

WELCOME _____ TO MASTERS!!!

NAME GAME "INITIATION" SET:

- A EASY FREE
- B KICK ON BACK
- C SCULL
- D KICK ON YOUR SIDE
- E PULL WITH BUOY
- F EQUIPMENT OF YOUR CHOICE
- G KICK WITH BOARD
- H HALF SPRINT
- I CATCH UP DRILL
- J SPRINT
- K EASY CHOICE
- L BACK
- M DRILL OF YOUR CHOICE
- N KICK ON BACK
- O SCULL
- P WILD CARD- YOUR CHOICE
- Q BUILD
- R PADDLES OR FINS OR BOTH
- S RACE PACE
- T BREATHE EVERY 3
- U EASY STROKE
- V SWIM UNDERWATER
- W WALL KICK 1 MIN
- X KICK WITH BOARD
- Y COUNT YOUR STROKES
- Z HALF SPRINT

