

Academy 3

3x1.5 hours per week

Ratio 1:18 (2 lanes)

Ages 8-12

- Can achieve all Academy 1,2 outcomes plus below
- Attend 85% of all sessions
- Attend competitions regularly (aged 9 upwards)
- Swim 8x50m of all four strokes with consistent good technique
- Hold stroke counts of; Front crawl 18, Backstroke 18, Breaststroke 17 Butterfly 17
- Swim 16x50m Front Crawl @ 1.20
- Kick 12x50m Front Crawl @ 1.30
- Kick 4x100 on all four strokes with strong technique (Arms extended or streamlined)
- Sculling 8x50m using a range of sculling actions
- Swim 200 IM in under 3.50
- Swim 200 Front crawl in under 3.00
- Kick 100 Front Crawl in under 2.20
- Can perform efficient starts (all 4 strokes) from the block explosively to include streamline, underwater phase and swim to 6 strokes
- Understand the importance of and completes land training (pool and home based)