Foundation sign-off sheet

Player: _____ Club: _____ Complete Foundation first: other badges show on the profile once every Foundation badge reaches at least Bronze (this also gives the rank of Coral).

Badge	Bronze	Silver	Gold (in a game or scrimmage)	Coach / witness / date
Mask & Snorkel Skills	25m surface swim maintaining relaxed breathing without lifting head or removing snorkel	Demonstrates 3 clean snorkel clears + equalization during descent without removing snorkel	surface-to-bottom transition with equalization, stable breathing on recovery, no coach cue, comfortable in a game environment	
Kicking	25m surface swim using hip driven propulsion without bicycle kick	25m swim maintaining consistent body alignment + no knee-dominant kick (bicycle kick)	Good kicking in a game environment	
Diving	5 head-first descents (duck dive) and 5 fins - first descents (kelp dive)	5 controlled descents landing directly below start point keeping stick arm infront of body	Controlled dives in a game environment	
Bottom Position	Maintain cobra 5 seconds	Maintain cobra while receiving and passing the puck	Maintain cobra while swimming with the puck and doing drills	
Puck Control	Move puck 5m with control	Maintain control under light pressure	Control puck while actively challenged and scanning in a game environment	
Passing	5 flicks or flat passes to a team mate	5 accurate passes while swimming	Successful passing to a teammate during a game	
Curling	5 controlled flat-body curls each direction (stationary puck, no defender)	5 controlled curls each direction while moving with puck	Execute curls in a game environment	
Individual Positioning	Can attack with puck and defend puck	Maintains correct defensive side positioning	Anticipates transition and recovers shape in a game environment	
Supportive Play	Can receive pass from teammate	Stays down and receives a pass from team mate	After passing still down as a support option (second phase) in a game environment	
Basic Positions	Understands assigned role and area	—	—	
Basic Formation	Plays in basic formation decided by coach	Maintains formation during transition	Adjusts formation based on puck movement	

Bronze and Silver are signed off in training; Gold in a game or scrimmage. Club coach signs off with a second person present. Basic Positions has Bronze only.