**NCA Level Competencies**

**Intro Level: Skills to Master**

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| Roll into deep water |
| 25 m continuous quality free kick supported with board |
| A variety of bobs with breath control |
| 25 m quality back kick in canoe position |
| 25 streamlinequality kick unsupported |
| 25 back quality kick in streamline |
| Begin sculling on back |
| 25 meters of basic freestyle breathing alternate sides |
| 25 meter basic back stroke with steady kicking and body position |
| Leave wall from ready position with beginnings of streamline |
| Dive from side to glide |
| Can swim 50 m unassisted any stroke |
| Able to somersault |

**Pre-Competitive Skills**

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| Skills | Skills |
| 50 m torpedo (streamline kicking) | Continuous kick/ swim for 200 meters free and back |
| 50 meter streamline kicking on back | Kick to wall and flip to back and push off wall in streamline |
| 5 kick switch drill for free and back | Somersaults at Walls |
| 100 meter free swim with hand touch | Basic Breast Kick and Breast Arm Pull |
| Basic sculling on back and front | Butterfly Kicking on back and front without board |
| R and L lead kicking with support and breath control | Beginning dive with streamline from blocks |

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| **Skills to be mastered in Competitive Novice level** |
| 100 m streamline kicking on back and front |
| Quality continuous free kick  200 meters (no time requirement) |
| Competent free/fly/back kick Working on breast kick |
| 300 freestyle with flip turns and rhythmic breathing (no time requirement) |
| Competent back stroke with catch and kick  Legal breast stroke |
| 3 sculls showing catch and hold and rhythm |
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| dive with 10 meters of dolphin kicking in streamline |
| Basic free/ back/breast dive from block |
| Quality dolphin kicking in all positions |
| Legal free , back and breast turns |
| Basic 25 m butterfly stroke |

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| **Skills to be mastered in Development group** |
| 4 kick competent |
| 200 meter free kick under 5 minutes |
| 400 free swim under 9 minutes |
| Competent in free/back and breast strokes 25 meter of sustained quality fly stroke |
| Comfortable with a variety of breathing patterns while swimming |
| Competent in 4 different sculls with rhythm and catch |
| Dive to underwater streamline kicking to ½ pool |
| Competent in all 4 dive starts |
| Good quality turns for all strokes and working on IM transitions |
| Beginning to understand training ethics |
| Beginning to work with pace clock |
| Beginning to learn basic competition goals and on deck behaviour |

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| **Skills to be mastered in the Youth group** |
| 400 meter IM quality kick under 10 min |
| 800 free swim (no time requirement) |
| Competent in free/back/breast any distance |
| Able to execute 100 fly legally |
| Able to swim 200 IM legally |
| Able to execute all 7 turns confidently |
| Dive to underwater streamline 15 meters |
| All 4 dives are executed legally |
| Can perform any scull |
| Developing training and competing ethic and focus |
| Can manage pace clock basic patterns |

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| **Skills to Master in the Junior group** |
| Shows commitment to the sport reflected by both in pool performance/training and attendance, dryland and begins to understand that actions outside the pool will affect progress. |
| Comfortable swimming multiple repeats of any distance/ any stroke |
| Manages a variety of different pace times independently |
| Quality kicking for all 4 strokes at multiple distances |
| Dive 25 underwater streamline |
| Displays focus and begins active goal setting and begins to use self reflection as a tool to improve performance |
| Begins to understand racing strategies |