

Sharks 9 - 3 hrs per week

Expected average distance per hour 1400 - 2000m

Purple/blue hats for training

Equipment

Floats, 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 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.
2. Complete a set lasting 800m (e.g. 16 x 50m, 8 x 100m) on a specific turn time set by the coach.
3. Swim 100m Individual Medley with correct turns at a RACE pace
4. Perform a Backstroke turn from 10m in to 15m out
5. Perform a Breaststroke turn from 10m in to 15m out
6. Perform a Butterfly turn from 10m in to 15m out
7. Perform a Front Crawl turn from 10m in to 15m out
8. Perform a Backstroke start with correct transition to stroke
9. Perform a Butterfly start with correct transition to stroke
10. Perform a Breaststroke start with correct transition to stroke
11. Complete a freestyle start with correct transition to stroke

Awards that may be achieved

Distance Badges Freestyle 1000m

Other Awards Pre-competition level 1 Survival level 2 Silver Challenge