

Sharks 10 – 4 hrs per week + 50m Training + land training if 12 and paying £2 per session

Expected average distance per hour 1800 - 2200m

Purple/blue hats for training

Equipment Floats, snorkels pull buoy and fins

Stroke standards

FC - Breathing to side with more regular breathing patterns, continuous arms. Using tumbles turns in training streamlining, dolphin into flutter.

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

BK - continuous arms and long horizontal position and developing rotation. Regularly using backstroke tumble turns may for always be efficient. Streamlining off walls into dolphin and flutter.

FLY - Arms simultaneous undulation for the most part in time with arm cycle with regular breathing. Two handed touches most of the time. Streamlining off walls

Criteria

1. Continued demonstrating Lane etiquette: 5 second gap before starting, stopping at end of lane for overtaking swimmer, ensuring incoming swimmer can finish on wall.
2. Complete a set lasting 1000m (E.g. Either 20 x 50m; 10 x 100m; 5 x 200m) on a specific turnaround time set by the coach (E.g. 1.15min for 50m's, 2.30min for 100m's; 5.00min for 200m's)
3. Swim 200 individual medley with correct turns
4. Perform a 15m underwater kick on front in a streamlined position
5. Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m, Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.
6. Perform a Freestyle start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m, Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.
7. Perform a Butterfly start then Butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m, Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.

8. Perform a Breaststroke start, 1 fly pull and 1 fly kick- 1 Breaststroke kick to streamline arms ,1 sweep out with arms when head should break surface before in-sweep, transfer into stroke and complete the remainder of the 25m, Turn and repeat (distance underwater not specified) with correct transition to stroke and correct finish.

Awards that may be achieved

Distance Badges 1500m – 1 mile

Other Awards Competition Start Gold Challenge