

# Timanous Water Honors

Name: \_\_\_\_\_

**In order to win his Jester, Wizard, and Neptune, a camper must complete all requirements in the four sections. As you complete different parts of this award, remember to have a counselor sign off on it.**

## Jester

### 1. Swimming

- a. Front Crawl- 20 seconds
- b. Back Crawl or Breast Stroke- 25 seconds
- c. Arms Time- 35 seconds
- d. Legs Time- 35 seconds
- e. Basic dive off side of dock
- f. Basic dive off diving board with 3- step approach
- g. Pass level 3

### 2. Water Ski

- a. Get up on two skis and keep your balance

### 3. Canoeing and Boating

- a. Paddle a kayak in a straight line and perform a wet exit
- b. Know bowman status
- c. Demonstrate 5 different strokes
- d. Knots- bowline, clove hitch, and sheet bend
- e. Enter and exit canoe properly
- f. Demonstrate canoe rack, un-rack, and launching procedure

### 4. Sailing

- a. Crew Rating

\*See head of Waterfront\*

## Wizard

### 1. Swimming

- a. Front Crawl- 15 seconds
- b. Back Crawl or Breast Stroke- 20 seconds
- c. Arms Time- 25 seconds
- d. Legs Time(50 yards)- 65 seconds
- e. Front Dive- 6 points
- f. Back Dive- 6 points
- g. Pass level 5

## **2. Water Ski**

- a. Get up on two skis, drop one, then ski slalom

## **3. Canoeing and Boating**

- a. Paddle a kayak through a slalom course
- b. Demonstrate 8 different strokes
- c. Enter a canoe in deep water
- d. Vault out, swamp, and hand paddle a canoe- 50 yards
- e. Tandem Hawthorne Paddle- 45 minutes

## **4. Sailing**

- a. Skipper Award

\*See head of Waterfront\*

## **Neptune**

### **1. Swimming**

- a. Front Crawl- 13 seconds
- b. Individual Medley (back, breast, free) - 65 seconds
- c. Legs Time(50 yards)- 60 seconds
- d. Front Dive- 7 points
- e. Inward Dive
- f. Pass level 6
- g. Swim 1 mile without stopping

### **2. Water Ski**

- a. Get up on one ski and ski effectively

### **3. Canoeing and Boating**

- a. Perform an Eskimo roll in a kayak
- b. Demonstrate 12 different strokes
- c. Teach Jester strokes
- d. Demonstrate distressed swimmer rescue
- e. Know how to load a canoe with camping trip gear
- f. Solo Hawthorne Paddle- 45 minutes

### **4. Sailing**

- a. Timanous Skipper Award

\*See head of Waterfront\*