

Novice Skills Development

Advancement Requirements

Physical:
1. Swim 50 yards freestyle under 1:00
2. Swim 50 yards backstroke under 1:00
Scull in prone position for 25 yards
5. Scull in supine position for 25 yards
6. Scull in vertical position for 60 sec with no leg movement
7. Consistently completes legal 50 freestyle with flip turn
8. Consistently completes legal 50 backstroke with flip turn and proper finish on back
9. Demonstrate proper dive from side of pool with proper streamline and breakout
10. Can perform continuous swim for 5 minutes using proper stroke technique & walls
11. Consistently demonstrates ability to circle swim
Mental Attentiveness:
1. Consistently counts distance and sets
2. Consistently demonstrates basic clock reading skills and leaves at the proper time
Stroke Technique:
1. Consistently demonstrates how to use pace clock for swimming spacing
2. Starts and finishes from/to wall
3. Consistently holds a streamline off walls
4. Demonstrate consistent shoulder and hip rotation during freestyle
5. Demonstrate ability to consistently breathe on right and left side during freestyle
6. Demonstrate consistent shoulder and hip rotation during backstroke
7. Demonstrates ability to consistently push off wall underwater

Competitive Expectations

Attends at least 2 USA swimming meets per year

Other Swimming Skills Taught

1. Learn ability to count 5 complete stroke cycles of freestyle & backstroke
2. Learn dolphin kick
3. Complete 45-minute practice session

Life Skills Taught

Character
1. Swimmer is timely for practices and meets
2. Swimmer consistently treats teammates, coaches, and parents with respect.
3. Swimmer provides coach with undivided attention while coach is talking. Swimmer is quiet with eyes on the coach when the coach is talking. Swimmer follows directions of coach.
4. Swimmer is responsible for behavior & gear
Championship Behavior & Accountability
1. Consistently demonstrates good sportsmanship (e.g. doesn't throw goggles, congratulates opponents)
2. Communicates with the coach

	<ul style="list-style-type: none">3. Swimmer stays in team area with teammates4. Swimmer talks to coach before and after each race.
	Commitment & Team Loyalty
	<ul style="list-style-type: none">1. Swimmer knows the team name and colors and wears team colors at competitions2. Swimmer knows the names of teammates and coaches in practice groups3. Swimmer knows the names of the other practice levels the team offers
	Mental Development
	<ul style="list-style-type: none">1. Demonstrates ability to concentrate for 5 minutes at a time.2. Demonstrates ability to focus on what's important for 5 minutes at a time