FORWARD

Racing Start Certification

BACKSTROKE

Racing Start Certification

Name	Age	1 Sitting	2 Kneeling	3 Compact	4 Stride	5 Shallow Start	Date Completed	NO LEDGE: Water Level	NO LEDGE: Date Completed	WITH LEDGE: Bar Grip	WITH LEDGE: Date Completed
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Based on personal observation, it is the professional judgment of the Coach that the swimmers identified above are capable of performing a shallow racing start on demand and can safely perform a racing start in four feet of water.

PRINT AND SIGN FOR EACH SKILL

Print:
Sign:

Print:
Sign:

Print:
Sign: