



# Outcomes

## Swimming Club Award 6

### The participants have demonstrated that they are able to:

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.