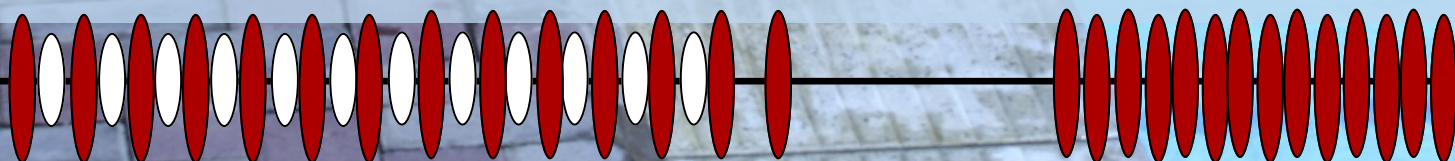


# Take Your Mark!

Coloring & Activity Book

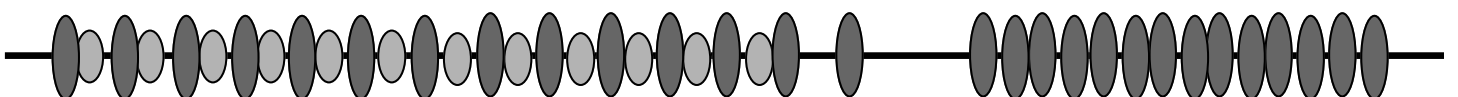


A beginner's guide to swimming



# Freddie Frog

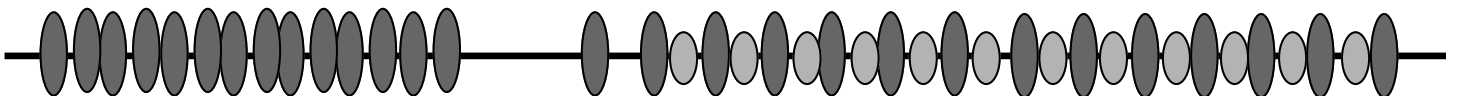
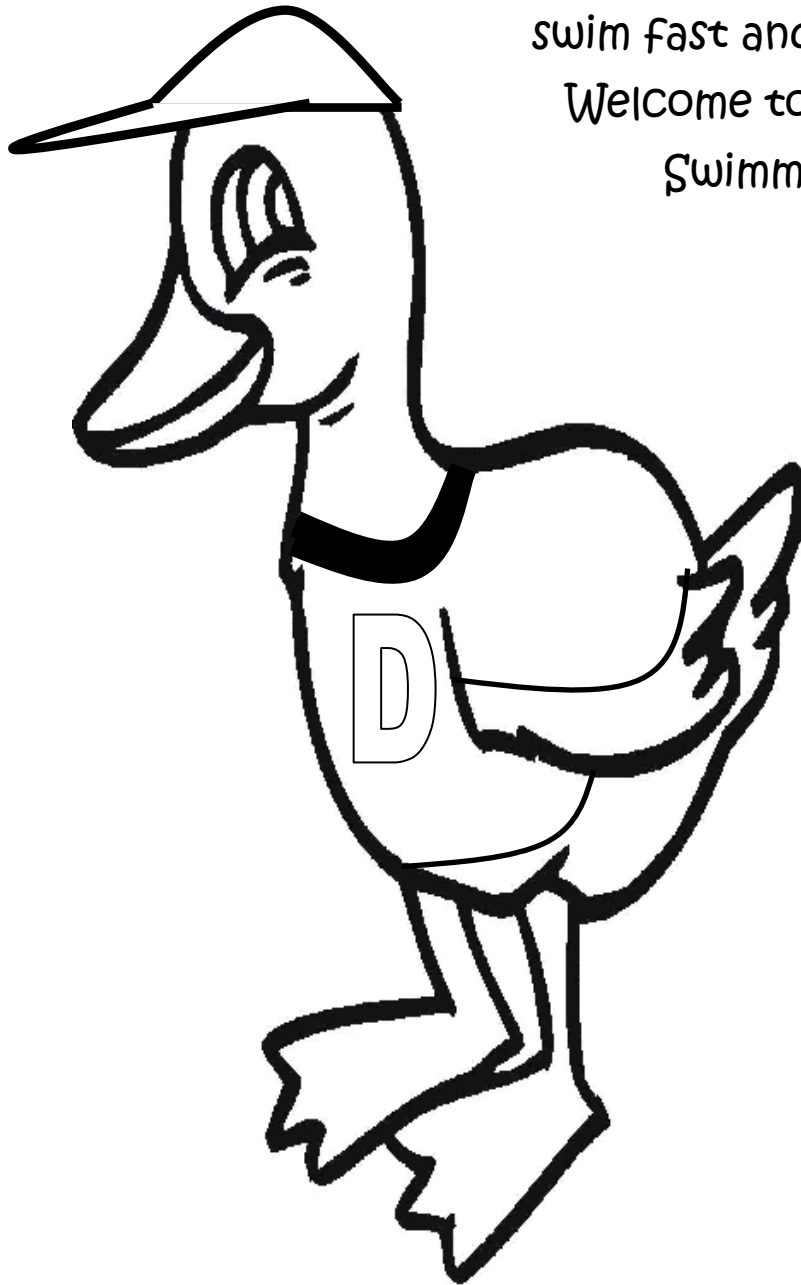
"Hi, I'm Freddie Frog and I swim for Arizona Swimming! Follow me,  
I'll show you how it's done!"





# Coach Dee

"Hi, I am Coach Dee! I  
help swimmers like Freddie  
swim fast and have fun!  
Welcome to Arizona  
Swimming!"



# What do you need for practice?

Freddie is confused. Can you help him figure out what each piece of equipment is called? Match the correct name with each piece of equipment.

Swim Cap



Pull Buoy



Kickboard



Fins



Water Bottle



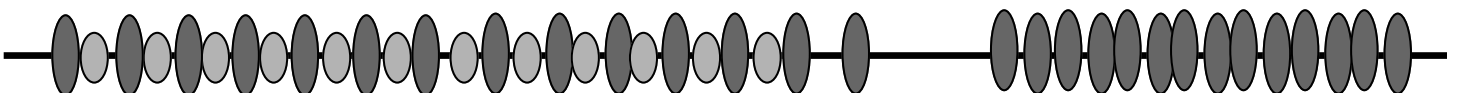
Sandals



Goggles



Swim Suit



# Freddie's First Swim Meet!

Fill in the blanks with the words provided below.

Freddie is going to his first \_\_\_\_\_  
\_\_\_\_\_ tomorrow! Coach Dee gave him a list of  
things he needs to pack. Freddie packed  
\_\_\_\_\_ to drink before he swims and  
healthy \_\_\_\_\_ to eat between his races.  
He packed his new \_\_\_\_\_ so he can see  
the walls for perfect flip turns and his special  
\_\_\_\_\_ to cover his head.

Frankie almost forgot his \_\_\_\_\_ to dry  
off with and his \_\_\_\_\_ to protect  
himself from the sun, but his Mom reminded him.

Freddie is ready to swim \_\_\_\_\_ and have  
\_\_\_\_\_ with his teammates tomorrow!

Team swim cap

Snacks

Fun

Goggles

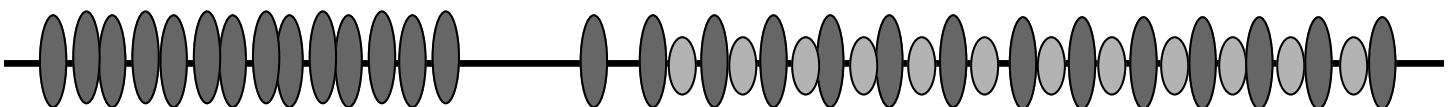
Sunscreen

Water

Towel

Swim meet

Fast



# Freddie's Swim Meet

This is what Coach Dee says to bring!

Team Swim Suit

☐

Goggles

☐

Team Swim Cap

☐

Team T-Shirt

☐

Shirts/Pants

☐

Sandals

☐

Towel

☐

Sunscreen

☐

Water

☐

Healthy Snacks

☐

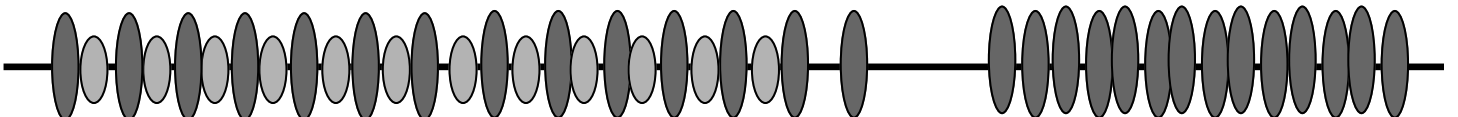
Parks (BURRR it's cold)

☐

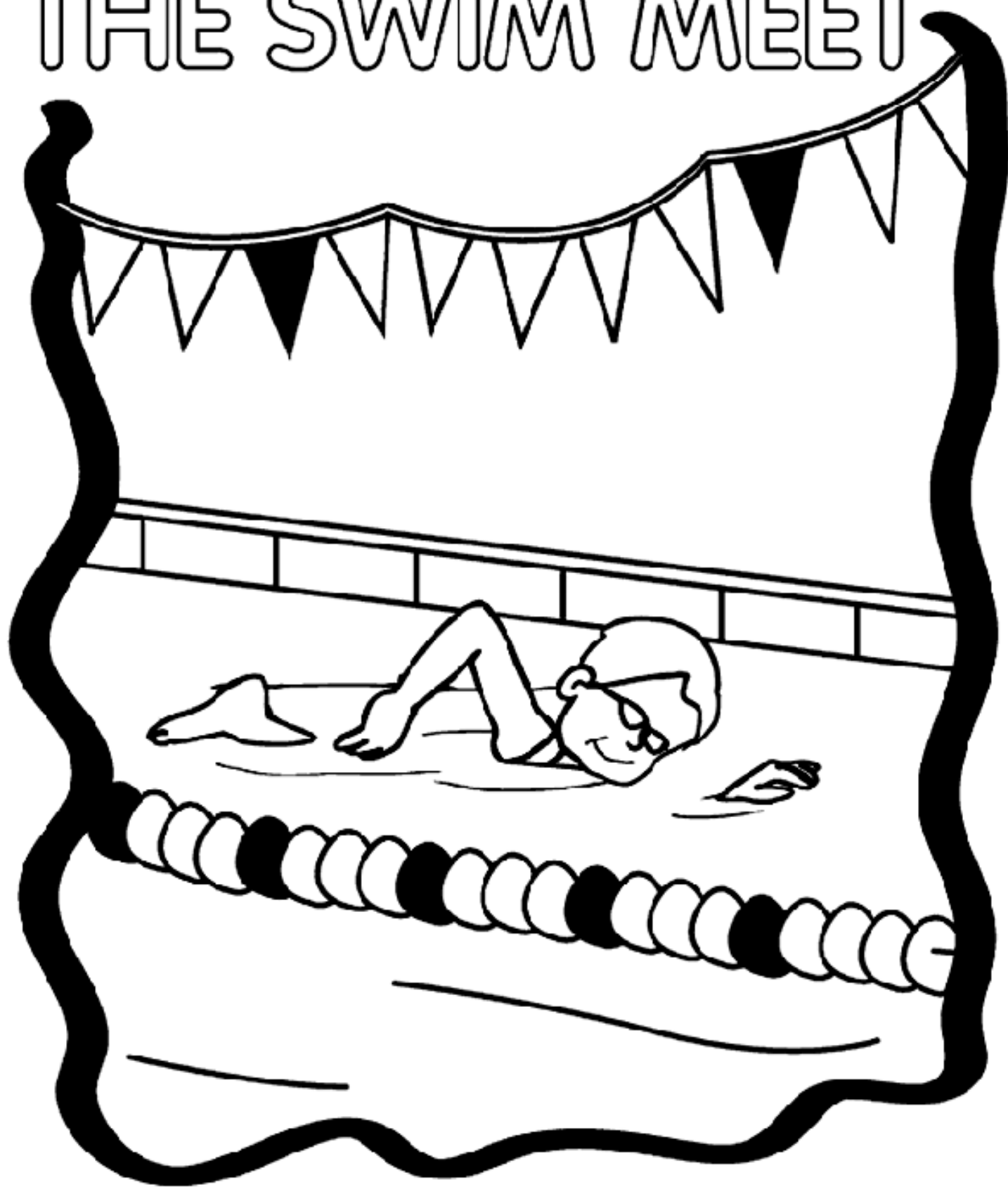
Chair

☐

Share (or find a big tree!)

☐

# THE SWIM MEET

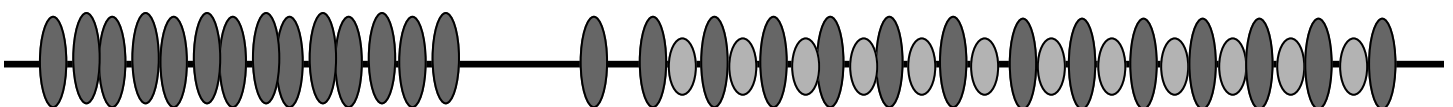
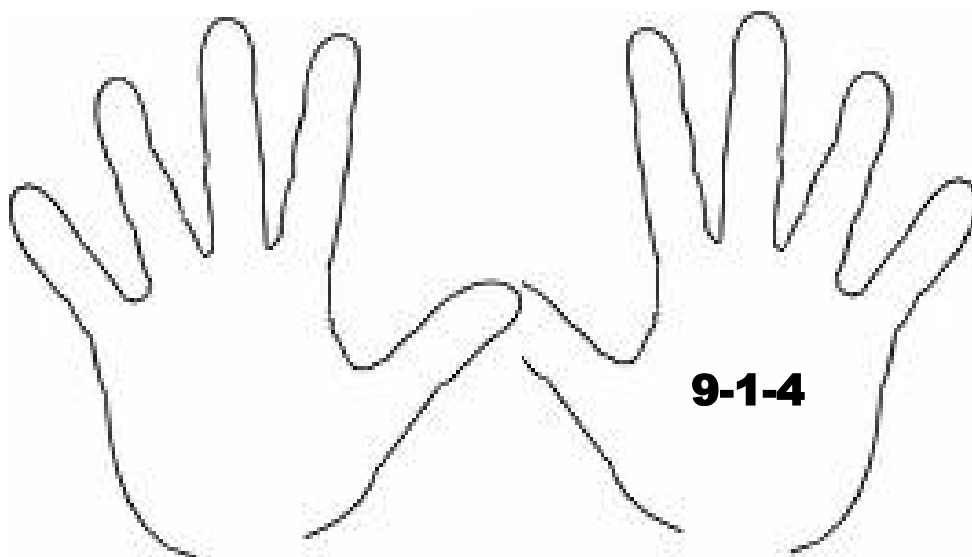


# Reading your heat sheet

Freddie needs to know when he is swimming his first race. Can you help him figure out which event, heat and lane he is in?

Event 9		Heat 1	Boy's 8 & Under 100 yard Freestyle		
1	Lizard, Larry	7	AZSwim	2:00.00	
2	Bart, Bird	8	AZSwim	1:58.99	
3	Dog, Donnie	6	AZSwim	1:55.19	
4	Frog, Freddie	7	AZSwim	1:46.54	
5	Snake, Sammy	7	AZSwim	1:52.11	
6	Hamster, Harry	8	AZSwim	1:56.56	
7	Bear, Billy	6	AZSwim	1:59.84	
8	Cat, Corey	8	AZSwim	2:01.26	
Lane #	Name	Age	Team	Entry Time	

Freddie's **E**vent, **H**eat and **L**ane are on his hand to help him remember! Try writing Harry Hamster's event, heat and lane on the other hand.

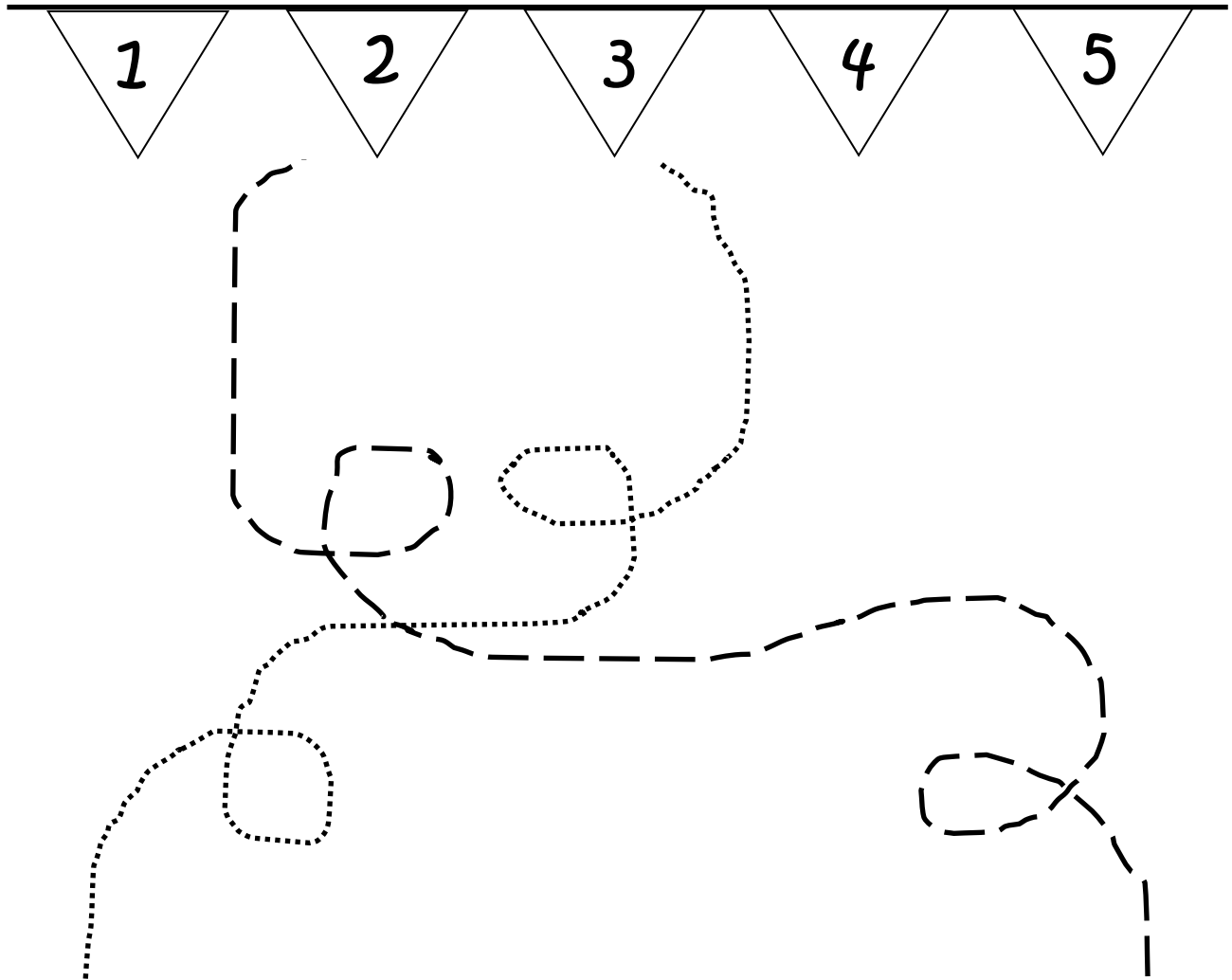




# What lane am I in?

Can you help these swimmers?

Use the heat sheet to figure out each swimmer's lane, then draw a line from each swimmer to their lane so they can find it!



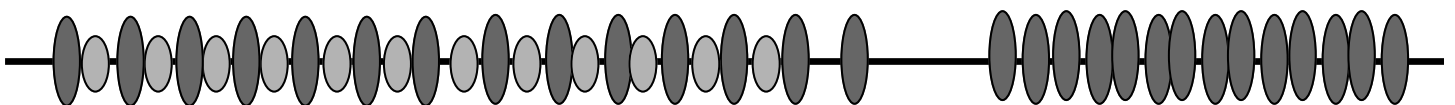
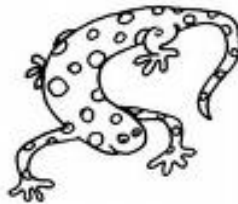
Donnie Dog

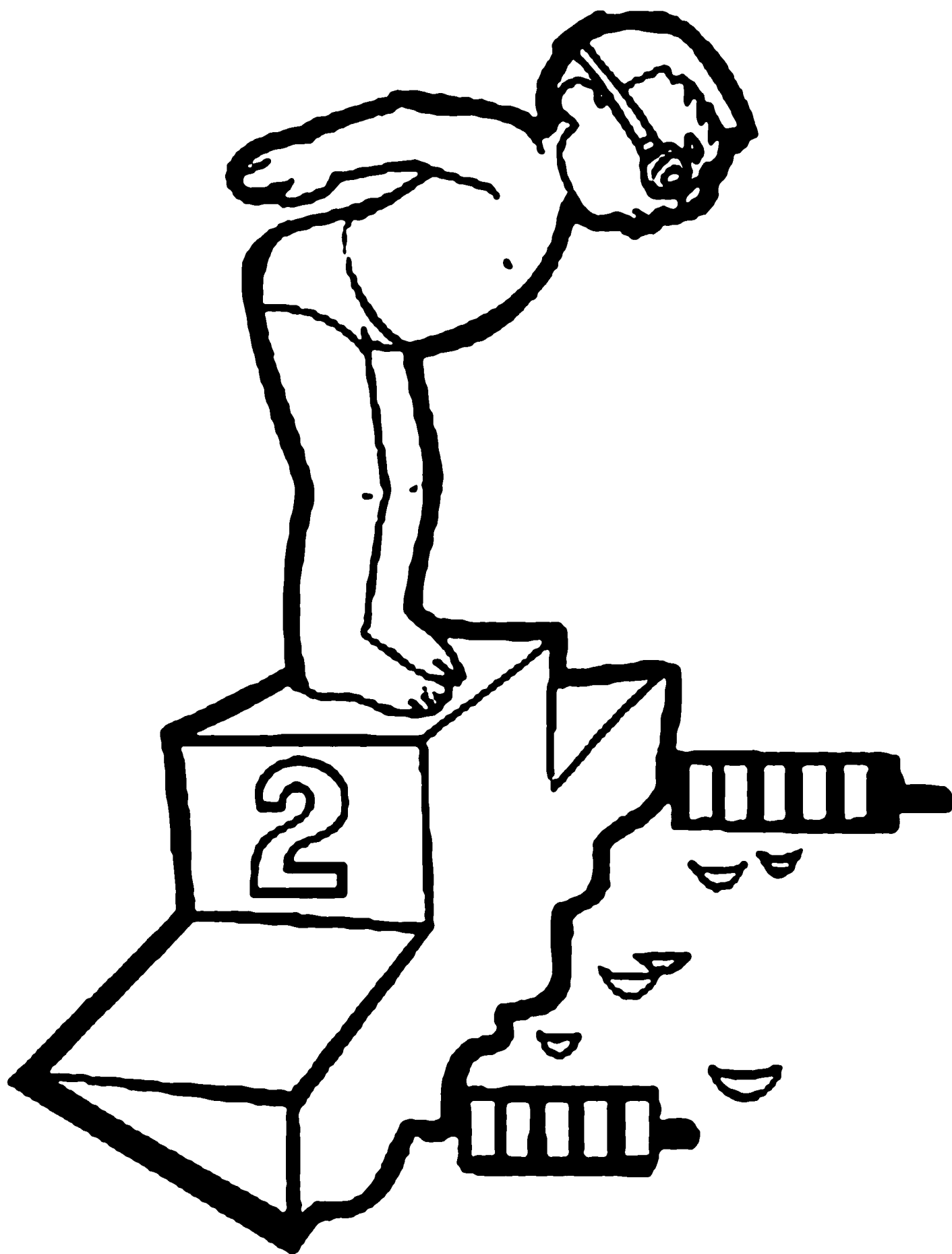
Sammy Snake

Larry Lizard

Freddie Frog

Bart Bird





# After your race

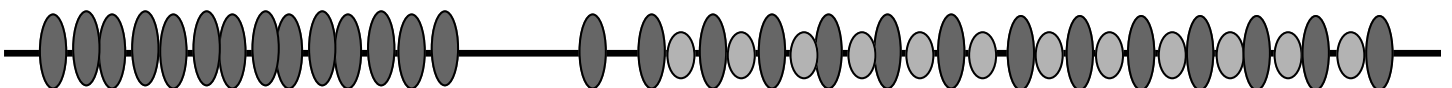
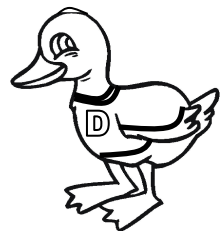
Freddie just finished his race and got a best time! Can you help him find his way to Coach Dee to talk about his race? Watch out for obstacles, and make sure you make it all the way to Coach Dee!



## Start

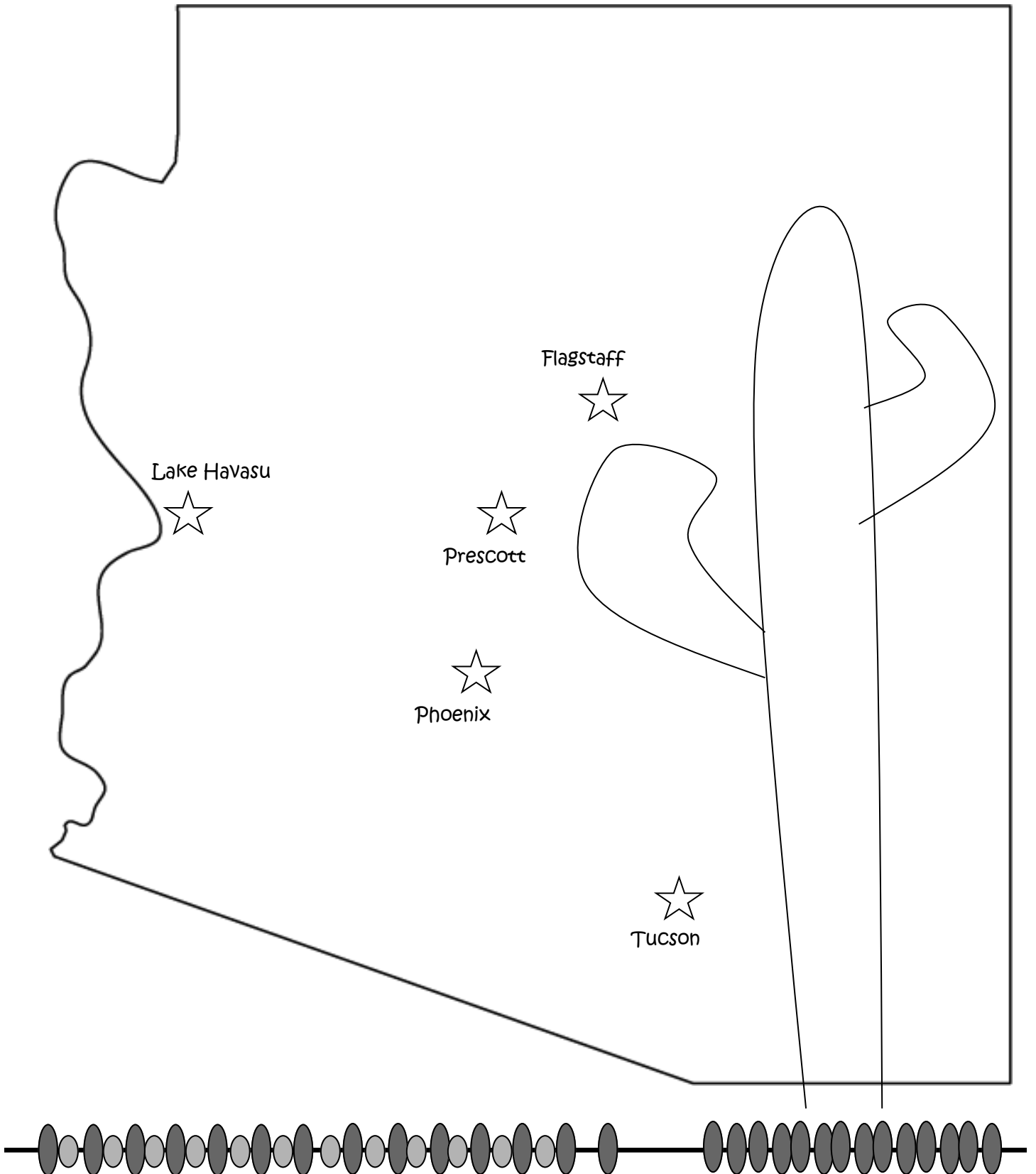


## Finish



# Where is YOUR team?

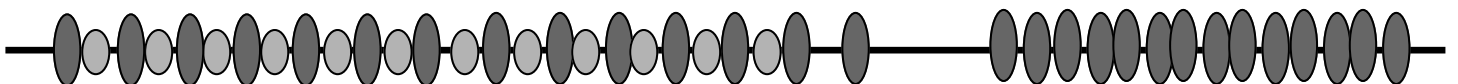
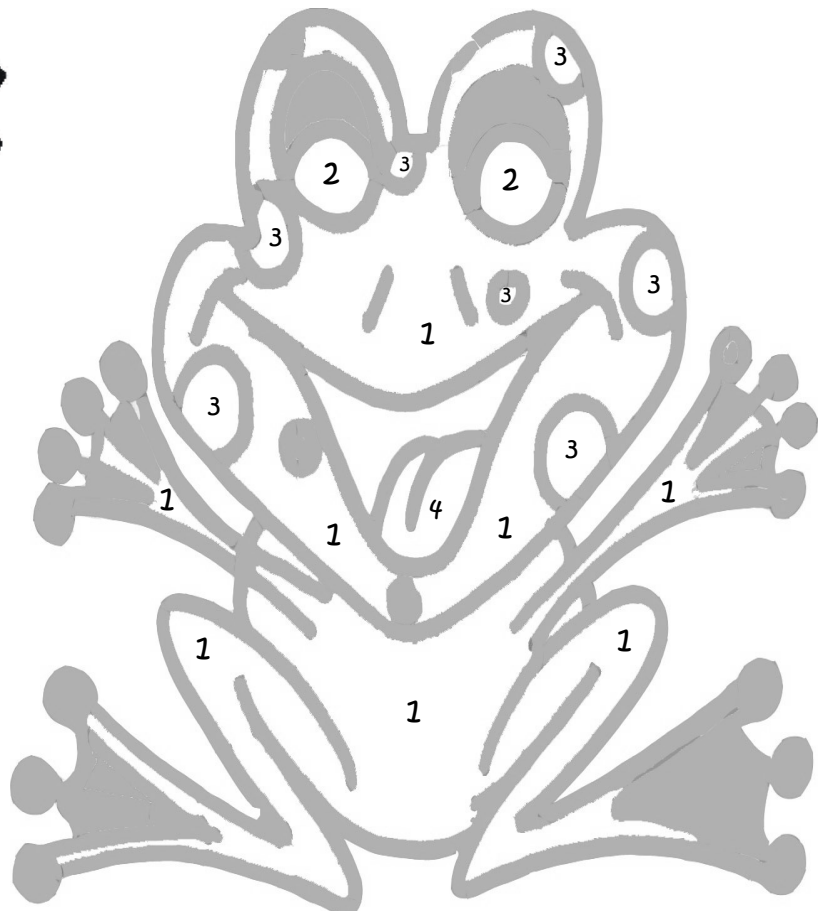
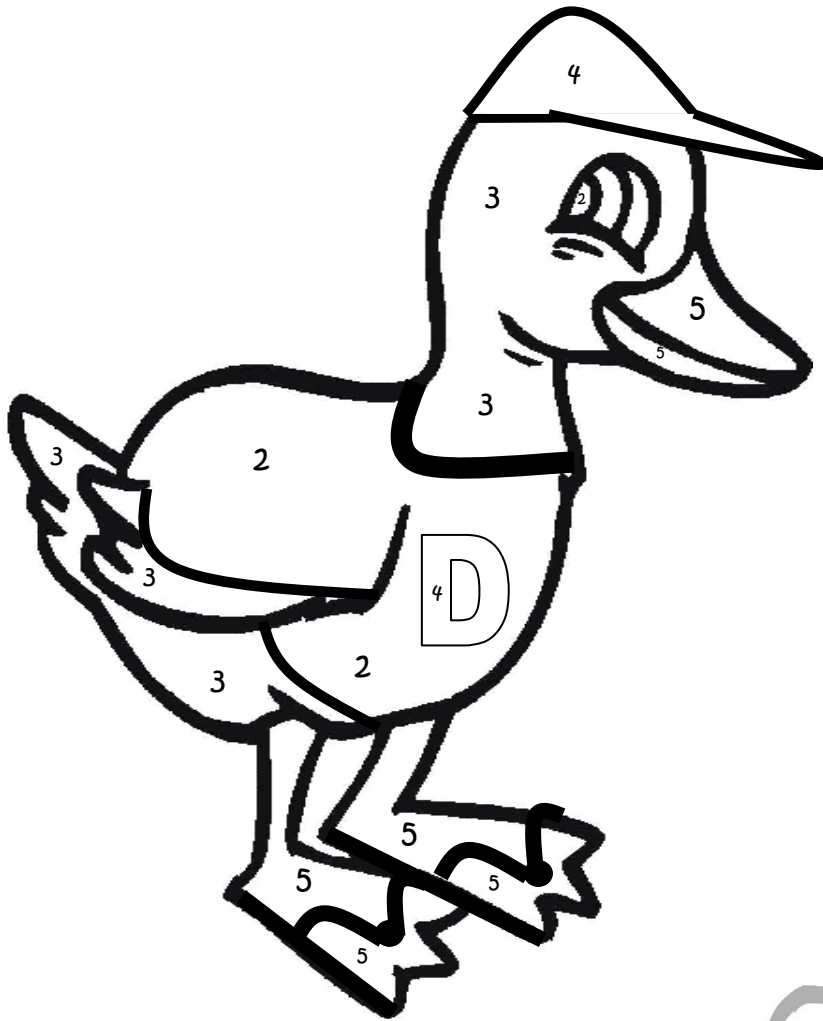
Add a star to show where your team is.



# Color By Number

## Color Key

- |     |        |
|-----|--------|
| 1 - | Green  |
| 2 - | Blue   |
| 3 - | Yellow |
| 4 - | Red    |
| 5 - | Orange |







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swimming visit us on the web!



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Take Your Mark designed and written by KMM, July 2009

