

Sunnyvale - Swim Class - Summer 2009

9 Saturday = Jun20 - Aug 29

Advaced Class 1:00PM							Coach: Mason Ung							
Swimming Skills Evaluation	Streamline Pushoff FR & BK	FR Catchup Side Breath	BK Swim	BR Swim	Dolphin Kick	BK & BR Finish	FR 50 yd Time	BK 50 yd Time	BR 50 yd Time	FLY 50 yd or Max Len	Endurance 300yd or Max Len yd	Follow Instructions	Proposed Swim Level	
Alan Xiao	5&5	5	4.5	5	5		1'03"81	1'14"29	1'12"27	1'29"91	300	5	CMP1	
Jonathan Shek	5	5	4	5	4		1'57"28	1'45"42	1'38"36	2'40"84	300	5	ADV1	
Mathew Atmadja	4.5	4.5	4.5	4	5		1'06"56	1'26"	1'06"38	1'28"31	300	5	CMP1	
Jessica Atmadja	4	4.5	4	4	4		1'18"72	1'20"71	1'26"12	1'37"52	300	5	ADV3	
Jason Li	5	5	4.5	5	5		1'12"45	1'28"86	1'29"83	1'29"83	300	2	ADV3	
Advaced Class 3:00 pm							Coach: Mason Ug							
Catherine Chu	5&5	5	5	5	4.5		1'04"	1'13"	1'30"02	2'14"		5	ADV3	
Stella He	5&5	5	5	4.5	4.5		1'10"	1'19"	1'28"	1'40"	300	5	CMP1	
Jessica Kwek	5&5	5	4	4	4.5		1'23"	1'30"	1'56"	2'31"	300	5	ADV2	
Katherine Zhang	5&5	5	4	5	4		1'37"	1'43"	1'31"	2'22"	300	5	ADV2	
Eileen Li	5&5	5	5	5	4		1'10"	1'25"	1'39"	2'37"	300	5	ADV3	
Victor Lee	5&5	5	4	5	4		1'30"	1'45"	1'32"	2'49"	300	3	ADV2	
David Deng	5&5	5	5	5	4.5		1'26"	1'29"	1'14"	2'04"	300	3	ADV3	
Intermediate Class 2:00PM							Coach: Mason Ug							
Swimming Skills Evaluation	Current Class Level	Streamline Pushoff FR & BK	FR Catchup	FR Side Breath	BR Kick	BK & BR Finish	Circle Swim	Swim in Deep Pool	FR Max Len or 50yd Time	BK Max Len or 50yd Time	BR Max Len or 50yd Time	Max # Laps, Upto 6 Laps	Follow Instructions	Proposed Swim Level
Jenny Wang		5&5	5	5	5		5	5	1'14"	1'29"	50	6	5	ADV1
Joe Zhang		575	4.5	4	3.5		5	5	20yd	40yd		20yd	5	INT1
Julianna Dao		5&5	5	5	5		5	5	1'27"	1'49"	50	6	5	ADV1
TristarN Kok		5&5	5	5	5		5	5	1'26"	1'42"	50	6	5	ADV1
Jeffrey Wang		5&5	4	4	3.5		5	5	1'40"	2'37"	50	6	5	INT3
Christine Cheung		5&5	5	5	5		5	5	1'09"	1'38"	50	6	5	ADV1
Karen Li		5&4	5	5	4		5	5	1'19"	1'48"	50	6	5	ADV1
Blank – Untested X - Incapable 1 – Barely 2 – Fair 3 – Capable 4 – Good 5 – Excellent FR – Freestyle BK - Backstroke BR – Breaststroke FLY – Butterfly														