

**SQUAD/GROUP**

COACH

START DATE

**A** = Achieved, but not consistently

✓ = Consistently performed

[illegible]

# 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.