

Outcomes

Swimming Club Award 2

The participants have demonstrated that they are able to:

1. Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds). You must set off at a prescribed interval (e.g. every 5 or 10 seconds).
2. Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres.
3. Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out.
4. Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres.
5. Demonstrate appropriate hydration strategies over a minimum of four training sessions.
6. Demonstrate an understanding of when and what to eat in relation to a training session.
7. Perform the front crawl single arm drill with one arm by the side for 25 metres.
8. Perform the backstroke single arm drill with one arm by the side for 25 metres.
9. Perform the butterfly drill, three scull then one swim for 25 metres.
10. Perform the breaststroke drill, two kicks then one pull for 25 metres.
11. Perform an effective approach, rotation and touch for front crawl and backstroke turns and an effective approach, touch, rotation and touch for butterfly and breaststroke turns.
12. Perform a kneeling dive from the poolside.
13. Perform a backstroke start from the wall, ideally with feet in a trough.