



Water Polo Saskatchewan

Are hereby granted to:

.....
To Certify that he/she has completed
to satisfaction the

Seal Pup

Level:

Level 1:

- Jumping feet first in deep water (With assistance and with belt)
- Blowing bubbles with face in the water (On platforms)
- Floating on front (Starfish) for 5 seconds
- Swim 10 meters dribbling the ball (With floatie belt or life jacket)
- Flutter Kick while hugging the ball (5 meters)
- 5x360 Degree turn + Throw the ball (With one hand and floatie belt or life jacket)

Level 3:

- Jumping feet first in deep water and swimming back to wall (Without assistance and no belt)
- Streamline on front with push off the wall
- Swim 10m on back
- Swim 10 dribble on front without floatie belt or life jacket
- Seated V-Kick Backwards hugging the ball 5meters
- 5 x Transfer the ball + Throw the ball (Without assistance)



Level 2:

- Jumping feet first in deep water (Without assistance and with belt)
- Floating on back (Starfish) for 5 seconds
- Swim 10 meters forward
- Swim 25 meters dribbling the ball (With floatie belt or life jacket)
- Dolphin Kick while hugging the ball 10 meters
- 5 x 360 Degree turn + Throw the Ball (With one hand without floatie belt)

Date:

Coach: