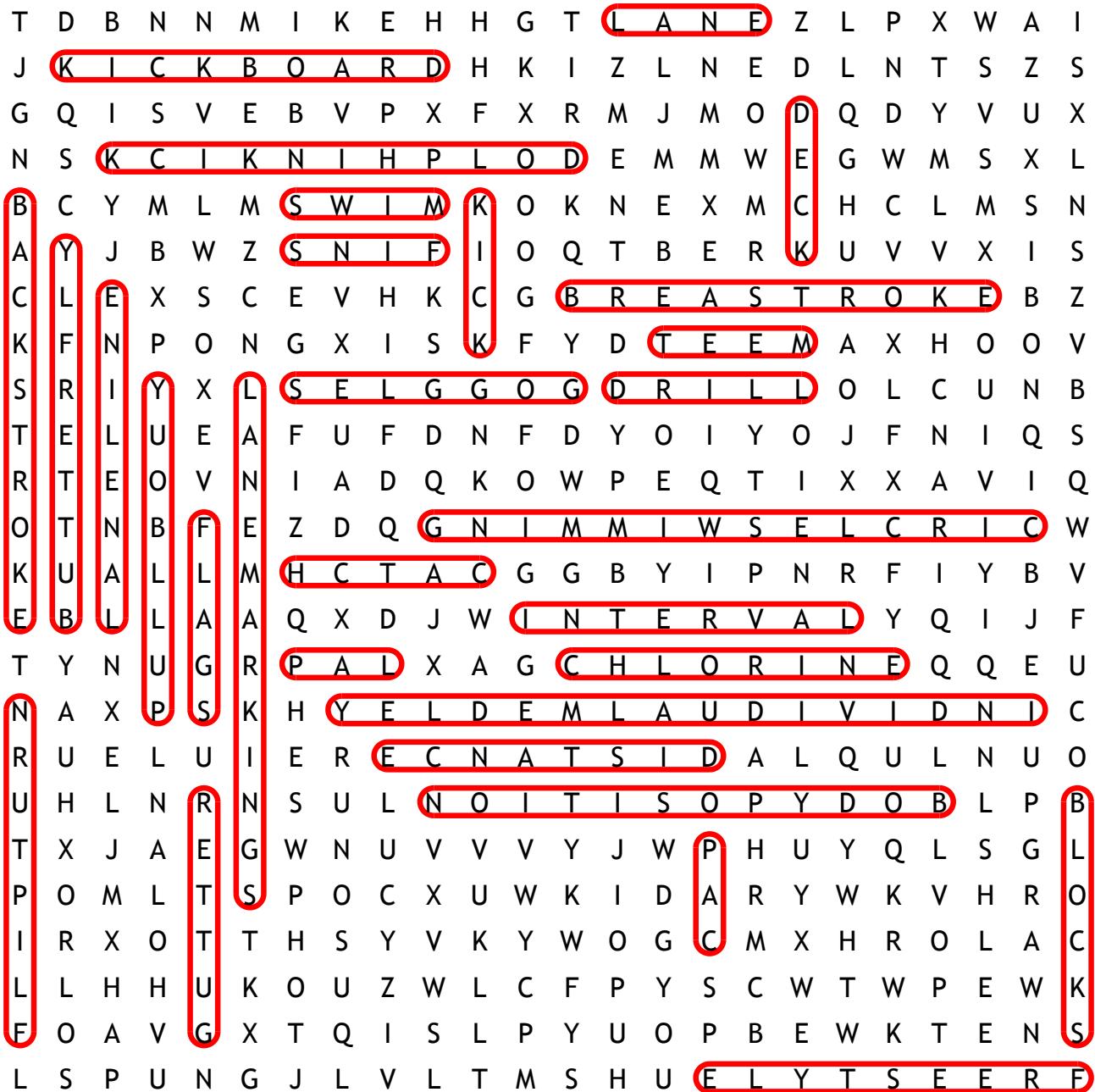


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Swim for the Gold



Individual medley  
dolphin kick  
freestyle  
butterfly  
goggles  
drill  
kick  
lap

circle swimming  
breaststroke  
flip turn  
Interval  
gutter  
catch  
fins  
cap

lane markings  
backstroke  
kickboard  
distance  
blocks  
meet  
deck

body position  
lane line  
pull bouy  
chlorine  
flags  
lane  
swim