



Squad Criteria

2021-22 Season

All Swimmers

- All swimmers are expected to follow our 'Swimmer Etiquette'. **See Appendix 1.**
- Please make sure all your equipment is labelled with your name. **See Appendix 2** for recommended equipment.
- Please make sure everyone comes to training with sufficient drink in a suitable bottle (which is labelled with your name). We recommend bringing 1 litre per hour of training so you are prepared for both easy and hard swimming.
- Please note: chilly type glass bottles are banned at the Arena (because they crack the pool tiles if dropped/knocked over).
- We have been introducing the Swim England Club Award Scheme Levels 1-6, which was first launched in 2018. **See Appendix 3.**
- In the 2020-21 season we focused on the lower squads with Levels 1 & 2 only. There will now be a gradual introduction across the rest of the Junior and Age Group squads.
- Ages stated on each squad are a guideline only. All swimmers develop at different rates, both in terms of swimming skill and physical growth & development.
- All squad moves are dependant on both meeting the criteria and on space available.

Squad Structure Overview



Foundation

6 - 10 years

- This is our entry level squad.
- Swimmers must be able to swim at least 50m front crawl and 50m backstroke to join the squad.
- Swimmers will work towards Swim England Club Award scheme levels 1 & 2.
- Fridays session is held in the Wave small pool and is mainly skills focused.
- Sundays session is held in the Arena 25m pool where there is more focus on developing stroke technique, stamina and basic speed. Diving is taught here.
- We aim to run two novice galas each year , usually in Oct/Nov and Feb/Mar, aimed at Foundation and Junior 1 swimmers.
- Swimmers are also able to enter Club Age Group and Championship Galas.
- In order to progress to our Junior Squads swimmers must be able to swim 200m front crawl continuously and have attained the standard of Swim England Club Award Level 1.
- We welcome parent volunteers e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

Junior Squads

8 - 13 years

- In this Junior squads swimmers will continue to progress through the Swim England Club Award scheme.
- Stroke technique and skills are continually developed, alongside stamina, aerobic fitness and basic speed. 200m freestyle time trials are done about every 6 weeks.
- At around 11-13yrs they will progress to either Age Group Performance or Senior Age Group.
- We welcome parent volunteers e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

BRONZE

- You will be able to confidently swim 200m freestyle in under 5 mins 15 secs
- You will have achieved at least Swim England Club Award Level 1, ideally Level 2
- You will work towards Swim England Club Award levels 2 & 3

As a competitive swimmer, you should:

- Compete in our two Novice Galas each year, usually in Oct/Nov and Feb/Mar
- Compete in our Club Championship galas and our Sep & Jan home open meets

SILVER

- You will be able to swim 200m freestyle in under 4 mins 30 secs
- You will have achieved Swim England Club Award Level 2
- You will work towards Swim England Club Award levels 3 & 4
- You will do your Preliminary Competitive Start Award

As a competitive swimmer, you should:

- Compete in our Club Championship galas and our 3 home open meets
- Aim to enter 1 other level 3 open meet each year from the club programme
- Represent the Club at league or friendly galas if selected

GOLD

- You will be able to swim 200m freestyle in under 3 mins 45 secs
- You will have achieved Swim England Club Award Level 3
- You will work towards Swim England Club Award levels 4 & 5

As a competitive swimmer, you should:

- Compete in our Club Championship galas and our 3 home open meets
- Aim to enter 1 or 2 other level 3 open meets each year from the club programme
- Represent the Club at league or friendly galas if selected

Senior Age Group

12 – 15 years

- In this squad we continue to build on the skills learned through the Swim England Club Award scheme, completing level 6 and doing sets that are more challenging.
- Swimmers will progress to Senior Youth around 15 years of age.
- Swimmers in the Senior Age Group may ask the Head Coach to transfer to one of the Performance Squads at any time if they have achieved or are close to County times and are prepared to commit to the demands of these squads. Head Coach discretion will apply to those who have not quite met the county time criteria, but whom the Head Coach feels has a realistic chance of achieving them with additional training time.
- We welcome parent volunteers e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

Senior Age Group swimmers should:

- Be able to confidently swim repeat distances of 200m in front crawl, backstroke and breaststroke; be able to swim at least 50m butterfly; and have attained the competency of Swim England Club Award 5.
- Compete in our Club Championship galas and our 3 home open meets.
- Aim to enter at least 2 other level 3 open meets each year from the club programme
- Represent the Club at league or friendly galas if selected.

Senior Youth

15 – 19 years

- This squad is for our youth swimmers who either do not meet Performance squad criteria or who do not wish to commit to the full demands of the Performance squads.
- Training is still geared towards competition and we hope to see these swimmers continue to compete in our home open meets and represent the Club in team events when selected.
- However, we recognise that some wish to continue swimming for fitness only, so there is no obligation to compete in this squad.
- Swimmers in Senior Youth may ask the Head Coach to transfer to one of the Performance Squads at any time if they have achieved, or are close to, County times and are prepared to commit to the demands of these squads. Head Coach discretion will apply to those who have not quite met the county time criteria, but whom the Head Coach feels has a realistic chance of achieving them with additional training time.
- We continue to welcome parent volunteers e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

Age Group Performance

11 – 14 years

- Swimmers will be automatically invited to join Age Group Performance when they are aged 11-12yrs if they have competed at the Sussex County Championships. Further swimmers may be invited with Head Coach discretion.
- In this squad we continue to build on the skills learned through the Swim England Club Award scheme, completing level 6 and doing sets that are more challenging.
- To move from Age Group Performance to Youth Performance swimmers must be at least at County Championship level in two or more events.
- Swimmers who have not met this criteria by the time they are in the 14yr age group, age as at 31st Dec, will move to Senior County or Senior Youth at the start of the new season in September of that year.

Being a member of a Performance Squad demands more commitment. Therefore all Age Group Performance members are expected to:

- Enter our Club Championship galas and each of our home open meets.
- Enter 3 other open meets each year from the club programme.
- Enter all County, Regional and National competitions they qualify for.
- Represent the Club at league galas and County/Regional Relays if selected.
- Maintain high attendance. Swimmers whose attendance drops below 70% will have their place in Age Group Performance reviewed and may be asked to transfer to Senior Age Group or Senior Youth. Exception may be made for swimmers on elite programmes where their sessions clash or where a swimmer has to self-isolate or is recovering from injury or illness.
- Set and review monthly process goals
- Know your PBs (so you can hit target times in sets)
- Time your swims - using the pace clock to either estimate these or using a swim watch (so you know if you are hitting your target times)
- Learn your 25m stroke counts and underwater dolphin kick count
- Parents of Age Group Performance Squad members are expected to contribute to the Club through volunteering in some capacity e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

Senior County

14 – 17 years

- This new performance level squad is aimed at swimmers who do not presently meet the criteria for Youth Performance, but are actively aiming for County Championship level and are willing to commit to the demands of a performance squad. These swimmers will have achieved Winter County Competition qualifying times.
- You must also have attained the competency of Swim England Club Award Level 6 and continue all elements of the full scheme with a high degree of skill and consistency at every training session.
- This squad will work alongside Youth Performance at most sessions and on achieving County Championship times swimmers will move up to Youth Performance.

Therefore all Senior County members are expected to:

- Enter our Club Championship galas and each of our home open meets.
- Enter 3 other open meets each year from the club programme.
- Enter all County, Regional and National competitions they qualify for.
- Represent the Club at league galas and County/Regional Relays if selected.
- Maintain high attendance. Swimmers whose attendance drops below 70% will have their place in Youth Performance reviewed and may be asked to transfer to Senior Youth or Senior Sprint. Exception may be made for swimmers on elite programmes where their sessions clash or where a swimmer has to self-isolate or is recovering from injury or illness.
- Know your PBs (so you can hit target times in sets)
- Time your swims - using the pace clock to estimate these or using a swim watch (so you know if you are hitting your target times)
- Know your 25m stroke counts and underwater dolphin kick count
- Know your 25m times and set targets for these
- Keep a log book (this may be a hard copy or an app)
- Set and review monthly & cycle process goals
- Write race plans
- Parents of Senior County members are expected to contribute to the Club through volunteering in some capacity e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

Youth Performance

14 years & over

- To move into Youth Performance swimmers must be currently at County Championship level in two or more events.
- You must also have attained the competency of Swim England Club Award Level 6 and continue all elements of the full scheme with a high degree of skill and consistency at every training session.
- Youth Performance members who have either not achieved this level by the closing date for the County Championships (usually late January) or have not entered the County Championships will move to Senior County, Senior Youth or Masters, whichever is appropriate, on an agreed date.

Being a member of a Performance Squad demands more commitment. Therefore all Youth Performance members are expected to:

- Enter our Club Championship galas and each of our home open meets.
- Enter 3 other open meets each year from the club programme.
- Enter all County, Regional and National competitions they qualify for.
- Represent the Club at league galas and County/Regional Relays if selected.
- Maintain high attendance. Swimmers whose attendance drops below 70% will have their place in Youth Performance reviewed and may be asked to transfer to Senior Youth or Senior Sprint. Exception may be made for swimmers on elite programmes where their sessions clash or where a swimmer has to self-isolate or is recovering from injury or illness.
- Know your PBs (so you can hit target times in sets)
- Time your swims - using the pace clock to estimate these or using a swim watch (so you know if you are hitting your target times)
- Know your 25m stroke counts and underwater dolphin kick count
- Know your 25m times and set targets for these
- Keep a log book (this may be a hard copy or an app)
- Set and review monthly & cycle process goals
- Write race plans
- Parents of Youth Performance Squad members are expected to contribute to the Club through volunteering in some capacity e.g. coaching/coach support, officiating, committee, team managing, home meet gala team, IT support.

Retained Swimmers

- This squad is specifically for swimmers at Boarding School, University or similar who are unable to swim with the Club all year round, but would like to train when at home / at university (if living on a Chichester university campus).
- You will be offered sessions / attached to a squad appropriate to your ability.

Masters

- This squad is for adult swimmers (age 18+) who wish to enter masters competitions or train for fitness only.

Appendix 1

Swimmer Etiquette

These guidelines were put together by some of our club swimmers a few years ago, mostly in their own words. We would like everyone to enjoy their time at the club, so we ask that all club swimmers follow these simple etiquette guidelines.

CLUB COMMUNITY

- ❖ Be polite, kind and considerate to every member of the club community.
- ❖ Respect the opinions of the coaches and others within the community.
- ❖ Never bully or put anyone in a situation where they will feel upset.
- ❖ Do not use verbal or physical abusive behaviour.
- ❖ Encourage and support each other.
- ❖ Be a good role model for each other.
- ❖ Respect the facilities that we use, and other swimmer's belongings (or property)

WORKING WITH YOUR COACHES

- ❖ Listen to your coaches, and do not talk when your coach is talking.
- ❖ Do not complain about the set, argue or backchat with your lane coach.
- ❖ Do ask your coaches if you are unsure of what to do.
- ❖ Be honest with your coaches.

TRAINING SESSIONS

- ❖ Arrive on time and put all your best effort into your training, with a positive attitude, dedication, and perseverance.
- ❖ Ensure you always have your equipment for every session.
- ❖ Do your pre-water mobility exercise, if you don't know how, ask a fellow swimmer or your coach.
- ❖ Always consider your own, and the safety of your fellow swimmers.
- ❖ Ask your coach if you need to go to the toilet and only go between sets, try to go before the session.
- ❖ Bring enough drink to training – 1 litre per hour
- ❖ Eat healthily

LANE ETIQUETTE

- ❖ Swim at the right pace for the set.
- ❖ Leave appropriate gaps between swimmers when setting off.
- ❖ Do not stand up or walk in the lane.
- ❖ Do not block the lane end when swimmers are trying to turn or finish correctly.
- ❖ Be considerate when overtaking – you may lightly tap the heel to let the swimmer know you're there, but no pulling on ankles! Use front crawl to overtake.
- ❖ If you're being overtaken, stay close to the lane rope or poolside and allow the swimmer to pass.
- ❖ When turning, on reaching the flags move towards the centre of the lane, then turn and push off towards the other side of the lane. This prevents any clashes with swimmers behind you.
- ❖ Always streamline and work on your technique.

“Be the best you can be and help others be the best they can be”

If you have any concerns or worries about yourself or another swimmer please email our Club Welfare Officer in confidence at:

lscwelfareofficer@gmail.com or you can ring Swimline, the









Swim England/NSPCC Child Protection Helpline 0808 100 4001



Swimline
0808 100 4001





Appendix 2

Recommended Equipment

Equipment		Squads
	<p>Mesh Equipment Bag</p> <p>Essential item for keeping all of your equipment together!</p>	All
	<p>Goggles</p> <p>Vital equipment for all swimmers! We recommend you have two pairs so you always have a spare pair with you, especially when competing. Prices vary tremendously from as little as £5 for a basic pair to well over £30 for a good racing pair. The important thing is to make sure they are properly adjusted and fit well.</p>	All
	<p>Pull buoy</p> <p>We use pull buoys to isolate the pull and maintain body alignment on some pull only sets. A small pull buoy is best for junior swimmers. Youth swimmers may use a larger one.</p>	All
	<p>Short Training Fins</p> <p>We recommend short training fins. Fins that have an ankle strap allow for greater flexibility. Avoid very stiff heavy fins, especially with our younger swimmers.</p>	All
	<p>Swimmer's Snorkel</p> <p>A snorkel is a very useful piece of training equipment as it allows swimmers to focus on technique without worrying about their breathing. It encourages correct body alignment and a still head, plus swimmers can do kick sets without a kickboard! They take a bit of practice to get used to but are well worth the effort.</p>	All except Foundation Squad
	<p>Nose Clip</p> <p>Most swimmers find they need a nose clip to use with their snorkels, especially when they are learning to use a snorkel.</p>	All except Foundation Squad
 	<p>Small Kickboard</p> <p>Using a kickboard can increase stress on the shoulders, therefore it is important to buy the right one. Very young swimmers should not use a large kickboard; we recommend all swimmers use small kickboards.</p> <p>Alternative Small kickboard:</p> <p>Finis have produced the Alignment Kickboard which sits just below the water surface and is said to improve streamline, body position and puts less pressure on the shoulders than a standard kickboard.</p>	All

Appendix 2

Recommended Equipment

Equipment		Squads
	<p>Strapless Hand Paddles</p> <p>These paddles are recommended for technique work. They are quick and easy to put on as no fiddly straps to contend with. They encourage correct position of the hand as this is required for them to stay on!</p>	Junior 3 squad and above
	<p>Hand Paddles with Straps</p> <p>Strapped hand paddles create resistance in the water. They have holes in them which increase sensitivity and help swimmers develop a feel for the water. For youth and senior swimmers, the added resistance helps to develop strength and power. It is important to buy the right size. Under the age of 14/15 years buy small paddles only or finger paddles; remember the larger the paddle the greater the resistance and therefore impact on your shoulders.</p>	Senior & Performance Squads only
	<p>Ankle Band</p> <p>An ankle band ensures proper isolation of the upper body for pull sets. They make the workout harder and require a strong core to maintain correct alignment.</p>	Age Group, Senior & Performance Squads only
	<p>Roll Mat</p> <p>Essential for land training, but may also be used for pre-pool work and post swim stretching</p> <p><i>Note: Info on new land training programme soon!</i></p>	Anyone who attends land training
	<p>Skipping rope</p> <p>Skipping can form part of your pre-pool warm up routine, but you need plenty of space to use one safely poolside!</p>	Optional - all
	<p>Resistance bands</p> <p>These may be used in land training and can be used as part of the pre-pool routine for swimmers aged 12+</p> <p>(see swimming.org/sport/land-warm-up-swimmers)</p>	Optional – Age Group, Senior & Performance Squads only

Note: branded pictures are examples only – there is a wide range of makers/suppliers available

Appendix 4

Swim England Swimming Club Awards

- There are six progressive Club awards to achieve
- At first glance, they look very straight forward and easy to achieve
- However, in order to gain these awards swimmers must be able to carry out each element with a high degree of skill and consistency
- By consistency we mean every time they swim over a number of weeks, not just once
- An example of a high level of skill is:

9. Kick 25 metres front crawl with arms at side.

On the front, demonstrate a continuous, alternating action initiating at the hips. Long legs, loose ankles with heels breaking the surface to produce a small splash. Hips and head held in line with the surface of the water demonstrating effective aquatic alignment. Long axis continual, even rotation generated from the hips.

- We assess the awards continuously, but may have 'mop up' sessions towards the end of the swimming year (in June/July)
- When your swimmer has achieved an award you will be sent a jotform link to purchase the certificate and pin badge

Level 1

1. Use a pace clock to set off at a set interval agreed by the coach (e.g. every 5 or 10 seconds apart).
2. Perform a front float using the X, Y, and I (streamlined) positions. Hold each position for 5 seconds.
3. Perform a back float using the X, Y, and I (streamlined) positions. Hold each position for 5 seconds.
4. Demonstrate a streamlined position standing on dry land. Describe the position using the 'top to toe' checklist.
5. Push from a wall into a front streamlined position underwater.
6. Push from a wall into a back streamlined position underwater.
7. Give four examples of items of swimming equipment and describe their use in training.
8. Demonstrate how to use each of the items of equipment above.
9. Kick 25 metres front crawl with arms at side.
10. Kick 25 metres backstroke with arms at side.
11. Kick 25 metres butterfly with arms at side.
12. Kick 25 metres breaststroke with hands on a small board or arms at side.
13. Perform a sitting dive from the side of the pool.
14. Perform a back dive from a standing position in the water.

Level 2

1. Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds). You must set off at a prescribed interval (e.g. every 5 or 10 seconds).
2. Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres.
3. Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out.
4. Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres.
5. Demonstrate appropriate hydration strategies over a minimum of four training sessions.
6. Demonstrate an understanding of when and what to eat in relation to a training session.
7. Perform the front crawl single arm drill with one arm by the side for 25 metres.
8. Perform the backstroke single arm drill with one arm by the side for 25 metres.
9. Perform the butterfly drill, three scull then one swim for 25 metres.
10. Perform the breaststroke drill, two kicks then one pull for 25 metres.
11. Perform an effective approach, rotation and touch for front crawl and backstroke turns and an effective approach, touch, rotation and touch for butterfly and breaststroke turns.
12. Perform a kneeling dive from the poolside.
13. Perform a backstroke start from the wall, ideally with feet in a trough

Level 3

1. Demonstrate an understanding of the four phases of the Raise, Mobilise, Activate, Prime (RMAP) warm up. Perform one exercise from each section.
2. Demonstrate an understanding of effective stretching protocols. Perform two key stretches.
3. Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds), using the pace clock to estimate the swim time on each repeat. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
4. Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres. Transition through the surface of the water using an alternate kick into front crawl swimming for a minimum of five strokes.
5. Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres. Transition through the surface of the water into butterfly swimming for a minimum of five strokes.
6. Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out. Transition through the surface of the water into breaststroke swimming for a minimum of five strokes.
7. Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres. Transition through the surface of the water using an alternate kick into backstroke swimming for a minimum of five strokes.
8. Demonstrate an understanding of process goals.
9. Swim 25 metres full stroke front crawl demonstrating the connectivity of rotation into limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
10. Swim 25 metres full stroke backstroke demonstrating the connectivity of rotation into limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
11. Swim 25 metres full stroke butterfly demonstrating the ability to resist short axis rotation to produce symmetrical limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
12. Swim 25 metres full stroke breaststroke demonstrating the ability to resist short axis rotation to produce symmetrical limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
13. Perform an effective push off and transition to stroke for each stroke turn.
14. Perform a standing dive from the poolside into a streamlined position underwater.
15. Perform a backstroke start from the wall, ideally with feet in a trough, into a streamlined position underwater.
16. Perform a simulated single step relay takeover action with combined arm swing on poolside.

Level 4

1. Warm up using a minimum of two Raise, Mobilise or Activate exercises and one Prime exercise.
2. Perform a post swim stretching routine using a minimum of four key stretches.
3. Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds), aiming to complete each repeat at a set pace (e.g. 40 seconds) to get a consistent rest (e.g. 20 seconds). Set off at a prescribed interval (e.g. every 5 or 10 seconds).
4. Set one process goal relating to improving stroke technique.
5. Swim 50 metres of each stroke (25 metres butterfly) demonstrating effective breathing and timing, starting with the correct push off from the wall, underwater phase and transition to stroke.
6. Swim 100 metres individual medley, starting with the correct push off from the wall, underwater phase and transition to stroke with legal touch turns.
7. Perform a legal and efficient turn on each of the four strokes from 10 metres in to 10 metres out from the wall.
8. Perform a legal and effective sequence of movements for each of the three individual medley transition turns.
9. Perform a track start using a starting block.
10. Perform a backstroke start using a starting block.
11. Perform a relay takeover arm swing and step from the side of the pool into the water.
12. Perform a single step relay takeover from the side of the pool into 25 metres front crawl swim.

Level 5

1. Warm up using a minimum of three Raise, Mobilise or Activate exercises and one Prime exercise.
2. Complete a post swim stretching routine using a minimum of six key stretches.
3. Complete a short set (e.g. 4 x 50 metres) on a set turnaround time (e.g. 90 seconds), aiming to swim each repeat at a set pace (e.g. 60 seconds) to get consistent rest (e.g. 30 seconds). Take a kick and stroke count on each repeat. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
4. Set one process goal relating to improving a swimming skill e.g. a start, turn or finish.
5. For each stroke, swim 4 x 50 metres full stroke (4 x 25 metres butterfly), counting and maintaining an even underwater kick and stroke count.
6. Swim 100 metres individual medley from a track start on the starting block, incorporating legal and effective transition turns, starting with the correct push off from the wall, underwater phase and transition to stroke.
7. Perform a legal and efficient turn on each of the four strokes at race speed from 10 metres in to 10 metres out.
8. Perform a legal and effective push off from the wall and transition to stroke for each individual medley turn.
9. Following the starting procedure used in competitions, demonstrate the correct timing of ascent onto the starting block. Then perform a track start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase and transition to full stroke.
10. Following the starting procedure used in competitions, demonstrate the correct timing of entry into the water. Then perform a backstroke start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase and transition to full stroke.
11. Perform a legal and effective finish on each of the four strokes.
12. Perform a single step relay takeover from the starting block into 25 metres front crawl swim.
13. Perform a single step relay takeover from the starting block into 25 metres front crawl swim, taking over from an incoming swimmer

Level 6

1. Warm up using a minimum of four Raise, Mobilise, Activate exercises and one Prime exercise.
2. Perform a post swim stretching routine using a minimum of eight key stretches.
3. Complete a short set (e.g. 4 x 50 metres) on a set turnaround time (e.g. 90 seconds), aiming to swim each repeat at a set pace (e.g. 60 seconds) to get consistent rest (e.g. 30 seconds). Take a kick and stroke count on each repeat and determine the Stroke Efficiency Index. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
4. Set one process goal relating to improving technique on individual medley turns and relay takeovers.
5. For each stroke, swim 4 x 50 metres full stroke (4 x 25 metres butterfly), maintaining underwater kick count and an even stroke count. Time each swim and determine the Stroke Efficiency Index for each. Start each with the correct push off from the wall, underwater phase and transition to stroke.
6. Swim 100 metres individual medley from a track start on the starting block incorporating legal and efficient medley transition turns at race speed
7. Perform a legal and efficient turn from 10 metres in to 10 metres out at race speed for each of the individual medley transition turns.
8. Following the starting procedure used in competitions, perform a track start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out and transition to stroke into 50 metres full stroke swim (either front crawl or breaststroke) or 25 metres full stroke swim using butterfly. Perform at race speed, timed to 15 metres.
9. Following the starting procedure used in competitions, perform a backstroke start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out, transition to stroke into 50 metres full stroke backstroke at race speed, timed to 15 metres.
10. Perform a legal and effective finish on each of the four strokes at race speed, timed 10 to 15 metres in.
11. Perform a single step relay takeover from the starting block into 50 metres front crawl swim at simulated race speed.
12. Perform a single step relay takeover from the starting block into 50 metres front crawl swim taking over from an incoming swimmer at race speed.