



SQUAD ASSESSMENT CRITERIA

Stroke Academy

1. Complete 25m on front and back without buoyancy aid.
2. Swim 5m underwater.

Junior Squad

1. Swim technically correct 50m Frontcrawl, 50m Backcrawl, 25m Butterfly kick, 25m Breaststroke kick.
2. Perform 3 Fly kicks off the wall in a streamlined position on front and back and complete 25m Frontcrawl/Backcrawl.
3. Perform a technically correct turn on all 4 strokes from 10m in to 10m out.
4. Enter the water in a head first streamlined position on front.

Intermediate Squad

1. Complete a set lasting 400m on turn around time specified by coach using pace clock with coach support e.g. 8 x 50m off 1:30.
2. Swim all 4 strokes technically correct for 50m, butterfly 25m.
3. Perform technically correct turns on all 4 strokes and IM with 10m correct underwater and transition into stroke.
4. Swim 200m frontcrawl continuously with bilateral breathing and technically correct stroke and turns.
5. Swim 100m IM continuously with technically correct strokes and turns.
6. Perform 15m underwater fly kick on front and complete 25m length.
7. Perform plunge dive in streamlined position with underwater fly kick to minimum 10m and correct transition into stroke.
8. Perform technically correct backstroke start with streamlined transition and fly kick to minimum 10m.

Senior Squad

1. Complete a set lasting 100m with maximum 2 min turn around time/100m working independently from whiteboard and pace clock.
2. Perform all 4 strokes for minimum 100m, butterfly 50m, with technically correct and stroke and turns.
3. Swim 400m frontcrawl continuously with bilateral breathing and technically correct stroke and turns.
4. Swim 200m IM continuously with technically correct strokes and turns.
5. Perform competitive starts on all 4 strokes with technically correct transition and breakout to 15m.