

Name: _____

Date: _____

Swim for the Gold

T D B N N M I K E H H G T L A N E Z L P X W A I
J K I C K B O A R D H K I Z L N E D L N T S Z S
G Q I S V E B V P X F X R M J M O D Q D Y V U X
N S K C I K N I H P L O D E M M W E G W M S X L
B C Y M L M S W I M K O K N E X M C H C L M S N
A Y J B W Z S N I F I O Q T B E R K U V V X I S
C L E X S C E V H K C G B R E A S T R O K E B Z
K F N P O N G X I S K F Y D T E E M A X H O O V
S R I Y X L S E L G G O G D R I L L O L C U N B
T E L U E A F U F D N F D Y O I Y O J F N I Q S
R T E O V N I A D Q K O W P E Q T I X X A V I Q
O T N B F E Z D Q G N I M M I W S E L C R I C W
K U A L L M H C T A C G G B Y I P N R F I Y B V
E B L L A A Q X D J W I N T E R V A L Y Q I J F
T Y N U G R P A L X A G C H L O R I N E Q Q E U
N A X P S K H Y E L D E M L A U D I V I D N I C
R U E L U I E R E C N A T S I D A L Q U L N U O
U H L N R N S U L N O I T I S O P Y D O B L P B
T X J A E G W N U V V V Y J W P H U Y Q L S G L
P O M L T S P O C X U W K I D A R Y W K V H R O
I R X O T T H S Y V K Y W O G C M X H R O L A C
L L H H U K O U Z W L C F P Y S C W T W P E W K
F O A V G X T Q I S L P Y U O P B E W K T E N S
L S P U N G J L V L T M S H U E L Y T S E E R F

Individual medley
dolphin kick
freestyle
butterfly
goggles
drill
kick
lap

circle swimming
breastroke
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