

Achievement Record



SQUAD/GROUP

COACH

START DATE

A = Achieved, but not consistently

✓ = Consistently performed

	Outcomes 1 2 3 4 5 6 7 8 9 10 11 12 13 14																										
Participant's Name									5																		
	Α	✓	A	✓	Α	✓	Α	√	Α ν	A	✓	Α	√	Α	√	Α	✓	Α .	/	A •	Α	√	A	√	А		
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Outcomes

Swimming Club Award 1

The participants have demonstrated that they are able to:

- 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.