Swimming Club Awards

Coaching descriptions

Club Award 1

1. **Use a pace clock to set off at a set interval agreed by the coach (e.g. every 5 or 10 seconds apart).**

   Swimmers must use the pace clock to set themselves off at a prescribed interval time.

2. **Perform a front float adopting the X, Y, and I (streamlined) positions. Hold each position for 5 seconds.**

   Swimmers must demonstrate controlled movements throughout the sequence, whilst holding each shape for 5 seconds. The “I” position must be streamlined and flat to the surface.

3. **Perform a back float adopting the X, Y, and I (streamlined) positions. Hold each position for 5 seconds.**

   Swimmers must demonstrate controlled movements throughout the sequence, whilst holding each shape for 5 seconds. The “I” position must be streamlined and flat to the surface.

4. **Demonstrate a streamlined position standing on dryland. Describe the position using the 'top to toe' checklist.**

   Arms squeezed behind the ears, hands placed one on top of the other (thumb and little finger of top hand holding bottom hand in place),chin tucked to chest, rib cage pulled downwards, flat back position with hips in line with shoulders and feet together standing on toes.

5. **Push from a wall into a front streamlined position underwater.**

   Swimmer’s starting position should be on the side, both feet on the wall pointing slightly sideways and upwards and one hand holding the wall with the swimmer facing backwards and upwards.

   The hand leaves the wall, the arm bends to drop behind the head as the swimmer submerges under the water. The swimmer pushes off from the wall strongly on their side with both feet hip-width apart. The arms meet behind the ears as the body rotates onto the front to adopt a streamlined position.

6. **Push from a wall into a back streamlined position underwater.**

   Starting position should be on the side, both feet on the wall pointing slightly sideways and upwards and one hand holding the wall with the swimmer facing backwards and upwards.

   The hand leaves the wall, the arm bends to drop behind the head as the swimmer submerges under the water. The swimmer pushes off from the wall strongly on their side with both feet hip width apart. The arms meet behind the ears as the body rotates onto the back to adopt a streamlined position.

7. **Give four examples of items of swimming equipment and describe their use in training.**

   Question and answer session led by the teacher/ coach. Answers must consider the use of: snorkel, short blade fins, small kickboard, drinks bottle. Answers describing the use of each item must reflect how they can help to improve technique and enable the swimmer to train more effectively.

8. **Demonstrate how to use each of the items of equipment above.**

   Swimmer must demonstrate correct fitting, adjusting and use for each of the items in outcome seven.

9. **Kick 25 metres front crawl with arms at side.**

   On the front, demonstrate a continuous, alternating action initiating at the hips.

   Long legs, loose ankles with heels breaking the surface to produce a small splash. Hips and head held in line with the surface of the water demonstrating effective aquatic alignment. Long axis continual, even rotation generated from the hips.

   Must ensure no use of hands, arms by the sides. Snorkel ideally to be worn for this kicking drill.

10. **Kick 25 metres backstroke with arms at side.**

    On the back, demonstrate a continuous, alternating action initiating at the hips.

    Long legs, loose ankles with toes breaking the surface to produce a small splash. Hips and head held in line to the surface of the water demonstrating effective aquatic alignment. Long axis continual, even rotation generated from the hips.

    Must ensure no use of hands, arms by the side.

11. Kick 25 metres butterfly with arms at side.

On the front, maintaining effective aquatic alignment, head still.

The kick (body wave) initiates from the sternum, chest and hips driven downwards into the water, knees flex (up to 90 degrees) to prepare for the whip action of the downbeat.

Upon completion of the downbeat, hips and heels return to the surface of the water (upbeat). Legs and feet are mostly kept close together but there should be a slight parting of knees on upbeat followed by a slight parting of feet on downbeat.

The uplift of the feet is responsible for 'setting up' the 'fix' for the following propulsive thrust. Kicking must be even in both directions (downbeat and upbeat). Symmetry in the kicking action must be achieved by resisting short axis rotation at the hip and shoulder.

12. Kick 25 metres breaststroke with hands on small board or arms at sides.

On the front, maintaining effective aquatic alignment, thighs remain still, knees flex to lift heels towards the bottom whilst remaining under water.

Knees fixed at hip-width with shins and feet flexed outwards slightly wider than hip-width.

Shins and feet driven outwards and backwards and together returning to straight legs. The kicking action must take place on the same plane and symmetry must be achieved by resisting short axis rotation at the hip and shoulder.

13. Perform a sitting dive from the side of the pool.

Sitting on the edge of the pool, swimmers place their feet on the wall, chin on the chest and extend the arms to squeeze behind the ears. Hands point outwards and slightly downwards. Roll forwards bending at the waist.

As they start to fall forwards push off the pool wall with both feet. Hands enter the water first, arms and head in streamline position. Extend and hold a streamline position under the water.

The emphasis is on rotation of the swimmer from the side into the water. In the instance of a deck level pool, the swimmer must still perform the rotation from the side into the pool resulting in a streamlined entry.

14. Perform a back dive from a standing position in the water.

Stand in water of at least waist height with arms at the side. Bend the knees and submerge the body until the shoulders are under the water. Push against the pool floor and jump outwards and backwards whilst simultaneously throwing both arms over your head (10 to 2 position).

Arc the back to clear the water, aiming to enter with the hands first, arms and head in a streamline position. Try to lift the feet and lower legs clear of the water so that they enter lastly with minimal splash. Extend and hold a streamlined position under the water.

Club Award 2

1. **Complete a short set (e.g. 8 x 25 metres) on a prescribed turnaround time (e.g. every 60 seconds).**
   Ensure swimmers set off at a prescribed interval (e.g. every 5 or 10 seconds).

   Swimmers must use the pace clock to set themselves off on a prescribed turnaround time set by the coach (e.g. every 60 seconds), throughout a short set (e.g. 8 x 25 metres) maintaining a prescribed interval (e.g. 10 seconds apart).

2. **Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres.**

   Push off the wall

   - The push for butterfly should be parallel to the surface – swimmers should not push 'upwards' towards the surface. If they push straight out from the wall they will rise to the surface anyway because of air in their lungs and the general buoyancy of their body. A good depth is around **70 cm**. The spine should be held firmly fixed during the push. Push with the body on its side – avoid twisting movements during the push.

   - The two techniques differ because: a) the buoyancy characteristics of the body differ when the swimmer is on the front or on the back and b) the kick action directs the water differently on front and back.

   Dolphin kick

   - Shortly after the push the swimmer will feel a slight slowing down or a retardation of motion. Just before this point (a 'learned' skill) the swimmer should rotate to one side, no more than 45°, and the dolphin kick action should be started - underwater kicking on the side is faster than kicking directly on the front or back.

   - The stability of the torso, shoulders, head and arms is critical to controlling the amount and the direction of power from the legs. The upper body, therefore, should be kept in a stable position with no bouncing and very little undulation of the arms or shoulders.

   - The size (amplitude) of the kick should move from small at the beginning of the underwater phase to large at the end.

   - The legs and feet are mostly kept close together but there should be a slight parting of the knees on the upbeat, followed by a slight parting of the feet at the top of the downbeat. This creates a 'heart' shaped pathway for the foot movement which allows a larger 'flat' surface of the instep to press the water.

   - The kick rate should be around two kicks per second or slightly faster and should mimic a whiplash from the stomach/hips through the thighs, feet and toes. The quadriceps muscles (front of the thigh) provide the majority of the power though hip flexion and knee extension.

- The uplift of the feet is responsible for 'setting up' the 'fix' for the following propulsive thrust. The mental image of the kick should be 'up then down' and the emphasis of the whiplash should be on the kick down as that movement provides the bulk of the power.

3. Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out.

Push off the wall

- The breaststroke push should be in a slight downward direction - don't let the swimmers push 'upwards' towards the surface. If they push straight out from the wall they will rise to the surface anyway because of the air in their lungs and the general buoyancy of the body, but if they push slightly downwards they set themselves up for better underwater pull and kick phases.

Pull, kick and dolphin kick

- One underwater pull and kick are permitted on breaststroke and **they need to be different to the pull and kick used during 'surface' swimming.**

- The underwater pull is wider and 'flatter' than the surface stroke. There is no head, shoulder or torso lift during the insweep and the hands complete what is basically a butterfly pull all the way back to the thighs where they are pressed tightly in a streamline position. During this whole movement the body must maintain a 'strong', tightly flexed streamline shape with the spine rigid and the buttocks tightly clenched.

- At the end of the underwater pull-through the body should be travelling fast and it is important to maximize the advantage of that. The position of a soldier at attention should be held for one second (varying by individual) and then the hands brought forward, fingers pointing forwards, with the palms close to and facing the torso.

  As the hands pass in front of the swimmer's face, the feet are smoothly brought up into a 'catch' position with knees widely separated. The legs first bend at the knees to bring the feet high with the lower leg vertical. The hips then flex.

- As the hands shoot forward into streamline, the powerful, backward propulsive movement of the kick is made. **There is no head movement during any of these phases.**

- **If the feet are brought up too fast** (faster than the hips are moving forwards in their own right) the transfer of energy will slow the swimmer down by dragging the hips backwards. The feet should be brought up at a speed which is almost the same as the independent hip speed.

- **One dolphin kick is allowed during the underwater phase** and it must occur **before** the legs start their first kick. Swimmers should learn to do the dolphin kick action a) before the outsweep b) during the outsweep, and c) during the backsweep so that the best result for each swimmer is realised.

4. **Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres.**

   Push off the wall

   The push for backstroke should be diagonally down towards the pool floor. The spine should be held firmly fixed during the push.

   Dolphin kick

   - Shortly after the push the swimmer will feel a slight slowing down or a retardation of motion. Just before this point (a 'learned' skill) the swimmer should rotate to one side, no more than 45 degrees, and the dolphin kick action should be started. Note -underwater kicking on the side is faster than kicking directly on the front or back.

   - The stability of the torso, shoulders, head and arms is critical to controlling the amount and the direction of power from the legs. The upper body, therefore, should be kept in a stable position with no bouncing and very little undulation of the arms or shoulders.

   - The size (amplitude) of the kick should move from small at the beginning of the underwater phase to large at the end.

   - The legs and feet are mostly kept close together, but there should be a slight parting of the knees on the upbeat followed by a slight parting of the feet at the top of the downbeat. This creates a 'heart' shaped pathway for the foot movement which allows a larger 'flat' surface of the instep to press the water.

   - The kick rate should be around two kicks per second or slightly faster and should mimic a whiplash from the stomach/hips through the thighs, feet and toes. The quadriceps muscles (front of the thigh) provide the majority of the power though hip flexion and knee extension.

   - The uplift of the feet is responsible for 'setting up' the 'fix' for the following propulsive thrust. The mental image of the kick should be 'up then down' and the emphasis of the whiplash should be on the kick down as that movement provides the bulk of the power.

5. **Demonstrate appropriate hydration strategies during 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.**

   Swimmers will start on their front with one arm by their side. The other arm will perform a front crawl arm action, ensuring that there is connectivity of full body rotation into the arm and leg actions.

8. **Perform the backstroke single arm drill with one arm by the side for 25 metres.**

   Swimmers will start on their back with one arm by their side. The other arm will perform a backstroke arm action, ensuring that there is connectivity of full body rotation in the arm and leg actions.

9. **Perform the butterfly drill three scull then one swim for 25 metres.**

   The swimmer will perform three separate sculling actions: pulling from arms extended overhead, shoulder width apart, straight under the body to the hips. On the third scull the swimmer will transfer the scull into a full stroke.

   A snorkel should be used to perform this drill. This is then repeated through the distance demonstrating the ability to resist rotation whilst performing symmetrical arm and leg actions.

10. **Perform the breaststroke drill, two kicks then one pull for 25 metres.**

    Swimmers will start on the front in a streamlined position. They will perform a breaststroke pull and kick, and with arms in a streamlined position perform a second kick. This is the repeated through the distance demonstrating the ability to resist rotation whilst performing symmetrical arm and leg actions

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.**

    ### Front crawl

    Approach

    - The approach begins as the swimmer passes the ‘T’ at the end of the black line.
    - No breaths should be taken ‘going into the wall’.
    - The last arm stroke into the wall should **commence** the forward rotation; there should be no gliding. The last arm stroke should **increase** the swim speed.

    Rotate and touch

    - The forward rotation should start by pulling with either one or both hands combined with a single, strong dolphin kick.
    - The head should be facing **down** with eyes looking at the pool floor.
    - The head should be tucked in, chin on chest and the back rounded as the hips are brought **towards** the wall. Blow out during the rotation.
    - The hips should continue towards the wall throughout the rotation following a partial ellipse shape.

- The hand(s) pull-through means the arms are **already** pointing towards the new swim direction. No readjustment should be necessary.

- The feet should reach the wall simultaneously after a slight twist during the second half of the rotation, diagonally to the side.

Backstroke

Approach

- The swimmer must prepare for the turn when they see themselves passing under the flags.

- The arm strokes should be adjusted so that the rollover can be a smooth and coordinated action.

Rollover

- The rollover to the breast should be made with a powerful rotation of the shoulders as well as a ‘kayaking’ style of stroke with the recovering arm.

- This stroke should produce an **increase** of swim speed.

- The rollover should position the swimmer to **immediately** begin the rotation once they are on their breast.

Rotate and touch

- The forward rotation should start by pulling with either one or both hands combined with a single, strong dolphin kick.

- The head should be facing **down** with eyes looking at the pool floor.

- The head should be tucked in, chin on chest and the back rounded as the hips are brought **towards** the wall. Blow out during the rotation.

- The hips should continue towards the wall throughout the rotation following a partial ellipse shape.

- The hand(s) pull-through means the arms are **already** pointing towards the new swim direction - no readjustment should be necessary.

- The feet should touch the wall simultaneously after a straight forward somersault, with the knees pointing up and the feet planting in line with the head.

Butterfly

Approach

- Turns for butterfly start quite a distance before the end of each lap. The technique and effort over the 5, 10 or even 15 metres of swimming (“the approach”) can make a significant difference to the ease of the turn and to its speed. A well-judged approach can make at least 0.3 – 0.5 seconds difference to a race time.

- Depending on the pool length and race distance there may be as many as seven turns so the effects add up.

- The swimmer must ‘spot’ the wall from **at least** 5 meters before the finish so that the touch is made with perfect stroke timing. The final stroke takes the hands purposefully onto the wall at almost full extension and with no timewasting or speed–sapping glide.

Touch

- The hand touch should coordinate with the end of a leg kick to ensure maximum speed ‘going into’ the wall.

- Both hands should hit the wall simultaneously. They must be separated, i.e. they cannot overlap with one hand on top of the other (otherwise only one hand has ‘touched’). However they do not need to be at the same height as each other - one could be above the waterline and the other below the waterline. Swimmers ‘ready’ themselves for the change of direction so the hands are often at different heights as well as the shoulders being slightly turned at the last moment before the touch.

Rotate and touch again

- As the hands touch the wall, the hips should continue forwards towards the wall as one hand is quickly released (no ‘sticking’ to the wall and no resting). The swimmer will turn **towards** the hand which is released first.

- The elbow of the released side drives backwards, the shoulders reverse direction and turn as the hips continue towards the wall. The swimmer should continue looking forwards towards the wall and take a breath in. The head should not be turned sideways or be looking back at this point.

- The second hand releases as the knees are bent and brought up to the chest with the feet close together or slightly overlapping. As the feet are brought towards the wall the arms, head and shoulders of the swimmer are ready to submerge in preparation for the foot plant and push.

- The feet should touch at the same time as the ‘top’ arm enters the water. Both feet should hit the wall at the same time with the toes pointing sideways and the body facing sideways.

Breaststroke

Approach

- Turns for breaststroke start quite a distance before the end of each lap. The technique and effort over the 5, 10 or even 15 metres of swimming (“the approach”) can make a significant difference to the ease of the turn and to its speed. A well-judged approach can make at least 0.3 – 0.5 seconds difference to a race time.

- Depending on the pool length and race distance there may be as many as seven turns, so the effects add up.

- The swimmer must ‘spot’ the wall from at least 5 meters before the finish so that the touch is made with perfect stroke timing. The final stroke takes the hands purposefully onto the wall at almost full extension and with no timewasting or speed-sapping glide.

Touch

- The hand touch should coordinate with the end of a leg kick to ensure maximum speed ‘going into’ the wall.

- Both hands should hit the wall simultaneously. They must be separated, i.e. they cannot overlap with one hand on top of the other (otherwise only one hand has ‘touched’) but they do not need to be at the same height as each other, so one could be above the waterline and the other below the waterline. Swimmers ‘ready’ themselves for the change of direction so the hands are often at different heights as well as the shoulders being slightly turned at the last moment before the touch.

Rotate and touch again

- As the hands touch the wall the hips should continue forwards towards the wall as one hand is quickly released (no ‘sticking’ to the wall and no resting). The swimmer will turn **towards** the hand which is released first.

- The elbow of the released side drives backwards and the shoulders reverse direction and turn as the hips continue towards the wall. The swimmer should continue looking forwards towards the wall and take a breath in; the head should not be turned sideways or be looking back at this point.

- The second hand releases as the knees are bent and brought up to the chest with the feet close together or slightly overlapping. As the feet are brought towards the wall the arms, head and shoulders of the swimmer are ready to submerge in preparation for the foot plant and push.

- The feet should touch at the same time as the ‘top’ arm enters the water. Both feet should hit the wall at the same time with the toes pointing sideways and the body facing sideways.

12. Perform a kneeling dive from the poolside.

Starting with one knee a thigh length from the pool edge and the other foot with toes over the pool edge, chin on the chest and extend the arms to squeeze behind the ears. Hands point outwards and slightly downwards.

Roll forwards bending at the waist. As they start to fall forwards push off the pool wall with both feet. Hands enter the water first, arms and head in streamline position. Extend and hold a streamline position under the water. The emphasis is on rotation of the swimmer from the side into the water.

13. Perform a backstroke start from the wall (ideally with feet in a trough).

"Take your Marks"

- Both hands should firmly grip the poolside in the swimmer's preferred position. The feet should be placed under, at, or above the water surface, either level with each other (mandatory when using a foot ledge) or 'split' - one higher than the other. The feet and toes should be placed firmly on the ledge. In pools where there is no foot ledge, the feet and toes should 'grip' the wall or touchpad.

- The body should be pulled up with the hips nearly out of the water.

"Go!"

- The 'drive' from the wall should be initiated from the hips by the swimmer feeling they are pushing the wall away.

- As the hands release their grip, the head and shoulders should move forwards as soon as possible ('forwards' as in the intended direction of swimming – i.e. towards the other end of the pool)

- The head, shoulders, body and hips should move diagonally **upwards** and **forwards**. The neck and chest should be extended.

- The duration of the push should be as short as possible (indicates greater force).

- The arms should be swung forwards and extended past the head.

- The order of 'drive is hips, head, hands.

- At the end of the leg drive the body angle should be diagonal and straight.

Flight

- The flight over the water should take the swimmer as far as possible.

- The hips should be raised as high as possible, then, just before the hands and arms enter the water the feet should be raised completely out of the water. This will produce an arched body shape over the water.

- The arms should squeeze the head before the entry.

Club Award 3

1. **Demonstrate an understanding of the four phases of the RMAP (Raise, Mobilise, Activate, Prime) 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 prescribed turnaround time (e.g. 60 seconds), using the pace clock to estimate the swim time on each repeat. Ensure swimmers set off at a prescribed interval (e.g. every 5 or 10 seconds).**

   Swimmers must use the pace clock to set themselves off on a prescribed time set by the coach (e.g. every 60 seconds), leaving a specific interval between swimmers (e.g. 10 seconds apart) throughout a short set (e.g. 8 x 25 metres). Swimmers should use the clock to work out the time they complete each repeat to within an accuracy of +/- 2 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 adopting an alternate kick into front crawl swimming for a minimum of five strokes.**

   See push from wall and dolphin kick in Club Award 2 outcome 2. Then:

   Pullout / transition

   - On front crawl the dolphin kick changes to a flutter kick when the swimmer has travelled the planned distance underwater. The change is made by stopping **one** foot at the bottom of the down kick so that the feet become split. When the moving foot reaches the top of the next upbeat and starts its downbeat, the stopped foot is restarted and both feet then assume a standard flutter (alternating) kick.

   - The first arm pull should be matched by an extreme forward stretch of the other arm and hand.

   - One stroke is used to transition through the surface at the end of the underwater phase (a single arm pull on front crawl). The pull should enable the swimmer to ‘swim through the surface’ in a smooth, manner at the end of the upsweep phase of the front crawl pull and into ‘normal’ stroke timing with both arms. The body and the legs should surface through the same hole. Perfect timing means the second arm on front crawl starts its pull exactly at the point where the head and shoulders break the surface.

   - The first surface arm recovery should be longer than the ‘normal’ swimming strokes in order to ‘settle’ the swimmer into the best possible body position.

   - No breath should be taken during the first stroke cycle.

   - Swim five full strokes of front crawl.

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.**

   See push from wall and dolphin kick in Club Award 2, outcome 2. Then:

   Pullout / transition

   - One stroke is used to transition through the surface at the end of the underwater phase (a double arm pull on butterfly). The pull should enable the swimmer to 'swim through the surface' in a smooth, manner at the end of the upsweep phase of the butterfly pull and into 'normal' stroke timing with both arms. The body and the legs should surface through the same hole. Perfect 'exit' timing on butterfly is when the hands complete the upsweep and stretch backwards before starting the overwater recovery.

   - The first surface arm recovery should be longer than the 'normal' swimming strokes in order to 'settle' the swimmer into the best possible body position.

   - No breath should be taken during the first stroke cycle.

   - Swim five full strokes of butterfly.

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.**

   See push from wall and pull, kick and dolphin kick in Club Award 2, outcome 3. Then:

   Pullout / transition

   - The head should break the surface at the widest part of the second arm pull. Once at the surface the body position must be high throughout the whole of the second cycle.

   - Swim five full strokes of breaststroke.

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 5 strokes.**

   See push from wall and dolphin kick in Club Award 2, outcome 4. Then:

   Pullout / transition

   - On backstroke the dolphin kick changes to a flutter kick when the swimmer has travelled the planned distance underwater. The backstroke change is made by stopping **one** foot at the bottom of the down kick so that the feet become split.

   - When the moving foot reaches the top of the next upbeat and starts its downbeat, the stopped foot is restarted and both feet then assume a standard flutter (alternating) kick.

   - The first pull is usually made with the 'top' hand but it is a personal preference. It starts when both legs start the flutter kick. Perfect timing means the downsweep of

the hand coincides exactly with the first kick of the two-footed flutter. The first arm pull should be matched by an extreme forward stretch of the other arm and hand.

- One stroke is used to transition through the surface at the end of the underwater phase (a single arm pull on backstroke). The pull should enable the swimmer to 'swim through the surface' in a smooth manner at the end of the second downsweep on backstroke and into 'normal' stroke timing with both arms. The body and the legs should surface through the same hole. Perfect timing means the second arm on backstroke starts its pull exactly at the point where the head and shoulders break the surface.

- The first surface arm recovery should be longer than the 'normal' swimming strokes in order to 'settle' the swimmer into the best possible body position.

- No breath should be taken during the first stroke cycle.

- Swim five full strokes of backstroke

8. Demonstrate an understanding of process goals.

Following the coaches briefing for the session, the swimmer will set a process goal related to technical improvement. This will be discussed following the session with the coach. This will be done for a minimum of four sessions.

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.

See Club Award 3, outcome 4, then:

The body is flat, eyes look forward and down. The hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls. Arm recovery is an easy, relaxed action with the elbow higher than the hand. Arm pushes back, head starts to turn ready for breathing. The head turns to the side, breathe out and in quickly. The face turns back into the water as soon as the breath is taken.

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.

See Club Award 3, outcome 7, then:

The little finger enters the water first, the arm is straight. When the arm is at shoulder level, the elbow bends, arm pulls sideways and body rolls. Aim for a flat body position, with head back and eyes looking upwards. The arm and leg actions are continuous. Breathe out as one arm recovers, and breathe in as the other one recovers. The recovering arm points straight up.

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.

See Club Award 3, outcome 5, then:

The hand pulls down, the lower leg pushes down with toes pointed. Arms pull wide with the head looking forward. Legs push up, hips push down and hands move in under shoulders. Legs continue upward movement, hips push down, hands move in under body and head comes up out of the water.

Legs begin downward movement, hands push back at the side of hips and head clears water. Arms begin recovery over the water with the head thrusted forward to breathe. Arms come over straight and wide with face down in the water. Hands enter in front of the shoulder to repeat action.

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.

See Club Award 3, outcome 6, then:

The body is streamlined but at a small angle, eyes look forward and down. Arms pull to the side back and down, hands stay in front of shoulders. Breathe out and take a breath quickly. As the arms complete their action, the legs are drawn up. As the arms push forward, legs drive back with feet turned out.

13. Perform an effective push off and transition to stroke for each stroke turn.

Front crawl

Link rotate and touch, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

Backstroke

Link rotate and touch, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

Butterfly

Link touch, rotate and touch again, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

Breaststroke

Link touch, rotate and touch again, push off the wall, pull, kick and dolphin kick and transition to stroke to complete the full turn skill.

14. Perform a standing dive from the poolside into a streamlined position underwater.

‘Track’ start

Place one foot forward with the toes curled over the front edge. Place the back foot in a comfortable position that can provide leverage to push off from the floor. Balance by locating the centre of gravity equally between both legs.

‘Grab” start

You are allowed to place both feet at the front of the block, but this is not as powerful a position as the Track start. The track start is widely considered to be the most effective starting technique and this technique will be the focus throughout the remainder of this award scheme.

“Take your Marks”

- Lean down and hold the edge of the poolside with both hands on either side of the front foot (track start) or between the feet (grab start).
- The thumbs are best placed gripping rather than resting on top of the poolside.
- The hips should be raised and the knees comfortably bent. Avoid deep knee bend.
- Pull down slightly with the hands in order to produce ‘elastic’ energy ready to go.

“Go!”

- Drive hard **with the back** foot to drive the hips **forwards** and **pull down and forward** with both hands. This hand movement is neglected by many swimmers who simply lift their hands off the block; a complete waste of opportunity.
- When the body has started the ‘launch sequence’ the swimmer should also drive with the front foot and sharply move the head forward while elongating the spine.
- The focus should be on **“hips-hands-head”.**
- The hands should be quickly brought forwards with no swinging up or down.
- The swimmer should be at full extension when the feet leave the wall with the body in a **near – horizontal** position.
- The push duration should be short to ensure maximum force.

Flight

- The hips should stay high throughout the flight phase.
- The legs should be lifted as the hands approach the water to ensure a streamlined entry.
- The top thumb should ‘hook’ the bottom hand and both arms should squeeze (‘hide’) the head while the torso and legs continue to extend.
- The swimmer should strive to dive **out**, not **up**. However, while distance from the wall is a consideration the ability to prepare for a ‘clean’ entry is more important.

Entry

- The goal is to enter with no splash! This is not possible but it's a great goal to strive for.
- The hands, arms, head, shoulders, torso, hips, thighs, legs and feet should all enter through the same 'hole'.
- A small dolphin kick **during** the entry is beneficial.
- Once underwater, hold the tight squeeze, 'streamline' – do not break the hands or relax at the elbows, shoulders, hips or knees. Do not allow the feet to sink after the entry.

15. Perform a backstroke start from the wall (ideally with feet in a trough) into a streamlined position underwater.

See 'Take your Marks, Go and Flight' from Club Award 2, outcome 13. Then:

Entry

- The hands, arms, head, shoulders, torso, hips, knees and feet should enter through the same 'hole'.
- A small dolphin kick should be made **during** the entry of the legs (Hips, head, hands, feet).
- A tight, 'squeeze' streamlining should be held to ensure no loss of speed after the entry.

16. Perform a simulated single step relay takeover action with combined arm swing on pool side.

- Swimmer to stand in a track start stance position with one foot in front of the other. Point the arms outwards and forwards – look down the top of the arms.
- Bring the back foot towards the front foot, at the same time swinging the arms slightly upwards and outwards in a circular movement.
- Once completed the full circle, the arms should return to an extended position in front with head down for the flight position.

Club Award 4

1. **Warm up using a minimum of two Raise, Mobilise or Activate exercises and one Prime exercise.**

2. **Complete a post pool stretching routine using a minimum of four key stretches.**

3. **Complete a short set (e.g. 8 x 25 metres) on a prescribed turnaround time (e.g. 60 seconds), aiming to complete each repeat at a set pace (e.g. 40 seconds) to get a consistent rest (e.g. 20 seconds). Ensure swimmers set off at a prescribed interval (e.g. every 5 or 10 seconds).**

   Swimmers must use the pace clock to set themselves off on a prescribed time set by the coach, e.g. every 60 seconds, leaving a specific interval between swimmers throughout a short set, for example, 8 x 25 metres. Swimmers should use the clock to work out the time they complete each repeat to within an accuracy or +/-2 seconds and aim to hold this time on each repeat throughout the set.

4. **Set one process goal relating to improving stoke technique.**

   Demonstrate the ability to evaluate their own stroke technique.

5. **Swim 50 metres of each stroke (25 metres butterfly) demonstrating effective breathing and timing and commencing with the correct push off from the wall, underwater phase and transition to stroke.**

   See Club Award 3, outcomes 9 to 12, now focusing upon effective breathing and timing.

6. **Swim a 100 metres Individual Medley, commencing with the correct push off from the wall, underwater phase and transition to stroke with legal touch turns.**

   - Push off the wall, dolphin kick, pull out and transition to stroke.
   - Swim butterfly for 25 metres.
   - Butterfly to backstroke turn – the swimmer should aim to finish with arms at full extension and with two hands touching simultaneously. Rotate the body to push off on the back in a streamlined position.
   - Swim backstroke for 25 metres.
   - Backstroke to breaststroke turn – the swimmer should touch with one arm at full extension on back/ side. Rotate the body to push off on the front in a streamlined position.
   - Swim breaststroke for 25 metres.

- Breaststroke to front crawl turn – the swimmer should aim to finish with arms at full extension and with two hands touching simultaneously. Rotate the body to push off on the front in a streamlined position.

- Swim front crawl for 25 metres.

7. Perform a legal and efficient turn on each of the four strokes from 10 metres in to 10 metres out from the wall.

Front crawl

Link approach, rotate and touch, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

Backstroke

Link approach, rotate and touch, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

Butterfly

Link approach, touch, rotate and touch again, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

Breaststroke

Link approach, touch, rotate and touch again, push off the wall, pull, kick and dolphin kick and transition to stroke to complete the full turn skill.

8. Perform a legal and effective sequence of movements for each of the three individual medley transition turns.

Butterfly to backstroke turn

Approach

- The butterfly approach starts quite a distance before the end of each lap. The technique and effort over the 5, 10 or even 15 metres of swimming (“the approach”) can make a significant difference to the ease of the turn and to its speed. A well-judged approach can make at least 0.3 – 0.5 seconds difference to a race time. Depending on the pool length and race distance there may be as many as 15 turns, so the effects add up.

- The swimmer must ‘spot’ the wall from **at least** 5 meters before the finish so that the touch is made with perfect stroke timing with the final stroke taking the hands purposefully onto the wall at almost full extension and with no timewasting and speed-sapping glide.

Touch

- The two handed touch should coordinate with the end of the arm recovery (touch the wall instead of entering the water) and be accompanied by a leg kick to ensure maximum speed ‘going into’ the wall.

- Both hands should hit the wall simultaneously. They must be separated, i.e. they cannot overlap with one hand on top of the other (otherwise only one hand has ‘touched’) but they do not need to be at the same height as each other; one could be above the waterline and the other below the waterline. Swimmers ‘ready’ themselves for the change of direction so the hands are often at different heights as well as the shoulders being slightly turned at the last moment before the touch.

Rotate and touch again

- As the hands touch the wall the hips should continue forwards towards the wall as one hand is quickly released (No ‘sticking’ to the wall, No resting). The swimmer will rotate backwards with a slight turn **towards** the hand which is released first.

- The elbow of the released side drives backwards and the shoulders continue backwards as the hips continue towards the wall. The swimmer should continue looking forwards towards the wall and upwards; they should not turn their head sideways or look back at this point.

- A breath in should be taken at this point.

- The second hand releases as the knees are bent and brought up to the chest with the feet close together or slightly overlapping. As the feet are brought towards the wall the arms, head and shoulders of the swimmer are ready to submerge in preparation for the foot plant and push.

- The feet should touch at the same time as the ‘top’ arm enters the water. Both feet should hit the wall at the same time with the toes pointing upwards or diagonally upwards with the body on the back.

Backstroke to breaststroke turn

Approach

- The technique and effort over the 5, 10 or even 15 metres of swimming (“the approach”) can make a significant difference to the ease of the turn and to its speed. A well-judged approach can make at least 0.3 – 0.5 seconds difference to a race time. Depending on the pool length and race distance there may be as many as 15 turns, so the effects add up.

- The swimmer should count their strokes from passing under the flags (5 metre) into the wall so that they know exactly when they will arrive at the wall. This can be a scary skill to learn for young swimmers, but once learned it can give them a big advantage in their next race.

Rotate and touch

- On the final stroke the swimmer should rotate slightly towards the touching hand (to allow further extension of the shoulder joint) and change the normal backstroke entry (down) to a lunge at the wall (forwards) above, at, or below the surface.

A strong, single dolphin kick should accompany the arm lunge. This may cause arching of the back but it should be kept to a minimum. Extreme arching of the back shortens the horizontal length of the body/arm and forces the centre of gravity to travel further towards the finish; it may look spectacular but it may lose the race.

- Some part of the swimmer's body must break the surface when the touch is made. This can be the hand, arm, shoulder, head or a single foot, but some part must be above water

Breaststroke to front crawl turn

Approach and touch

- The technique and effort over the 5, 10 or even 15 metres of swimming ("the approach") can make a significant difference to the ease of the turn and to its speed. A well-judged approach can make at least 0.3 – 0.5 seconds difference to a race time. Depending on the pool length and race distance there may be as many as 15 turns, so the effects add up.

- The breaststroke to front crawl turn is **exactly the same** as the butterfly to backstroke turn except that the push **cannot** be performed on the back. The single difference, therefore, occurs during the rotate and touch phase:

Rotate and touch again

- The feet should touch at the same time as the 'top' arm enters the water. Both feet should hit the wall at the same time with the toes pointing **sideways** or diagonally upwards with the body on the **side.**

- The push phase should then be executed in **exactly the same manner as the butterfly to backstroke push** but with the swimmer on the side or front.

9. Perform a track start using a starting block.

See 'Take your Marks, Go, Flight and Entry' from Club Award 3, outcome 14 but now execute the movement from the block.

10. Perform a backstroke start using a starting block.

See 'Take your Marks, Go, Flight and Entry' from Club Award 3, outcome 15 but both hands initially should now be gripping the available handles on the block in the swimmer's preferred position.

11. Perform a relay take over arm swing and step from the side of the pool into the water.

Swimmer to stand with feet hip width apart (grab start stance) toes of both feet over the edge of the pool. Point the arms outwards and forwards, look down the top of the arms, swing the arms slightly upwards and outwards.

Push off from the block using the arms to generate additional momentum. Once a full circle completed, the arms should return to an extended position in front with head down for the flight position.

12. **Perform a single step relay take over from the side of the pool into 25 metres front crawl swim.**

    Swimmer to stand in a split stance (track start stance) positon with one foot in front of the other (toes of front foot over the edge of the pool). Point the arms outwards and forwards – look down the top of the arms. Bring the back foot towards the front foot, at the same time swinging the arms slightly upwards and outwards.

    Push off from the block using the arms to generate additional momentum. Once completed the full circle, the arms should return to an extended position in front with head down for the flight position.

Club Award 5

1. **Warm up using a minimum of three Raise, Mobilise or Activate exercises and one Prime exercise.**

2. **Complete a post swim stretching routine incorporating a minimum of six key stretches.**

3. **Complete a short set (e.g. 4 x 50 metres) on a prescribed 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. Ensure swimmers set off at a prescribed interval (e.g. every 5 or 10 seconds).**

    Swimmers must use the pace clock to set themselves off on a prescribed time set by the coach, e.g., every 90 seconds, leaving a specific interval between swimmers throughout a short set, for example, 4 x 50 metres. Swimmers should use the clock to work out the time they complete each repeat to within an accuracy or +/-2 seconds and aim to hold this time on each repeat throughout the set. The swimmer should count the number of underwater kicks and strokes they complete on each repeat and make sure this is logged.

4. **Set one process goal relating to improving a swimming skill e.g. a start, turn or finish.**

    Demonstrate the ability to evaluate their own technique on a start, stroke turn and finish

5. **For each stroke, swim 4 x 50 metres full stroke on each stroke (4 x 25 metres butterfly) counting and maintaining even underwater kick count and stroke count.**

    For front crawl, butterfly and backstroke a minimum underwater kick count of five should be maintained.

6. **Swim 100 metres individual medley, from a track start on the starting block, incorporating legal and effective medley transition turns, commencing 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.**

   See Club Award 4, outcome 7, then:

   Maintain quality skill execution at race speed for all of the start components.

8. **Perform a legal and effective push off from the wall and transition to stroke for each individual medley turn.**

   Butterfly to backstroke

   Link approach, touch, rotate and touch again, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill.

   Backstroke to breaststroke

   Link approach, touch, rotate and touch again, push off the wall, pull, kick and dolphin kick and transition to stroke to complete the full turn skill.

   Breaststroke to front crawl

   Link approach, touch, rotate and touch again, push off the wall, underwater phase, pullout and transition to stroke to complete the full turn skill

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.**

   See Club Award 4, outcome 9, then:

   Execute the same movement pattern from a starting signal.

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**

    See Club Award 4, outcome 10, then:

    Execute the same movement pattern from a starting signal

11. Perform a legal and effective finish on each of the four strokes.

Front crawl

Approach

- The ‘finish’ starts quite a distance before the end of the race. The technique and effort over the final 5, 10 or even 15 metres of swimming (“the approach”) can change the ranking order of swimmers and can definitely change the time. The approach is the most important part of a race finish. A strong, aggressive and well timed approach followed by a forceful touch can make at least 0.3 – 0.5 seconds difference to a race time and, often even more.

Front crawl

- Front crawl is the easiest stroke on which to finish a race because the swimmer has a choice of either hand and can easily ‘spot’ the distance markers of the black line ‘T’ and the wall cross.

- However, many swimmers glide in excessively or finish with their arm excessively bent so that their noses are danger of activating the touchpad. The touch should be made with an almost fully extended arm so that full extension is found when the hand flattens against the wall or touchpad.

- This position is relatively easy to attain because the front crawl stroking pattern can be lengthened or shortened (a ‘learned’ skill) to ensure a great finish is possible.

- There should be no breathing after the flags (5 metre) and possibly for a longer distance than that. Breathing after the flags has three drawbacks:
    - the change in head position tends to compromise streamlining, and creates wave drag
    - it also tends to be associated with a change in pulling and kicking rhythm which compromises coordination, consistent application of force and, ultimately, speed. These are bad effects, but worse is that the swimmer cannot see the finish point at the wall if they turn their head, meaning the finish itself is also compromised.
    - the combined effects of slowing down and being unsure of where the wall is can sum up to a lot of lost time.

Backstroke

Approach

- The ‘finish’ starts quite a distance before the end of the race. The technique and effort over the final 5, 10 or even 15 metres of swimming (“the approach”) can change the ranking order of swimmers and can definitely change the time. The approach is the most important part of a race finish. A strong, aggressive and well timed approach followed by a forceful touch can make at least 0.3 – 0.5 seconds difference to a race time and, often, even more.

Backstroke

- The swimmer should count their strokes from passing under the flags (5 metre) into the wall so that they know exactly when they will arrive at the wall. This can be a scary skill to learn for young swimmers, but once learned it can give them a big advantage in their next race.

- On the final stroke the swimmer should rotate slightly towards the touching hand (to allow further extension of the shoulder joint) and change the normal backstroke entry (down) to a lunge at the wall (forwards) above, at, or below the surface.

  A strong, single dolphin kick should accompany the arm lunge. This may cause arching of the back but it should be kept to a minimum. Extreme arching of the back shortens the horizontal length of the body/arm and forces the centre of gravity to travel further towards the finish; it may look spectacular but it may lose the race.

- Some part of the swimmer's body must break the surface when the touch is made. This can be the hand, arm, shoulder, head or a single foot, but some part must be above water.

Butterfly

Approach

- The 'finish' starts quite a distance before the end of the race. The technique and effort over the final 5, 10 or even 15 metres of swimming ("the approach") can change the ranking order of swimmers and can definitely change the time. The approach is the most important part of a race finish. A strong, aggressive and well timed approach followed by a forceful touch can make at least 0.3 – 0.5 seconds difference to a race time and, often, even more.

Butterfly

- The finish for butterfly races is exactly the same as the approach and touch at the turns.

- The swimmer must 'spot' the wall from at least 5 meters before the finish so that the touch is made with perfect stroke timing – the final thrust taking the hands forcefully onto the touchpad or wall at almost full extension and with no time-wasting and speed sapping glide. Both hands should hit the wall simultaneously. They must be separated, i.e. they cannot overlap with one hand on top of the other (otherwise only one hand has 'finished') but they do not need to be at the same height as each other; one could be above the waterline and the other below the waterline. However, if the swimmer is swimming with even – height shoulders it is likely that the hands will hit the wall pretty much level with each other at the finish.

Breaststroke

Approach

- The 'finish' starts quite a distance before the end of the race. The technique and effort over the final 5, 10 or even 15 metres of swimming ("the approach") can change the ranking order of swimmers and can definitely change the time. The

approach is the most important part of a race finish. A strong, aggressive and well timed approach followed by a forceful touch can make at least 0.3 – 0.5 seconds difference to a race time and, often, even more.

Breaststroke

- The finish for breaststroke races is exactly the same as the approach and touch at the turns.

- The swimmer must 'spot' the wall from at least 5 meters before the finish so that the touch is made with perfect stroke timing – the final thrust taking the hands forcefully onto the touchpad or wall at almost full extension and with no timewasting and speed -sapping glide.

- Both hands should hit the wall simultaneously. They must be separated, i.e. they cannot overlap with one hand on top of the other (otherwise only one hand has 'finished') but they do not need to be at the same height as each other; one could be above the waterline and the other below the waterline. However, if the swimmer is swimming with shoulders at even height, it is likely that the hands will hit the wall pretty much level with each other at the finish.

- A finishing 'stand-alone' arm stroke is permitted on breaststroke, i.e. one that is not followed by a kick. The elbows are allowed to be clear of the surface on the lunge to the wall. The swimmer can be completely submerged when they touch.

- **These allowances for turns and finishes are contrary to the rules in effect during the rest of the race.**

12. Perform a single step relay take over from the starting block into 25 metres front crawl swim.

Swimmer to stand in a split stance (track start stance) positon with one foot in front of the other (toes of front foot over the edge of the block). Point the arms outwards and forwards (coach to set marker) and look down the top of the arms.

Bring the back foot towards the front foot, at the same time swinging the arms slightly upwards and outwards. Push off from the block using the arms to generate additional momentum. Once completed the full circle, the arms should return to an extended position in front with head down for the flight position. Perform an effective entry, underwater phase pull out and transition to front crawl swimming for 25 metres.

13. Perform a single step relay take over from the starting block into 25 metres front crawl swim taking over from an incoming swimmer.

Swimmer to stand in a split stance (track start stance) positon with one foot in front of the other (toes of front foot over the edge of the block). Point the arms outwards and forwards (coach to set marker) and look down the top of the arms. As the head of the incoming swimmer crosses underneath the hands, bring the back foot towards the front foot, at the same time swinging the arms slightly upwards and outwards.

Push off from the block using the arms to generate additional momentum. Once completed the full circle, the arms should return to an extended position in front with head down for the flight position. Perform an effective entry, underwater phase pull out and transition to front crawl swimming for 25 metres.

Club Award 6

1. **Warm up using a minimum of four Raise, Mobilise, Activate exercises and one Prime exercise.**

2. **Perform a post swim stretching routine incorporating a minimum of eight key stretches.**

3. **Complete a short set (e.g. 4 x 50 metres) on a prescribed 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 and determine the Stroke Efficiency Index. Set off at a prescribed interval (e.g. every 5 or 10 seconds).**

   Swimmers must use the pace clock to set themselves off on a prescribed time set by the coach, e.g., every 90 seconds, leaving a specific interval between swimmers throughout a short set, for example, 4 x 50 metres. Swimmers should use the clock to work out the time they complete each repeat to within an accuracy or +/-2 seconds and aim to hold this time on each repeat throughout the set. The swimmer should count the number of underwater kicks and strokes they complete on each repeat and make sure this is logged. On each repeat add the stroke count to your time to establish your Stroke Efficiency Index score.

4. **Set one process goal relating to improving technique on individual medley turns and relay takeovers.**

   Demonstrate an ability to evaluate their own technique on an individual medley transition turn and relay takeover.

5. **Swim 4 x 50 metres full stroke on each stroke (4 x 25 metres butterfly) counting and maintaining underwater kick count and an even stroke count. Time each swim and determine the Stroke Efficiency Index for each. Start each with the correct push off from the wall, underwater phase and transition to stroke.**

   For front crawl, butterfly and backstroke a minimum underwater kick count of five fly kicks should be maintained.

6. **Swim 100 metres individual medley from a track start on the starting block incorporating legal and efficient medley transition turns at race speed.**

   Maintain quality skill execution at race speed for all start components

7. **Perform a legal and efficient turn from 10 metres in to 10 metres out at race speed for each of the individual medley transition turns.**

   Maintain high quality skill execution at race speed for all turn components.

8. **Following the starting procedure used in competitions, perform a track start using a starting block. Demonstrate an effective set position, take off, flight, entry, underwater phase, pull out and transition to stroke into 50 metres full stroke swim (either front crawl or breaststroke) or 25 metres full stroke swim using butterfly at race speed, timed to 15 metres.**

   Maintain quality skill execution at race speed for all of the start components.

9. **Following the starting procedure used in competitions, perform a backstroke start using a starting block demonstrating an effective set position, take off, flight, entry, underwater phase, pull out, transition to stroke into 50 metres full stroke backstroke at race speed, timed to 15 metres.**

   Maintain quality skill execution at race speed for all of the start components.

10. **Perform a legal and effective finish on each of the four strokes at race speed, timed 10 to 15m in.**

    Maintain quality skill execution at race speed for all finishing components.

11. **Perform a single step relay take over from the starting block into 50 metres front crawl, swim at simulated race speed.**

    Maintain quality skill execution at race speed for all relay takeover components.

12. **Perform a single step relay take over from the starting block into 50 metres front crawl swim taking over from an incoming swimmer at race speed.**

    Maintain quality skill execution at race speed for all relay takeover components.