

Tawa Club Swimming – Entry level, Criteria & Technical Focus across the four lanes

	Lane 1	Lane 2	Lane 3	Lane 4
Entry level	<ul style="list-style-type: none"> • 50m Basic Freestyle without stopping • 50m Basic Backstroke without stopping • 50m Basic Breaststroke with correct kick • Basic Dolphin Kicks • To have a good positive attitude 	<ul style="list-style-type: none"> • 100m Freestyle without stopping faster than 3 minutes and in combination with the technical criteria • 100 Backstroke without stopping in combination with the technical criteria • 100m Breaststroke without stopping in combination with the technical criteria • 25m Basic Butterfly • Knowing lane etiquette • To have a good positive attitude 	<ul style="list-style-type: none"> • 100m Freestyle without tumble turns faster than 2 minutes and 30 seconds and in combination with the technical criteria • 150 Backstroke without stopping in combination with the technical criteria • 150m Breaststroke without stopping in combination with the technical criteria • 100 IM (Individual Medley) with correct technique and turns • Knowing lane etiquette • To have the ability to listen and stay focused for the duration of a training session • To have a good positive attitude 	<ul style="list-style-type: none"> • 200m Freestyle without tumble turns faster than 4 minutes and 30 seconds and in combination with the technical criteria • 200 Backstroke without stopping in combination with the technical criteria • 200m Breaststroke without stopping in combination with the technical criteria • 100 IM (Individual Medley) faster than 2 minutes and 30 seconds with correct technique and turns • Knowing lane etiquette • To have the ability to listen and stay focused for the duration of a training session • To have a good positive attitude • Ability to use the pace clock
Technical focus	Refer to stroke criteria Mostly Freestyle catch-up Basic dives from pool side and block	Refer to stroke criteria Mostly Freestyle catch-up Breaststroke timing Freestyle tumble turn Basic dives from block (grab starts)	Refer to stroke criteria Freestyle as almost catch-up Freestyle tumble turn Competitive dive (track start from block)	Refer to stroke criteria Breaststroke Pull out Backstroke tumble turn Medley turns (touch turns) Competitive dive (track start from block)
Fitness focus	Only 25's with short rest	Only 25's & 50's max with short rest	Mostly 50's (up to 100's) with short rest in between (e.g. 30 seconds) Occasionally 150's but with good technique	<u>To be able to swim consistently:</u> 6 x 50 Fr swim @ 1'15 with TBT 6 x 50 Br or Bk swim @ 1'30 with correct turns
Competition focus	To compete in a minimum of two competitions or meets per year (Tawa Time Trial and local Novice Carnivals)	To compete in a minimum of two competitions or meets per year (Tawa Time Trial and local Novice Carnivals)	To compete in a minimum of three competitions or meets per year (Tawa Time Trials, Novice Carnival, Gold Coast Meets)	To compete in a minimum of four competitions or meets per year (Tawa Time Trials, Novice Carnival, Gold Coast Meets)
Other focus	Learn lane etiquette	Practice lane etiquette	Ability to go 5 seconds apart using the pace clock and without the help of the coach(es)	Learning how to time themselves using the wall pace clock

Notes: Each criteria needs to be achieved on a consistent basis (e.g. swimmers should not move up a level if they have shown the correct skill only once or twice).

Any movement through club lanes and squads is subject to space in the relevant lane / squad, regardless of whether a swimmer meets the requirements to move up.

Strokes Technical Criteria

Butterfly:

- 1) **Kicks:** Feet together, undulation from waist, hips go up & down
- 2) **Arms:** Enter at 11 & 1 o'clock. Keyhole shape with palm of hands facing back. Wide recovery with relaxed arms ("Eagle wings")
- 3) **Breathing timing:** As hands push back, Chin in the water at all time, Head back in water as soon as possible after breathe-in (before arms fully recover)
- 4) **Stroke timing:** Kick IN, kick OUT (Kick down as hands get IN the water and Kick down as hands get OUT of the water or when pushing back)
- 5) **Rhythm:** No pause of stroke but slower in entry and acceleration at the push

Backstroke:

- 1) **Kicks:** Small & Fast kicks with long legs (knees under water). Boil the water with feet (no splash)
- 2) **Arms:** Thumb comes out first, rotate hand, brush arm past ear, pinky enters in water first. Straight arm above water, bent arm under water.
- 3) **Head & Body position:** Head still at all times. Shoulders rotate continuously from side to side
- 4) **Stroke timing:** Arms must remain opposite the whole time ("Windmill arms"). Continuous and consistent motion (NO pause in the stroke)

Breaststroke:

- 1) **Kicks:** Heels to buttock, Feet turned out, whip legs back together and glide ("Snap & Glide")
- 2) **Arms:** Thumbs down, Pull arms with quick recovery ("Scoop & Shoot"). Hands should accelerate through (Not stopping under chin).
Elbows should not pull too far back (Not past shoulders to bottom of pool vertical line)
- 3) **Breathing timing:** Breathe early, as soon as hands start moving (Pull & Breathe together)
- 4) **Stroke timing:** "Pull – Breathe – Kick – Glliiiiide" (glide for 3 sec. in streamline with eyes down). Elbows and knees bent at 90 degrees at the same time

Freestyle:

- 1) **Kicks:** Continuous and consistent kicking ("Small & Fast")
- 2) **Arms:** Tall arms with hands aligned with shoulders at entry. Pull straight back with bent elbows ("Train track"). Palms facing back. Exit near thigh
- 3) **Breathing timing:** Bi-lateral breathing (breathing every third arm). Quick Breath with one eye in the water
Note: The leading arm should start pulling only when head has returned in the water after breathing ("Bubble - Bubble - Stretch")
- 4) **Stroke timing:** Catch-up coordination / timing

Lane etiquette:

- Don't push off right before a swimmer turns,
- Turn at the centre, never stop in the middle of the lane,
- Line up immediately after touching the wall when finishing the given distance,
- Let the faster person go before you,
- Go 5 seconds apart,
- Overtake if safe to do,
- Just be nice!

Swim meets available for Club Swimming, Bronze and Silver Squads:

- Six Gold Coast meets each year. NTs (NO times) are allowed, and Recreational swimmers can enter.
- PCA Novice Carnival, around April. PCA Div III Meet.
- Tawa Club Champs, and three Time Trials.