

# Stroke Group awards



To encourage younger swimmers to achieve targets we have introduced the following awards.

**Stage 8, 9, & 10 awards** - These awards are designed to complement existing awards gained whilst learning to swim and to build on swimming skills prior to starting competitive swimming.

**The Competitive Start award** - is to ensure our young swimmers are able to make safe racing starts into shallow water from a starting block along with a variety of starting techniques.

**This award must be held before using a starting block at any gala (including club championships).**

**1000m Distance Award** - This award is designed to motivate swimmers to swim longer distances and will aid them prior to their move into the Stamina group.

Your coach will give you a slip once you have achieved these awards and they can be purchased on poolside from the Badges & Certificate Co-ordinator – Celia Plowden at a cost of £2.50 each.

Please use the form below if you have misplaced your coaches slip.

SWIMMER NAME	
Award	Date award achieved
Stage 8 Swim Award	
Stage 9 Swim Award	
Stage 10 Swim Award	
Competitive Start Award	
1000m Distance Award	