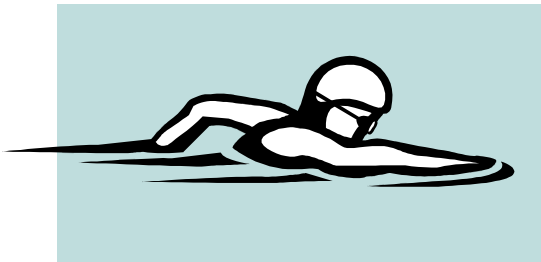




Orion Swimming Club

Junior 1 Swimmer Name: _____

- Complete a set lasting 400m (eg 16x25m) on a specific turn around time set by the coach (eg 1 min for each 25m)
- Swim 400m continuously using one stroke
- Kick 25m Backstroke with/without using a board
- Kick 25m Breaststroke with/without using a board
- Kick 25m Butterfly with/without using a board
- Kick 25m Front Crawl with/without using a board
- Perform a Backstroke turn (ASA Stroke Standard)
- Perform a Breaststroke turn (ASA Stroke Standard)
- Perform a Butterfly turn (ASA Stroke Standard)
- Perform a Front Crawl turn from 5m in to 5m out (ASA Stroke Standard)



Swim a continuous 100m IM using legal turns

Perform a 15m underwater kick on front in a streamlined position with fins



Perform a Backstroke start then Butterfly kick in a streamlined position underwater until 5m - 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m

Perform a Front Crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m

Perform a Butterfly start, kick in a streamlined position underwater until a minimum of 5m from the start point (wall), transfer into stroke and complete the remainder of the 25m

Perform a Breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25m

Perform a continuous 100m IM kick

Perform a 10m under water Butterfly kick on back or front in a streamlined position

Perform a Front Crawl relay take over – as an incoming Swimmer

Perform a Front Crawl relay take over – as an outgoing Swimmer