

SQUAD/GROUP

COACH

START DATE

A = Achieved, but not consistently  
✓ = Consistently performed

Participant's Name	Outcomes																Comments
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	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	A ✓	
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# Outcomes

## Swimming Club Award 3

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

1. Demonstrate an understanding of the four phases of the Raise, Mobilise, Activate, Prime (RMAP) warm up. Perform one exercise from each section.
2. Demonstrate an understanding of effective stretching protocols. Perform two key stretches.
3. Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds), using the pace clock to estimate the swim time on each repeat. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
4. Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres. Transition through the surface of the water using an alternate kick into front crawl swimming for a minimum of five strokes.
5. Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres. Transition through the surface of the water into butterfly swimming for a minimum of five strokes.
6. Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out. Transition through the surface of the water into breaststroke swimming for a minimum of five strokes.
7. Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres. Transition through the surface of the water using an alternate kick into backstroke swimming for a minimum of five strokes.
8. Demonstrate an understanding of process goals.
9. Swim 25 metres full stroke front crawl demonstrating the connectivity of rotation into limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
10. Swim 25 metres full stroke backstroke demonstrating the connectivity of rotation into limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
11. Swim 25 metres full stroke butterfly demonstrating the ability to resist short axis rotation to produce symmetrical limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
12. Swim 25 metres full stroke breaststroke demonstrating the ability to resist short axis rotation to produce symmetrical limb actions, starting with the correct push off from the wall, underwater phase and transition to stroke.
13. Perform an effective push off and transition to stroke for each stroke turn.
14. Perform a standing dive from the poolside into a streamlined position underwater.
15. Perform a backstroke start from the wall, ideally with feet in a trough, into a streamlined position underwater.
16. Perform a simulated single step relay takeover action with combined arm swing on poolside.