

# THE ST·JAMES SWIMMING

## Swim Academy Outline

Pass

Fail

### SPALSH ACADEMY

#### BLUE

*Novice - must pass these tasks to graduate*

Able to get in the water safely		
Put mouth and nose and eyes under water		
Blow bubbles		
Move arms in freestyle motion		
Submerge breathe and submerge again		
Jump in unassisted		
Float on stomach unassisted		
Comfortable on back		
Create forward motion for 15 yards (to flags)		
Exit pool unassisted		

#### BRONZE

*Beginner - must pass these tasks to graduate*

Retrieve objects under water (4-5 feet)		
Blow bubbles out of nose and mouth		
Able to stroke, stroke, breathe while blowing bubbles under water		
Kick on kickboard 15 yards		
Kick on back in streamline 15 yards		
Swim freestyle 20 yards with rotary breathing		
Swim backstroke 15 yards		
Tread water (15 seconds)		
Dive (kneeling or standing)		

#### SILVER

*Intermediate - must pass these tasks to graduate*

Kick on front and back 25 yards		
Push off wall underwater in streamline front and back		
Create breaststroke kick on board with forward motion		
Create fly kick hands at side on top of water		
Swim perfect freestyle 25 yards		
Swim perfect backstroke 25 yards		
Dive from a racing start position		
Tread water (1 min.)		
"Fingertip touch" finish		

#### GOLD

*Advanced - must pass these tasks to graduate*

Leave wall from ready position-streamline		
Swim 50 and back from a racing dive (start itself does not have to be perfect)		
Swim breaststroke and fly 15 yards legally		
Do a summersault in the water		
Able to do open turn on wall with a streamline push off		
Demonstrate circle swimming		
General idea of backstroke stroke count		

Coach Signature \_\_\_\_\_

Coach Notes:

Date \_\_\_\_\_

# THE ST·JAMES SWIMMING

## Swim Academy Outline Stroke Academy

Pass

Fail

Intermediate swim team - Must have these skills to qualify		
Swim a 50 freestyle with rotary breathing		
Swim a 50 backstroke with a finish on back		
Swim 25 yards breaststroke legally		
Swim 20 yards butterfly legally		
Able to push off the wall in streamline underwater		
Able to do a summersault in the water		
Able to dive head first from any position		
<i>Note* endurance based fails can be over looked. Endurance will be built in StA</i>		
Must accomplish these skills to graduate		
Swim a 50 freestyle from a start with a flip turn		
Swim a 50 backstroke from a start with a flip turn		
Have a basic knowledge of stroke count		
Able to push off the wall in streamline underwater and do 3-5 butterfly kicks		
Able to do a racing start off the blocks (does not have to be perfect but at least head first)		
Underwater pullout to breaststroke		
Able to circle swim in a group		
Able to read and understand basic clock intervals (i.e. 1:00, 1:30, :30)		
Must have legal breaststroke for 25 yards		
Must have legal fly for 25 yards ( <i>endurance based fail from simultaneous arms is okay</i> )		

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Coach Notes:

Date \_\_\_\_\_

# THE ST·JAMES SWIMMING

## Swim Academy Outline Swim Team

Pass

Fail

Bronze C- Team		
Ages 4-8. Must practice between 2-4x per week		
Ability to leave from a ready position and do streamline underwater		
Perfect free for 50 yards including streamline, rotary breathing, head down and long axis rotation		
Perfect back for 50 yards including: streamline, head back, long axis rotation and finishing on back		
Perfect breast for 25 yards including simultaneous kick, good hand position and 2 hand touch		
Perfect fly for 25 yards including: simultaneous arms, legs together with kick and 2 hand touch		
Basic knowledge of flip turn (at least summersault) and open turn		
Ability to read clock (this can be learned in practice)		
Ability to dive off blocks (does not have to be perfect but at least head first)		

*\*note - Any endurance based fails, such as simultaneous arms on 25 fly after first 1/2 or longer breaths on 50 free are okay. These skills will be enhanced during practice. The important thing is to ensure they understand how to do it legally and can demonstrate it for a short period of time. All of these skills must be perfected before graduating to Bronze B*

Bronze B - Team		
Ages 6-10, practices Monday - Friday. Must practice 2-4x per week.		
Perfect 50 free with flip turn		
Perfect 50 back with flip turn		
Perfect 50 breast with open turn		
Perfect 25 fly with 2 hand finish		
Able to dive off blocks and do 5 streamline fly kicks		
Able to do underwater pull out		
Able to understand and leave on intervals		
Able to leave from a ready position and do the appropriate underwaters		

*\*note - endurance based fails at this level will not be permitted. Athletes are recommended to do private lessons or stay in Bronze C until endurance and skills are perfected.*

Bronze A - Team		
Ages 8-12, practices Monday - Friday. Must practice 3-4x per week.		
Perfect 100 free with flip turn		
Perfect 100 back with flip turn		
Perfect 50 breast with open turn		
Perfect 50 fly with open turn		
Able to dive off blocks and do 5 streamline fly kicks into stroke		
Able to do underwater pull out		
Able to understand and leave on intervals		
Able to leave from a ready position and do the appropriate underwaters		

*\*note - endurance based fails at this level will not be permitted. Athletes are recommended to do private lessons or stay in Bronze B until endurance and skills are perfected. Saturdays will be invite only for athletes who are excelling in practice during the week.*

Coach Signature \_\_\_\_\_

Coach Notes:

Date \_\_\_\_\_

# THE ST·JAMES SWIMMING

## Swim Academy Outline

Pass

Fail

### Swim Team

#### Silver B - Team

*Ages 11-18 practices Monday - Friday. Must practice 2-5x per week*

Perfect 100 free with flip turn		
Perfect 100 back with flip turn		
Perfect 50 breast with open turn		
Perfect 50 fly with open turn		
Perfect 100 IM		
Able to dive off blocks and do 5 streamline fly kicks into stroke		
Able to do underwater pull out		
Able to understand and leave on intervals		
Able to leave from a ready position and do the appropriate underwaters		

*\*note - endurance based fails at this level will not be permitted. Athletes are recommended to do private lessons or stay in Bronze A until endurance and skills are perfected. Saturdays will be invite only for athletes who are excelling in practice during the week.*

#### Silver A - Team

*Ages 11-18 practices Monday - Saturday. Must practice 3-6x per week*

Perfect 100 free with flip turns		
Perfect 100 back with flip turns		
Perfect 100 breast with open turn		
Perfect 50 fly with open turn		
Perfect 100 IM with the ability to do 200 IM		
Able to dive off blocks and do 5 streamline fly kicks into stroke		
Able to do underwater pull out		
Able to understand and leave on intervals		
Able to leave from a ready position and do the appropriate underwaters		

*lessons or stay in Silver B until endurance and skills are perfected. Saturdays 7:30-9am are highly recommended.*

#### Gold - Senior Group

*Ages 15-18 practices Monday - Saturday. M-F*

*Must have 13-14 JO qualifying time in at least 3 events.*

Must commit to coming 4+ times a week		
Must come to a couple swim meets throughout the season		
Must be able to commit to a S&C program.		

*This can be dryland times, S&C High-performance @ TSJ or with a high school sport.*

*\*note - If these aspects of the team cannot be met then athlete should register for Silver A or B until they are ready to commit to Gold.*

Coach Signature \_\_\_\_\_

Coach Notes:

Date \_\_\_\_\_