

Swordfish 5 – 1 hr per week

Pink hats for training

Stroke standards

FC - Basic breathing to side, continuous arms

BR - circular actions most of the time with evidence of correct timing being developed.

BK - continuous arms and long horizontal position for the most part.

FLY – Arms simultaneous legs do not need to kick

Criteria to join squad

1. Demonstrate an understanding of buoyancy
2. Perform a tuck float for 5 seconds
3. Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
4. Push & glide from the wall to the pool floor
5. Kick 25 metres on Front unaided in streamline position
6. Kick 25 metres on back unaided in streamline position
7. Kick 25 metres Breaststroke unaided (No Equipment)
8. Undulate for 25 metres unaided in streamline position i.e arms by side or in front.
9. Perform on the back a headfirst sculling action for 5 metres in a horizontal position
10. Travel on the back and roll in one continuous movement onto front
11. Travel on the front and roll in one continuous movement onto back
12. To be able to do 5-10m Butterfly with simultaneous arms
13. Swim 50m effectively in FC or BK
14. Swim 25m BR
15. Achieve 2 distance badges listed below

Awards that may be achieved

Distance Badges

Freestyle 50m Backstroke 50m Breaststroke 25 – 50m Fly 20 – 25m

Other Awards

Preliminary Safety Diving Skills (NPTS 8)