

ESC Chiswick entry criteria

Entry to ESC Chiswick is based on an individual assessment by the Head Coach.

The assessment will include the following elements and should take 20-30 minutes to complete.

- Complete 14 x 25m lengths with 30secs rest demonstrating a push and glide and streamline off the wall.
3 frontcrawl, 1 frontcrawl kick
3 back stroke, 1 back stroke kick
3 breaststroke, 1 breaststroke kick
1 butterfly, 1 dolphin kick.
- Perform a sitting dive or dive off the wall.
- Swim 2 x 50m on one stroke. Including push and glide and streamline off the wall.
- Swim continuously for 100m, using a minimum of 3 strokes.
- Complete 5m underwater fly kick.