

Performance 1

4 sessions **minimum**

Ages 9-13

- Can achieve all of development 4 outcomes plus below.
- Swim 12x100 Front Crawl @1.45
- Kick 10x100 Front Crawl @2.10
- Swim 4 x 300's Front Crawl @5.15
- Perform 3 butterfly kicks minimum off of every turn and push off during a session
- Be pushing towards/achieved a county time
- Be able to maintain a competitive and efficient technique for all 4 strokes
- Be competing in races at galas for **ALL** strokes.
- Perform efficient racing starts from the block with correct underwater for each stroke along with a correct breakout.
- If participants are wanting to be moved to Academy 2 squad, then it is recommended to do more sessions than stated to be able to keep up with the work load in higher groups.