

Academy 1

2x1 hours per week

Ratio 1:12

Ages 7-10

- Can achieve all stage 7 outcomes plus below
- Show basic lane discipline
- Show a positive attitude to training and listening skills
- Show understanding on how to read a pace clock
- Show ability to stroke count and regularly feedback counts to coach when asked
- Attend 85% of all sessions
- Attend competitions regularly (aged 9 upwards)
- Swim 16x25m front crawl @ 1.00
- Kick 4x50m of all four strokes with strong technique (Arms extended or streamlined)
- Sculling 4x25m (head first and feet first on back)
- Legal Starts and Turns for all four strokes
- Complete a legal 100IM