

Outcomes

Swimming Club Award 5

The participants have demonstrated that they are able to:

1. Warm up using a minimum of three Raise, Mobilise or Activate exercises and one Prime exercise.
2. Complete a post swim stretching routine using a minimum of six 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. Set off at a prescribed interval (e.g. every 5 or 10 seconds).
4. Set one process goal relating to improving a swimming skill e.g. a start, turn or finish.
5. For each stroke, swim 4 x 50 metres full stroke (4 x 25 metres butterfly), counting and maintaining an even underwater kick and stroke count.
6. Swim 100 metres individual medley from a track start on the starting block, incorporating legal and effective transition turns, starting with the correct push off from the wall, underwater phase and transition to stroke.
7. Perform a legal and efficient turn on each of the four strokes at race speed from 10 metres in to 10 metres out.
8. Perform a legal and effective push off from the wall and transition to stroke for each individual medley turn.
9. Following the starting procedure used in competitions, demonstrate the correct timing of ascent onto the starting block. Then perform a track start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase and transition to full stroke.
10. Following the starting procedure used in competitions, demonstrate the correct timing of entry into the water. Then perform a backstroke start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase and transition to full stroke.
11. Perform a legal and effective finish on each of the four strokes.
12. Perform a single step relay takeover from the starting block into 25 metres front crawl swim.
13. Perform a single step relay takeover from the starting block into 25 metres front crawl swim, taking over from an incoming swimmer.