

Porpoise

Personal Safety:

- Tread water 2 minute holding diving brick,
- Enter and exit boating from deep water,
- Learn to disrobe, inflate clothing in water

Personal Growth:

- Learn leadership role,
- Learn about learning/ following,
- Observe and reinforce core value behavior (CRRH),
- Understand components of fitness; develop activity

Stroke Development:

- Increase stroke speed,
- Swim 200 yards individual medley,
- Double trudgen crawl 50 yards

Water Sports and Games:

- Dev. Synchro routine in group; perform for others,
- Understanding wetbal offensive/defensive strategies
- Play wetball 10 minutes

Rescue:

- Know hyperventilation cause and treatment,
- Swim 15 yards carrying a 10-lbs object,
- Review rescue breathing