



# Swimmer Criteria Check Sheet Sharks to Alpha

Name of Swimmer	Date	Current Group	Next Group

## FREESTYLE

SKILL	✓ or X	Coaches Comments
Streamline Push & Glide (5m) Hands must be placed on top of each other legs together feet pointed		
P&G Body Dolphin Kick (5m-7m) Body Dolphin to be generated from core muscles not knee bend		
Front crawl tumble turn, no breathing at the wall. 3 BD Kicks 2 arm strokes before 1 <sup>st</sup> breath. First stroke to be taken with bottom hand. No breathing at the wall (10m in 10m Out)		
S/line P&G 3 BD Kicks 2 arm strokes before 1 <sup>st</sup> breath. Correct transition into stroke. First stroke taken with bottom hand. Bilateral or regular breathing pattern. No breathing final 5m (25m from a push)		

**Meeting all the above criteria does not guarantee a move to the next training group**



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S/Line P&G 3 BD kicks 2 arm strokes before 1 <sup>st</sup> breath on the start & turn, correct transition into stroke, first stroke taken with bottom hand, bilateral or regular breathing pattern , no breathing final 5m (50m from a push)		
S/line P&G 3 BD Kicks 2 arm strokes before 1 <sup>st</sup> breath. Bilateral breathing or regular breathing pattern. No breathing final 5m (25m from diving blocks)		
S/Line P&G 3 BD kicks 2 arm strokes before 1 <sup>st</sup> breath on the start & turn, bilateral or regular breathing pattern , no breathing final 5m (50m from diving blocks)		
Competitive Starts Award-completed		

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## BACK STROKE

SKILL	√ or X	Coaches Comments
Tight streamline P&G on Back (5m)		
P&G on Back. Introduce Body Dolphin Kick (5m-7m) Body Dolphin to be generated from core muscles not knee bend		
P&G on BK, BDK with correct transition into stroke, complete 25m with correct stroke count at finish (no looking for the wall or hesitation)		
BK Tumble turn both at training speed and also race pace demonstrating difference on stroke count. (10m in 10m out)		

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Swim 50m BK holding tight s/lining on starts & turns, correct stroke transition & correct stroke count on finish (no hesitation or slowing down & above the water!)		
Competitive Starts Award Completed		

## BRS

Tight streamlined P&G. Complete legal BRS Pull out all 3 phases		
P&G BRS 3 phases of pull out and correct stroke transition. Swim 25m with legal stroke and finish (Push)		
Complete legal BRS turn without hesitation (10m in 10m out)		
P&G BRS legal pull out, correct stroke transition swim 50m with legal turns, transitions & finishes (Push)		
From a dive, legal BRS Pull out and correct transition into a 25m BRS Swim		
From a dive, legal BRS Pull out, correct transitions on starts & turns. Turns must be legal, finished with 2 hand touch.		

## BUTTERFLY

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SKILL	√ or X	Coaches Comments
Tight streamline P&G, transition into body dolphin		
Tight P&G transition into stroke swimmers to swim 25m legal fly (Push)		
Fly turn. (10m Out 10m in)swimmer to complete legal swim & turn including transition		
Tight P&G transition into stroke swimmers to swim 25m legal fly (DIVE)		

## Attendance & Attitude

Swimmer has regular attendance at the sessions.		
Swimmer has a positive attitude, listens and has a positive attitude to other swimmers and coaches		

Signed by Coach:	
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