

Swim Class - 2007 Fall Q4 - Sunnyvale (Saturday)

14 Saturdays = Sept 1, 8, 15, 22, 29; Oct 6, 13, 20; Nov 3, 10, 17; Dec 1, 8, 15;

No Class Dates: Oct 27, Nov 24, Dec 22, 29; 21

Racer Class 6:00-7:00 pm

| Swimming Skills Evaluation | 2-Side Breath | FR Flip Turn | Back Flip Turn | Race Dive | FR 50 yd | Back 50 yd | BR 50 yd | Fly 50 yd | FR 800 yd | Training Endurance | Racing Strategy | Next Level To Enroll |
|----------------------------|------------------|-----------------|-------------------|--------------|-------------|---------------|-------------|--------------|--------------|-----------------------|--------------------|-------------------------|
| Joyce Zhang | | | | | 50" | 58" | 1'4" | 1'10" | 19'30" | | | Racer I |
| Allison Bui | | | | | 48" | 52" | 55" | 54" | 16'52" | | | Racer I |
| Lawrence Chen | | | | | 46" | 57" | 1'00" | 1'9" | 19'27" | | | Racer I |
| Weichi Su | | | | | 50" | 1'00" | 1'5" | 1'10" | 19'20" | | | Racer I |

Comp/Advanced Class 6:00-7:00 pm

| Swimming Skills Evaluation | Push Off | Tread Water | Under Water | BR Pull Down | Dolphin Kick | Fly Swim | IM Turns | FR 50 yd | Back 50 yd | BR 50 yd | Fly 50 yd | Training Endurance |
|----------------------------|----------|----------------|----------------|-----------------|-----------------|-------------|-------------|-------------|---------------|-------------|--------------|-----------------------|
| Joanna Lin | | | 5 | | | 3 | 4 | 59" | 1'2" | 1'16" | 1'34" | Comp II |
| John Lin | 4 | 3min | 4.5 | | | 3 | 4 | 53" | 1'8" | 1'7" | 1'30" | Comp II |
| Katherine Jiang | | | | | | 800 free | 19'45" | 53" | 1'02" | 1'5" | 1'11" | Racer I |
| Jean Chen | 4 | 3min | 5 | | | 3 | 4 | 55" | 1'4" | 1'5" | 1'21" | Comp II |
| Lori Liu | 4 | 3min | 5 | | | 3 | | 1'5" | 1'07" | 1'00" | 1'23" | Comp II |
| Michael Chen | 4 | 3min | 4 | 4 | | 4.5 | 4 | 1'7" | 1'12" | 1'22" | 1'36" | Comp I |
| | | | | | | | | | | | | |

Blank – Untested

X - Incapable

1 – Barely

2 – Fair

3 – Capable

4 – Good

5 – Excellent

Elite Class 4:00-5:00 pm

| Swimming Skills Evaluation | 2-Side Breath | FR Flip Turn | Back Flip Turn | Race Dive | FR 50 yd | Back 50 yd | BR 50 yd | Fly 50 yd | FR 800 yd | Training Endurance | Racing Strategy | Next Level To Enroll |
|----------------------------|------------------|-----------------|-------------------|--------------|-------------|---------------|-------------|--------------|--------------|-----------------------|--------------------|-------------------------|
| Minh Nguyen | | | | | 35'6" | 41" | 49" | 48"1" | 13'58" | | | Racer II |
| Nam Vu | | | | | 32" | 44" | 48" | 42"7" | 13'39" | | | Racer II |
| Jennifer Li | | | | | 31" | 40" | 44"5" | 36"9" | 11'24" | | | Racer II |
| Corona Yu | | | | | 37"8" | 42" | 47" | 45" | 13'39" | | | Racer II |