasham	Complete Chilumula , Avyukth	Chennawar, Ansh	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping	X Incomplete Yerneni, Krithik	Incomplete Aaran Saransh	X Incomplete Arham Singhvi	X Incomplete Vihaan Bajpai	X Incomplete	Complete	Chennawar, Ansh	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping	X Incomplete Yerneni, Krithik 9	I Incomplete Aaran Saransh 12	X Incomplete Arham Singhvi 13	X Incomplete Vihaan Bajpai 12	X Incomplete Sthuthi Pasham	Complete Chilumula , Avyukth	Chennawar, Ansh	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping 200 IM	X Incomplete Yerneni, Krithik 9	I Incomplete Aaran Saransh 12	X Incomplete Arham Singhvi 13	X Incomplete Vihaan Bajpai 12	X Incomplete Sthuthi Pasham	Complete Chilumula , Avyukth 9	Chennawar, Ansh	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping	X Incomplete Yerneni, Krithik 9	I Incomplete Aaran Saransh 12	X Incomplete Arham Singhvi 13	X Incomplete Vihaan Bajpai 12	X Incomplete Sthuthi Pasham	Complete Chilumula , Avyukth	Chennawar, Ansh	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEAS SEE BELOW POR STROKE EVALUATION) Stroke Development	X Incomplete Yerneni, Krithik 9	Incomplete Aaran Saransh 12 I	X Incomplete Arham Singhvi 13	X Incomplete Vihaan Bajpai 12 I	X Incomplete Sthuthi Pasham I	Complete Chilumula , Avyukth 9	Chennawar, Ansh 14	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes	X Incomplete Yerneni, Krithik 9 I	Incomplete Aaran Saransh 12 I	X Incomplete Arham Singhvi 13	X Incomplete Vihaan Bajpai 12 I	X Incomplete Sthuthi Pasham I	Complete Chilumula , Avyukth 9	Chennawar, Ansh 14	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free	X Incomplete Yerneni, Krithik 9 I	I Incomplete Aaran Saransh 12 I I I N/A	X Incomplete Arham Singhvi 13 I I I N/A	X Incomplete Vihaan Bajpai 12 I I I I N/A	X Incomplete Sthuthi Pasham I I I N/A	Complete Chilumula , Avyukth 9 1	Chennawar, Ansh 14 I I I N/A	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEAS SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly	X Incomplete Yerneni, Krithik 9 I I N/A I	I Incomplete Aaran Saransh 12 I I I N/A I	X Incomplete Arham Singhvi 13 I I I I N/A I	X Incomplete Vihaan Bajpai 12 I I I N/A I	X Incomplete Sthuthi Pasham I I I N/A I	Complete Chilumula , Avyukth 9 I I N/A I	Chennawar, Ansh 14 I I I N/A I	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free	X Incomplete Yerneni, Krithik 9 I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I N/A I I I	X Incomplete Vihaan Bajpai 12 I I I N/A I I I	X Incomplete Sthuthi Pasham I I I N/A I I I	Complete Chilumula , Avyukth 9 1	Chennawar, Ansh 14 I I I N/A X	
Breast to Free Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I N/A I I I	X Incomplete Sthuthi Pasham I I I I N/A I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work	Chennawar, Ansh 14 I I I I I N/A I X	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Tums Fly Arms Simultaneous Kick	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I N/A I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work	Chennawar, Ansh 14 I I I N/A I X	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Parfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I N/A I I I	X Incomplete Sthuthi Pasham I I I I N/A I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work	Chennawar, Ansh 14 I I I I I N/A I X	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Tums Fly Arms Simultaneous Kick	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I N/A I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work	Chennawar, Ansh 14 I I I N/A I X	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping 200 IIM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Tums Fly Arms Simultaneous Rick Breathing pattern Back	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I N/A I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work	Chennawar, Ansh 14 I I I N/A X I I I I I I I I I I I I	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Yardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I N/A I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work I I I	Chennawar, Ansh 14 I I I N/A I X I I I I I I I I I I I	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Porfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Strown line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position Breast	X Incomplete Yerneni, Krithik 9 I I I I N/A I I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 1 1 N/A 1 Needs work	1	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position Breast Arms	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work I I I I I I I I I I I I I	1	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Parfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stroam line off all wall all strokes Timed So Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position Breast	X Incomplete Yerneni, Krithik 9 I I I I N/A I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 1 1 N/A 1 Needs work	Chennawar, Ansh 14 1 1 1 1 1 X 1 1 1 1 1 1 1	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IIM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position Breast Arms Simultaneous Kick Glide Breathing Pattern	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work I I I I I I I I I I I I I	1	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IM Perfishant in all strokes Needs Work (PLEASE SEE BLOW FOR STROKE EVALUATION) Stroke Development Strown line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position Breast Arms Simultaneous Kick Gilde Breathing Pattern Free Style	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I I I I I I I I I I I I	I Incomplete	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 1 1 N/A 1 Needs work 1 1 1 1 1 1 1 1 1 1 1 1 1	1	
Completed Full Course Requirements SWIMMER AGE Team Prep Skills 500 FreeStyle Completed Vardage Without Stopping Did Not Complete Without Stopping Did Not Complete Without Stopping 200 IIM Perfishant in all strokes Needs Work (PLEASE SEE BELOW FOR STROKE EVALUATION) Stroke Development Stream line off all wall all strokes Timed 50 Free 2 Hand touches on Breast and Fly Consistant Flip Turns Fly Arms Simultaneous Kick Breathing pattern Back Arms Kicks Body position Breast Arms Simultaneous Kick Glide Breathing Pattern	X Incomplete Yerneni, Krithik 9 I I I N/A I Needs work I I I I I I I I I I I I I I I I I I I	I Incomplete Aaran Saransh 12 I I I I I I I I I I I I I	X Incomplete Arham Singhvi 13 I I I I I I I I I I I I I I I I I I	X Incomplete Vihaan Bajpai 12 I I I I I I I I I I I I I	X Incomplete Sthuthi Pasham I I I I I I I I I I I I I I I I I I	Complete Chilumula , Avyukth 9 I I N/A I Needs work I I I I I I I I I I I I I	1	

Complete

Complete

Complete

Complete

Complete

Fly to Back' Back to Breast

Completed Full Course Requirements Complete