

ABILITY TESTS IN AQUATICS



1. Speed Tests

Score. Do all events and record the date of competition and time, in the following events. Record Gain.

1. 20 Yd. Crawl
2. 20 Yd. Back Crawl
3. 20 Yd. Breast Stroke
4. 20 Yd. Side Stroke
5. ~~Underwater Swim~~
6. ~~Plunge-Distance-Time~~

2. Diving Tests

Score. 10 dives to be selected as follows--4 from Class A--3 from Class B--2 from Class C--one from Class D. Score results of a pre-test and percentage of gain after a certain period of practice. Record those performed.

Test.

- A 1--Swan Dive
- A 2--Back Dive
- A 3--Front Jack Knife
- A 4--Back Jack Knife
- B 1--Front Dive- $\frac{1}{2}$ Twist
- B 2--Back Dive- $\frac{1}{2}$ Twist
- B 3--Run Front Dive Full Twist
- B 4--Run Front Dive $1-\frac{1}{2}$ Twist
- C 1--Run Front Somersault
- C 2--Stand Back Somersault
- C 3--Run $1-\frac{1}{2}$ Front Somersault
- C 4--Stand $1-\frac{1}{2}$ Back Somersault
- D 1--One-Half Gainer
- D 2--Full Gainer
- D 3--Double Front Somersault

3. Water Stunt Tests.

Score. 10 stunts counting 10 points each. Record date of stunts and time.

1. Back somersaults in Water (5)
2. Porpoise Swim--20 Yds.
3. Crab Swim--20 Yds.
4. Submarien--10 Yds.
5. Treading--10 Yds.
6. Bobbing--30 times
7. Crocodile (hands on hips, crawl kick)
8. 20 Yd. Swim--Hands Only
9. Floating--30 Seconds
10. Push off--4 times across pool.