

Dolphins 7 – 1.5 hrs per week Expected average distance per hour 800 – 1200m

Green hats for training

Equipment Floats and fins

Stroke standards

FC - Basic breathing to side with more regular breathing patterns developing, continuous arms. Developing tumble turns. Streamlining off walls.

BR - circular actions and dorsi flexed feet most of the time and correct timing developing or achieved. Two handed touches most of the time. Streamlining off walls.

BK - continuous arms and long horizontal position and developing rotation. Touch turning remaining on back. Streamlining off walls.

FLY - Arms simultaneous undulation starting to time with arm cycle. Two handed touches most of the time. Streamlining off walls.

Criteria to join squad

1. Demonstrate an understanding of preparation for exercise
2. Sink, push off on side from the wall, glide, kick and rotate into Backstroke
3. Sink, push off on side from the wall, glide, kick and rotate into Front Crawl
4. Swim 10 metres with clothes on and climb out.
5. Swim 200m Front Crawl to include rhythmical breaths (3 stroke breathing-Bi Lateral breathing)
6. Swim 100m Breaststroke to include rhythmical pattern (Pull, Breath, Kick Glide) Feet dorsi flexed
7. Swim Butterfly to include at least three rhythmical breaths
8. Perform a 'shout & signal' rescue
9. Demonstrate Lane etiquette: 5 second gap before starting, stopping at end of lane for overtaking swimmer, ensuring incoming swimmer can finish on wall.
10. Complete a set of 25's or 50's on a send-off, or rest time to a distance of 400m
11. Perform a surface dive
12. Achieve 3 distance badges listed below

Awards that may be achieved

Distance Badges Freestyle 400-600m Backstroke 200m Breaststroke 200m Fly 25m

Other Awards Water Skills 5 Diving Skills (NPTS 10)