



ESC Acton Group Criteria

Group: Starfish

Outcomes:

1. Jump in from poolside and submerge to a minimum depth of 0.82m.
2. Push and glide on the back with arms extended in streamlined position.
3. Push and glide on the front with arms extended in streamlined position.
4. Kick 1 length backstroke
5. Kick 1 length front crawl
6. Push & glide and travel 1 length on the back.
7. Push & glide and travel 1 length on the front
8. Perform a tucked float for 3-5 seconds.
9. Perform star float on front and back for 5 seconds.
10. Fully submerge to pick up an object.

ESC Acton Group Criteria

Group: Seahorse

Outcomes:

1. Kick 1 length butterfly on the front or on the back
2. Kick 1 length breaststroke on the front
3. Push & glide and swim 1 length backstroke (performed to Swim England expected standards)
4. Push & glide and swim 1 length front crawl (performed to Swim England expected standards)
5. Perform a head first sculling action for 5m in a flat position on the back.
6. Perform a feet first sculling action for 5m in a flat position on the back.
7. Perform a tucked forward somersault.
8. Perform a handstand and hold for a minimum of three seconds.



ESC Acton Group Criteria

Group: Goldfish

Outcomes:

1. Push & glide and swim 1 length breaststroke (performed to Swim England expected standards)
2. Push & glide and swim 1 length butterfly (performed to Swim England expected standards)
3. Complete backstroke underwater phase in a streamlined position.
4. Complete front crawl underwater phase in a streamlined position.
5. Complete butterfly underwater phase in a streamlined position.
6. Introduce breaststroke underwater phase in a streamlined position.
7. Swim 5 strokes on back and roll onto front using 1 arm pull then complete forward roll.
8. Swim in to the wall and perform a tucked forward somersault and push off from the wall in a streamlined position.

ESC Acton Group Criteria

Group: Rainbowfish

Outcomes:

1. Push & glide and swim 25m backstroke (performed to Swim England expected standards)
2. Push & glide and swim 25m front crawl (performed to Swim England expected standards)
3. Push & glide and swim 25m breaststroke (performed to Swim England expected standards)
4. Push & glide and swim 25m butterfly (performed to Swim England expected standards)
5. Swim in to the wall on your back and perform a tucked forward somersault and push off from the wall in a streamlined position on your back.
6. Perform a tucked backward somersault.
7. Perform a sitting dive or dive



ESC Acton Group Criteria

Group: Minnows

Outcomes:

1. Perform a backstroke turn.
2. Perform a front crawl turn.
3. Perform a breaststroke turn.
4. Perform a butterfly turn.
5. Perform a kneeling dive and glide for 5m.
6. Perform a backstroke start using the side.
7. Swim using correct lane etiquette.
8. Be aware of the pace clock.
9. Kick 25m on each stroke with/without using a board.
10. Complete a set lasting 200m on a specific turn around time set by the coach.

Group: Herrings

Outcomes:

1. Swim a continuous 100 individual medley using legal turns.
2. Perform a standing dive from the poolside and complete underwater phase and transfer into stroke.
3. Perform a backstroke start using the side and complete underwater phase and transfer into stroke.
4. Kick 50m on each stroke with/without using a board.
5. Relay takeovers.
6. Complete a set lasting 400m on a specific turn around time set by the coach using the pace clock.
7. Swim continuously 400m using one stroke.
8. 8 by 25m timed sprints maintaining good technique.



ESC Acton Group Criteria

Group: Seals

Outcomes:

1. Complete all turns using correct underwater phases.
2. Swim a continuous 200 Individual Medley using legal turns.
3. Perform a dive from the block and complete underwater phase and transfer into stroke.
4. Perform 25m head first and feet first sculling.
5. Tread water using eggbeater action for 30 seconds.
6. Complete a set lasting 1000m on a specific turn around time set by the coach using the pace clock.
7. 8 by 100m f/c maintaining times with reduced rest.

Group: Piranhas Criteria: Achieved Seals outcomes and 13 & under

Group: Marlins Criteria: Achieved Seals outcomes and 14 & over