

## Squads Structure

### Octopus

(Level Six + on child learn to swim program)

Awareness of: linking skills, timing and distance

Introduces: undulation and sculling and the use of good technique in the swimming strokes

Reinforces: manoeuvrability underwater, and builds on diving techniques

1. Tread water for 30 seconds keeping the head clear of the water
2. Surface dive and retrieve and object from the pool floor in deep water
3. Demonstrate a kneeling dive and swim out
4. Demonstrate a good push off with streamlining, on front and back from good starting position
5. Using a pull buoy scull 10 metres on front in a forward direction
6. Swim 2 x 15 metres freestyle showing good technique and breathing without stopping
7. Swim 2 x 15 metres backstroke showing good technique without stopping
8. Using a kickboard 2 x 15 metres breaststroke
9. Kick 10 metres arms by side using a butterfly style undulating action
10. Swim 4 x 10 metres each of freestyle and backstroke without stopping

### Seals

(Level 7 + 8 on child learn to swim program)

Awareness of: personal safety in water

Introduces: continuous swim for 50m and personal survival

Reinforces: butterfly stroke and varied methods of moving through water

1. Swim 50 metres using 2 different strokes holding good technique, attempting turns without stopping
2. Demonstrate a front somersault from floating position
3. Demonstrate a crouching dive
4. Using a pull buoy scull 15 metres on front head first and feet first
5. Swim 25 metres freestyle with good technique
6. Swim 25 metres breaststroke with good technique
7. Swim 15 metres breaststroke with correct timing
8. Attempt butterfly arms and legs together for 5 metres
9. Tread water attempting eggbeater kick for 45 seconds then swim 25 metres

### Level Eight

Awareness of: competence in water

Introduces: rhythm, endurance and underwater swimming

Reinforces: streamlining, sculling and pulling technique

1. Demonstrate a standing dive into deep water
2. Demonstrate a good push, glide and streamline on front and back; hold and kick water for 5 metres
3. Using a pull buoy scull 15 metres on front and back head first and feet first
4. Swim 50 metres freestyle demonstrating good rhythm and breathing
5. Swim 50 metres backstroke demonstrating good rhythm and breathing
6. Swim 25 metres breaststroke attempting pull out and regular breathing
7. Swim 10 metres using a butterfly action
8. Using a kickboard kick 4 x 25 metres freestyle and backstroke
9. Pull 25 metres freestyle using a pull buoy
10. Swim 100 metres using 2 different strokes holding a technique and turns without stopping

### Dolphins

#### Training to Train

Swimmers in the Dolphin Squad have the same requirements as the Shark Squad but there is still some work needed. They would not really have the speed yet but there is still plenty of focus on technique as well as speed work.

### Sharks

#### Training to Compete

The Shark Squad must have excellent (perfection not expected) technique in Freestyle, Back Crawl and Breast Stroke. They need to be able to do Butterfly and Tumble Turns. For this squad there is still focus on technique but there is also concentration on speed and endurance training. In the long run we are aiming for B Grade Galas with this squad but all the swimmers in the club interested in competing to gain experience will be brought to any graded galas once they are able to do butterfly (arms must break the water surface). We concentrate on swimmers making their times form their PB's at galas also.