

## NLSC Novice Graduation/Bronze Entry Level Requirements

### Performance Requirements

- Must be able to swim the following repetitions, distances and strokes legally, in the given intervals, if any:
  - ✓ 1x50 Fly
  - ✓ 1x100 Back
  - ✓ 1x100 Breast
  - ✓ 1x200 meter Free @ 4:00 (3:36 yards)
- Be able to swim a 400-meter Free (500-yard) continuously with proper turns.

### Technical Requirements

- All strokes, starts, and turns must be practiced legally.
- 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: Must perform a flip turn for every turn.
  - ✓ Breast: Must touch the wall with both hands simultaneously.
  - ✓ Back: Must perform a flip turn for every turn.
  - ✓ Back: Must demonstrate legal turn by counting strokes from the flags without looking to the wall.
  - ✓ Fly: Must touch the wall with both hands simultaneously.
- 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.
  - ✓ Must use the starting block in practice and at meets.

### Practice Requirements

- Must be able to demonstrate ability to read the clock during practice sets.
- Must demonstrate ability to listen to directions from coaches quietly and attentively without distracting teammates.
- Must display proper lane etiquette by:
  - ✓ Swimming in a circle pattern.
  - ✓ Leaving 5 seconds apart during practice sets.
  - ✓ When necessary, pass politely and let those passing, do so.
- 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 Requirements

- Must demonstrate the following meet skills:
  - ✓ Brings all equipment (suit, team cap, water bottle, goggles, towel, and warm-ups)
  - ✓ Arrives on time for the meet warm-up and checks in with coach prior to warm-up
  - ✓ Checks in with coach before and after each race.
  - ✓ Gets time from timer to report to coach after a race.
  - ✓ Attends and participates in all team meetings and cheers.
  - ✓ Encourages and cheers on teammates.

### Exit Requirements

- Must participate in parent/coach/swimmer conference to discuss expectations and determine readiness for graduation.