Under Water Swim — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: One breath, controlled swim underwater. Underwater turns are allowed. In a yard pool, multiply yards by 0.9144.

Level	What is needed
1 Shallow	25m controlled
2 Mid	50m controlled
3 Deep	75m controlled
4 High Performance	100m controlled

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Distance (m)	Level (1–4)	In portal
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Static Breath Hold — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: Out of the water, seated and still. Time from the last breath in to the first breath out.

Level	What is needed
1 Shallow	60 seconds
2 Mid	120 seconds
3 Deep	180 seconds
4 High Performance	240 seconds

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Time (s)	Level (1–4)	In portal
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

30sec Simulations — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: Submerge before pushing off, swim the full length underwater and touch the far wall before surfacing. Start a new length every 30 s (25 m pool) or 27.5 s (25 yd pool). A missed start, an incomplete length or stopping ends the test. Count completed lengths ("chains").

Level	What is needed
1 Shallow	5 chains
2 Mid	10 chains
3 Deep	15 chains
4 High Performance	20 chains

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Lengths	Level (1–4)	In portal
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12								

Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Cooper Test (Legs Only) — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: 10 minutes, legs only, no stopping. Distance = full lengths × pool length + the last part-length. In a yard pool, multiply by 0.9144.

Level	What is needed
1 Shallow	600m
2 Mid	675m
3 Deep	830m
4 High Performance	845m

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Distance (m)	Level (1–4)	In portal
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12								

Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

25m Flutter UW — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: Push off the wall and swim 25 m underwater using flutter kick only. Stop the clock when the hand touches the far wall. Best valid attempt counts.

Level	What is needed
1 Shallow	Female 25 yd < 13.7 sec / 25 m < 15 sec Male 25 yd < 12.8 sec / 25 m < 14 sec
2 Mid	Female 25 yd < 11.0 sec / 25 m < 12 sec Male 25 yd < 10.1 sec / 25 m < 11 sec
3 Deep	Female 25 yd < 10.1 sec / 25 m < 11 sec Male 25 yd < 9.1 sec / 25 m < 10 sec
4 High Performance	Female 25 yd < 9.1 sec / 25 m < 10 sec Male 25 yd < 8.2 sec / 25 m < 9 sec

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Time (s)	Level (1–4)	In portal
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

25m Dolphin UW — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: As Flutter, using dolphin kick only.

Level	What is needed
1 Shallow	Female 25 yd < 13.0 sec / 25 m < 14 sec Male 25 yd < 12.0 sec / 25 m < 13 sec
2 Mid	Female 25 yd < 10.5 sec / 25 m < 11.5 sec Male 25 yd < 9.6 sec / 25 m < 10.5 sec
3 Deep	Female 25 yd < 9.6 sec / 25 m < 10.5 sec Male 25 yd < 8.7 sec / 25 m < 9.5 sec
4 High Performance	Female 25 yd < 8.7 sec / 25 m < 9.5 sec Male 25 yd < 7.8 sec / 25 m < 8.5 sec

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Time (s)	Level (1–4)	In portal
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Explosive Start — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: Start from the wall and swim 12.5 m underwater with fins, any kick. No need to touch the bottom. Stop the clock when the hand passes over the finish puck.

Level	What is needed
1 Shallow	Female < 8.0 sec Male < 7.0 sec
2 Mid	Female < 6.5 sec Male < 6.0 sec
3 Deep	Female < 5.5 sec Male < 5.0 sec
4 High Performance	Female < 5.0 sec Male < 4.5 sec

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Time (s)	Level (1–4)	In portal
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Puck Batting — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: A coach flicks the puck from within 1 m, inside a corridor marked by two lane lines. The player stops it with the stick only. Glove contact or a foul is a miss. 5 attempts per level.

Level	What is needed
1 Shallow	Settle 3/5 lifted passes on strong side
2 Mid	Settle 3/5 lifted passes weak side
3 Deep	Settle 4/5 lifted passes either side unpredictable
4 High Performance	Settle 4/5 lifted pass either side with pressure from flicker

#	Player	F / M	Attempts (tick or cross)					Successes	Level (1–4)	In portal
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Pass Accuracy — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: The player passes or flicks to hit the target. 5 attempts per level. Level 1 has no attempt limit yet; suggested: 5 hits from no more than 10 attempts.

Level	What is needed
1 Shallow	5 accurate passes to target (30cm) 5 cm off ground
2 Mid	4/5 flicks to target 30cm diameter hoop elevated 15cm
3 Deep	4/5 flicks to target 20cm diameter hoop elevated 15cm
4 High Performance	4/5 flicks to target puck-width (~8cm) elevated 15cm

#	Player	F / M	Attempts (tick or cross)					Successes	Level (1–4)	In portal
1										
2										
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Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Pass Distance — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: Controlled flick into the target zone. Measure to where the puck comes to rest inside the lane-line corridor.

Level	What is needed
1 Shallow	Controlled flick to target zone: Male: 4ft | Female: 2ft
2 Mid	Controlled flick to target zone: Male: 6ft | Female: 4ft
3 Deep	Controlled flick to target zone: Male: 8ft | Female: 6ft
4 High Performance	Controlled flick to target zone: Male: 10ft | Female: 8ft

#	Player	F / M	Attempt 1	Attempt 2	Attempt 3	Best: Distance (ft)	Level (1–4)	In portal
1								
2								
3								
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10								
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12								

Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.

Pass Height — score sheet

Club: _____ Date: _____ Pool (circle): 25 m / 25 yd Coach: _____ Witness: _____

How to test: Clean flick over the obstacle in 4 of 5 attempts. The measured obstacle height counts.

Level	What is needed
1 Shallow	Clean flick over puck (2–3" 5–7.5 cm) 4/5 attempts
2 Mid	Flick over (6–8" 15–20 cm) object (goal tray height) 4/5 attempts
3 Deep	Flick over (13–18" 33–46 cm) training marker 4/5 attempts
4 High Performance	Flick over (20–24" 51–61 cm) obstacle maintaining forward control 4/5 attempts

#	Player	F / M	Attempts (tick or cross)					Successes	Level (1–4)	In portal
1										
2										
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11										
12										

Safety watcher required for breath-hold and underwater tests. Best valid attempt counts. Award the highest level reached.