

## **Academy 4**

3x2 hours per week

Ratio: 1:18 (2 lanes)

Ages 8-12

- Can achieve all Academy 1,2,3 outcomes plus below
- Attend 85% of all sessions
- Attend competitions regularly (aged 9 upwards)
- Swim 16x50m of all four strokes with consistent good technique
- Hold stroke counts of; Front crawl 14, Backstroke 14, Breaststroke 12 Butterfly 12
- Swim 8x100m Front Crawl @ 1.45
- Kick 10x100m Front Crawl @ 2.30
- Kick 250m on all four strokes with strong technique (Arms extended or streamlined)
- Sculling 16x50m using a range of sculling actions
- Swim 200 IM in under 3.20
- Swim 200 Front crawl in under 2.50
- Kick 100 Front Crawl in under 2.05
- Understand the importance and completes land training (pool and home based)
- Can perform relay takeovers