

NLSC Bronze Graduation/Silver Entry Level Requirements

Performance Requirements

- Must be able to swim the following repetitions, distances and strokes in the given intervals during the same practice:
 - ✓ 5x100 meter Free @ 1:55 (1:43 yards)
 - ✓ 5x100 meter I.M. @ 2:15 (2:00 yards)
 - ✓ 1x200 meter Free @ 3:30 (3:09 yards)
- Be able to swim an 800-meter Free (1000-yard) continuously with proper turns.

Technical Requirements

- Turns must be consistently performed as described below:
 - ✓ All Strokes: Streamline push off every wall.
 - ✓ Streamline is defined as having the head in line with the spine, hands together with one on top of the other with the top thumb wrapped over the bottom hand, and legs straight.
 - ✓ Free: Minimum of four (4) fast dolphin kicks off every push off prior to breakout.
 - ✓ No breathing the first full arm cycle after the breakout.
 - ✓ Breast: Full pull down, kick and arm recovery prior to breakout.
 - ✓ Arm and hand recovery must be close to body.
 - ✓ Back: Minimum of four (4) fast dolphin kicks off every push off prior to breakout.
 - ✓ Must demonstrate legal turn by counting strokes from the flags without looking to the wall.
 - ✓ Fly: Minimum of four (4) fast dolphin kicks off every push off prior to breakout.
- Starts must be consistently performed as described below:
 - ✓ All Strokes: Streamline off the blocks and into the water.
 - ✓ Streamline is defined as having the head in line with the spine, hands together with one on top of the other with the top thumb wrapped over the bottom hand, and legs straight.
 - ✓ Free: Minimum of four (4) fast dolphin kicks after the entry prior to breakout.
 - ✓ No breathing the first full arm cycle after the breakout.
 - ✓ Breast: Full pull down, kick and arm recovery prior to breakout.
 - ✓ Arm and hand recovery must be close to body.
 - ✓ Back: Minimum of four (4) fast dolphin kicks after the entry prior to breakout.
 - ✓ Fly: Minimum of four (4) fast dolphin kicks after the entry prior to breakout.

Educational/Practical/Spirit Skills Requirements

- Must be able to demonstrate ability to read the clock during the entry level test sets.
- Can recite the components of a competitive race:
 - ✓ Check in with the coach prior to the race.
 - ✓ Race with conviction and intelligence.
 - ✓ Check in with the coach for debriefing after the race.
 - ✓ Cool down the amount prescribed by the coach.
- Must demonstrate ability to listen to directions from coaches quietly and attentively without distracting teammates.
- At all times:
 - ✓ Demonstrate a positive attitude toward self and others.
 - ✓ Demonstrate good sportsmanship and team spirit.
 - ✓ Demonstrate enthusiastically in team cheers and meetings.

Nutritional Requirements

- Must bring water bottles to practice and meets.

Competitive/Exit Requirements

- Must, a.) compete in at least one Alaska Swimming Championship meet after having consistently demonstrated all of the skills above, or b.) if not an Alaska Swimming Championship competitor have consistently demonstrated all of the skills above from the beginning of the season through the dates of the competition.
- Must participate in parent/coach/swimmer conference to discuss expectations and determine readiness for graduation.