

Guidelines from Swimming Lessons to C Squad Hough End

Performance:

- Swim 50m of front crawl, backstroke and breaststroke showing correct techniques
- Swim 25m of Butterfly Kick showing correct technique

Skills:

- Perform a good forward roll
- Basic push and glide in a streamline position – front and back
- Perform a head first surface dive
- Perform a standing or kneeling dive from the side
- Tread water for 30seconds – chin above the water
- Float on back for 30seconds

Knowledge:

- Understanding of the correct strokes

Personality:

- Strong attitude and willing to keep progressing
- All athletes must demonstrate a strong work ethic, desire and determination to succeed.

Please Note: These are Guidelines and what the club will be working off when discussing promotion. There is no guarantee of promotion if an athlete achieves one or all of the above conditions, and all selections will be made at the discretion of the Head Coach.