



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pre-Comp Questionnaire for Parents & Guardians

- 1. Can your child swim 200 yards without stopping?**
- 2. Does your child know the four strokes of competitive swimming, and can they perform them?**
- 3. Can your child do flip turns?**
- 4. Can your child perform 100 yards of Freestyle, backstroke, butterfly, or freestyle in under 2:00?**
- 5. Can your child perform a 200 I.M. in under 4:00?**
- 6. Does your child understand how to read time intervals?**

Example:

3 x (4x100 2:00)

(3x50 1:15)