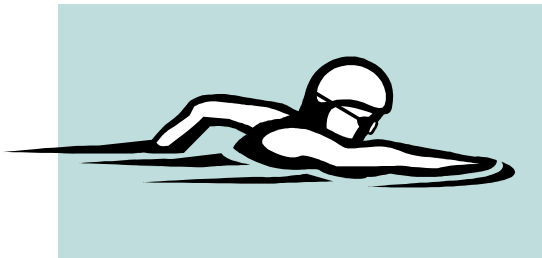




Orion Swimming Club

Club Group Swimmer Name: _____

- Swim confidently in deep water
- Front crawl - swim 1000m full stroke
- Front crawl - start and finish correctly
- Backstroke - swim 200m full stroke x 2 sets
- Breaststroke - swim 200m full stroke
- Butterfly - swim 50m
- Butterfly - fly kick 25m on front
- Butterfly - fly kick 25m on back
- Push and glide - streamline for 15m
- Tumble turns - able to tumble turn on front crawl
- Enter/exit the water independently



Aims and Objectives for Club group

To achieve two county qualifying times in any stroke over any distances

To enter at least open meet in a year and swim in a competitive environment

To attend 2 session a week

To achieve criteria to enter Performance squad.

This is a highly competitive group and therefore all strokes must be technically sound in guidance with ASA/FINA law.

Curriculum

Breathing bi-lateral every 3/5/7 strokes, building to 3 or less breathes per length on front crawl

Kick 200m Backstroke with/without using a board
Kick 200m Breaststroke with/without using a board
Kick 50m – 100m Butterfly without using a board
Kick 400m Front Crawl with/without using a board

Complete a set lasting between 1000m – 2000m on a specific turn around time set by the coach, incorporating correct turns, starts and finishes.

Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 10m – 15m from the start point (wall), transfer into stroke and complete the remainder of the 25m

Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 15m from the start point (wall), transfer into stroke and complete the remainder of the 25m

Perform a Butterfly start, kick in a streamlined position underwater for 10m-15m from the start point (wall), transfer into stroke and complete the remainder of the 25m

Perform a Breaststroke start, perform a fly kick downwards, 1½ pull, breaststroke kick, under water, transfer into stroke and complete the remainder of the 25m

Perform a 25m underwater kick on front in a streamlined position with fins

Perform a continuous 200m IM kick set
Swim a continuous 200m IM using legal turns
Swim a continuous 400 IM using legal turns

Perform a Front Crawl relay take over – as an incoming Swimmer

Perform a Front Crawl relay take over – as an outgoing Swimmer

Perform a dive into deep water with or without use of blocks

Perform a dive into shallow water (competitive start award)