

Wednesday, August 2, 2017
Swim & Water Polo – SHOW OFF CHALLENGES

Swimmer's Name: _____

To enter, circle events. Pick a single event for entry for #1-4. All in #5. Pick one for #6 or #7.

Pool activities:

Arrive. Change. Fin up. Warm up with 20+ widths. Events #1 to #7. Then, as time permits, either more game or free time.

Events:

#1. 100-yard kick with fins for time with kick board. That is 4 lengths.

Results: _____

#2. Dive for Brick

Single, Double, Triple, Quad!

#3. Two Person Relay Race --- FREESTYLE --- One length each person.

Mate: _____

Results: _____

#4. One person BACKSTROKE race!

Results: _____

+ + + + + Everyone races + + + + +

#5. Population Race across the width of the pool for TIME by SQUAD.

Voyagers vs. Wind Cave. EVERY SWIMMER plays this event.

Everyone on one team must jump or dive (if deep end only) into pool and swim across and exit pool.

Team time is based on last person exiting the pool.

VOYAGERS time: _____ WIND CAVE TIME: _____

+ + + + + Pick and circle either #6 or #7. + + + + +

#6. Over-time Game to 3, SKWIM ULTIMATE.

VOYAGERS (blue) vs. WIND CAVE (red) – wear head bands. Switch ends after 2 points.

#7. Over-time Game to 3. Water Polo across the width in mid-pool.

VOYAGERS (blue) vs. Wind Cave (white) – wear water polo hats.

Goalies are Kate and Kyla. – Goal is any part of the goal, including net, frame, top. Coin toss to determine goalie.