

**Sharks 8** - 3 hrs per week

Expected average distance per hour 1000m - 1600m

### **Purple/blue hats for training**

**Equipment** Floats and fins

### **Stroke standards**

FC - Basic breathing to side with more regular breathing patterns developing, continuous arms. Using tumbles turns in training may not always be efficient. Streamlining off walls.

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

BK - continuous arms and long horizontal position and developing rotation. Developing backstroke tumble turn. Streamlining off walls.

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

### **Criteria to join the squad**

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. Allowing faster swimmer on specific strokes to go first.
2. Swim 100m Freestyle (B.L.A.B.T)
3. Swim 100m Backstroke (B.L.A.B.T)
4. Swim 100m Breaststroke (B.L.A.B.T)
5. Swim 25m Butterfly (B.L.A.B.T)
6. Swim 100 Individual medley with correct turns.
7. Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: Sculling, Rotation, Floating, Eggbeater
8. Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout
9. Tread water for a period of 60 seconds
10. Perform a Dive from the side of the pool.
11. Complete a set lasting 600m (e.g. 6 x 100m) on a specific turn time set by the coach.
12. Practice Competition starts from block with a club official for Gala Preparation.
13. Practice Relay takeovers in Free and Medley.
14. Swim 800m FC

### **Awards that may be achieved**

**Distance Badges** Freestyle 800m Fly 50m

**Other Awards** 100m IM Water Skills 6 Preliminary Start Bronze Challenge