

Outcomes

Swimming Club Award 4

The participants have demonstrated that they are able to:

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.