

North West Athletics & Pallikoodam (India): SWIMMERS' TEST

Swimmers may gain assistance in answering questions (e.g. from friends, parents, teachers, coaches); however, only swimmers who hand in a completed test will be considered for an award.

All questions (20) are multiple choice: In each case swimmers are advised to select the BEST answer.

Neatly circle the best answer.

(Maximum Time: 30 minutes)

Name: (PRINT neatly)

1. When **you** arrive at the pool for your session, **you** should ensure **you** have available?

- A Full water (drink) bottle
- B Fins and Goggles
- C Kick Board, Fins, Goggles
- D All of the above

A **cue** is something the coach asks you to remember as you complete a task. (Often the coach will repeat this cue over and over again to help you focus.)

2. What does the following abbreviation mean: **B/R** ?

- A Backstroke
- B Freestyle
- C Breaststroke
- D Butterfly

10. Who is the world famous swimmer?

- A Ronaldinho
- B Ian Thorpe
- C Ricky Ponting
- D Justine Henin-Hardenne

3. What does the term "**lateral**" mean?

- A (On your) back
- B (On your) side
- C (On your) front
- D (On your) toes

11. Identify the **best cue** for **F-S**:

- A Fast Arms—Fast Kick
- B Kick like crazy
- C Slower Arms—Fast Kick
- D Kick back fast

4. **Bilateral breathing** means breathing every:

- A 2 strokes
- B 6 strokes
- C 4 strokes
- D 3 strokes

12. Identify the **best cue** of **B-K**:

- A Fast Arms—Fast Kick
- B Kick like crazy
- C Slower Arms—Fast Kick
- D Kick back fast

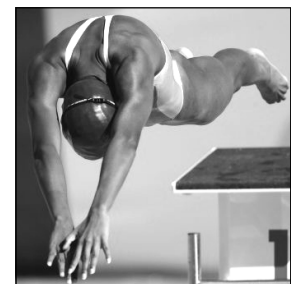
5. Which of the following is an important reminder (cue) in **freestyle**?

- A Fingers always point to the bottom of the pool
- B Breathe every eight (8) strokes
- C Little finger in the water first
- D Fast Arms – Fast Kick



6. Which of the following is the stroke order in an **individual medley**?

- A FLY ▶ B/R ▶ B/K ▶ F/S
- B B/K ▶ FLY ▶ B/R ▶ F/S
- C B/R ▶ FLY ▶ F/S ▶ B/K
- D FLY ▶ B/K ▶ B/R ▶ F/S

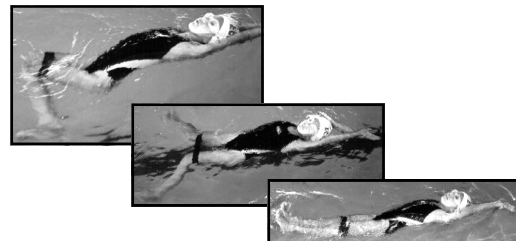


7. Which of the following are the **starter's commands**?

- A Ready – Set – **Go**
- B On Your Marks – Set – **GUN**
- C Are you ready? – Are you set? – **let's GO** (or whistle)
- D Whistle – Take Your Marks – **GUN**

8. In performing streamline **B/R kick on your back**, what **clues** should you keep in mind?

- A Faster is Best
- B Head back – Hips up – Toes up
- C Watch your feet
- D Head up – Hips down



9. What does "**pb**" mean?

- A Personal Best
- B Popular Boy
- C Pretty Boy
- D Point Blank

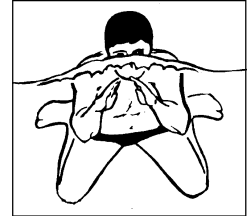
13. In **Backstroke**, which part of the **hand** should **enter** the water **first**?

- A Thumb
- B Fist
- C Knuckle
- D Little finger



14. When I get up on the blocks at the **start** of my race, I should:

- A Wave to the crowd
- B Think about exploding off the blocks and into the first 3-4 strokes
- C Think about how fast the other swimmers told me they were swimming
- D Rehearse my victory speech



15.. Which of the following is an **important cue** in **breaststroke**?

- A Both feet “turned out” when kicking back
- B Straight arm recovery
- C Fingers always point to the bottom of the pool
- D Keep hips low throughout the stroke

16. Which of the following **clues** will **best** help swimmers develop **correct timing** in **breaststroke**?

- A Head Down – Hips High
- B Heels Apart – Hands Together
- C Heels Together – Hands Apart
- D Head Up – Hips Down

17. **After** streamlining (and kicking) to the surface in a **freestyle start**, the swimmer should:

- A Breathe immediately on surfacing
- B Swim as far as he/she can before taking a breath
- C Breathe after the second or third stroke
- D Adjust their goggles, then *go for it*.

18. Finishing correctly in **breaststroke**.

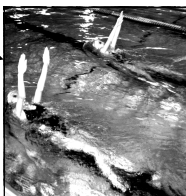
- A Left Hand first
- B Both Hands together
- C Right Hand first
- D Either Hand

Winning is not our aim
It takes more courage to try than to win.
It is more important to swim well,
than swim fast.

What is important ??

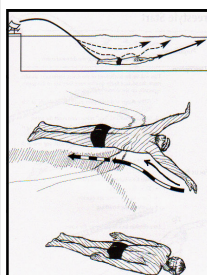
Having the courage
to join the race

19.



Identify the drill:

- A Catch-Up
- B One Arm Butterfly
- C Penguin
- D Titanic



20. **Identify the stroke** the swimmer is about to commence (▶):

- A Butterfly
- B Freestyle
- C Breaststroke
- D Backstroke

Your score

20