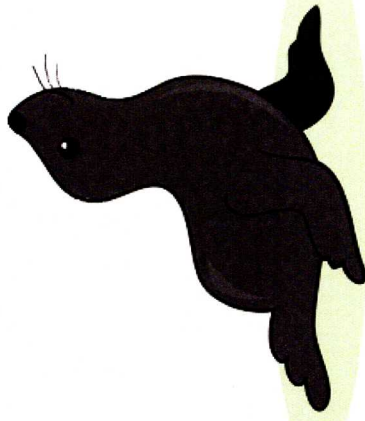




WATER POLO
SASKATCHEWAN

Water Polo Saskatchewan



Are hereby granted to:

.....

To certify that he/she has completed to satisfaction

Date:

Coach:

City Seal:

1. Stream Line + flip turn
2. 25m: Freestyle
3. 25m: Backstroke
4. 15m Head up with ball
5. 15m 5 x 360° turns

Provincial Seal:

1. 25m: Breaststroke
2. 100m: Freestyle
3. 15m with 5 transfers of the ball
4. 15m: 3 transfers + throws the ball
5. 15m sliding with the ball

National Seal:

1. 200m: Crawl
2. 25m: Head up kick every 2nd arm
3. 25m: Head up kick each arm
4. 25m: Back kick each arm
5. 5⊕ Receipts & throws of the ball
6. Participate to a Provincial League Day

World Seal:

1. 400m: Crawl
2. 25m: Butterfly double kick
3. 15s: egg beater arms up
4. 50m: with a team mate, 2 slides + pass the ball
5. 5⊕ Receipts & throws of the ball

Olympic Seal:

1. Win a Provincial League Day