



R.A.S.C.A.L.S.
RIPLEY AMATEUR SWIMMING CLUB AND LIFE SAVERS



Name.....

Date Joined.....

Stage 1 Achieved		Stage 8 Achieved	
Stage 2 Achieved		Stage 9 Achieved	
Stage 3 Achieved		Stage 10 Achieved	
Stage 4 Achieved		D Squad Achieved	
Stage 5 Achieved		C Squad Achieved	
Stage 6 Achieved		B Squad Achieved	
Stage 7 Achieved		A Squad Achieved	

Above is a progression of your time at RASCALS.
Please find the time to carry on recording your
achievements - over the page is a sheet for you to start
recording your personal best times.

