



Squad progression criteria
Otters Beginners, Stroke Development and Junior Performance squads

Otters Beginners 1 (OB1)

1. Enter the water safely assisted by teacher
2. Move forwards for 5 metres assisted by teacher – feet can be on floor
3. Move backwards for 5 metres assisted by teacher – feet can be on floor
4. Move sideways 5 metres assisted by teacher
5. Scoop water and wash face – showing confidence with water being around face
6. Float in a stretched position (star float) assisted by teacher
7. Regain an upright position from being on back assisted by teacher
8. Regain an upright position from being on front assisted by teacher
9. Push and glide in a horizontal position from a wall on front assisted by teacher
10. Demonstrate an understanding of pool rules and pool safety (e.g., no running)
11. Exit the water safely assisted by teacher

Otters Beginners 2 (OB2)

1. Enter the water safely
2. Jump in from poolside safely
3. Blow bubbles with mouth and nose submerged
4. Move forwards for 10 metres assisted by teacher – feet must be off floor
5. Move backwards for 10 metres assisted by teacher – feet must be off floor
6. Float in a stretched position (star float)
7. Regain an upright position from being on back without support
8. Regain an upright position from being on front without support
9. Push and glide in a horizontal position from a wall on front
10. Push and glide in a horizontal position from a wall on back
11. Demonstrate an understanding of pool rules and pool safety (e.g. no running)
12. Exit the water safely

Stroke Development 1 (SD1)

1. Enter the water safely
2. Jump in from poolside safely and submerge
3. Sink, push and glide in a horizontal position from a wall on front in streamlined position

4. Sink, push and glide in a horizontal position from a wall on back in streamlined position
5. Move forwards for 15 metres – feet must be off floor
6. Move backwards for 15 metres – feet must be off floor
7. Fully submerge to pick up an object
8. Float in a stretched position on front and back unaided (star float), float in a tucked position (mushroom float)
9. Demonstrate an understanding of pool rules and pool safety (e.g. no running)
10. Exit the water safely

Stroke Development 2 (SD2)

1. Enter the water safely
2. Sink, push and glide in a horizontal position from a wall on front in streamlined position – maintaining position underwater
3. Sink, push and glide in a horizontal position from a wall on back in streamlined position – maintaining position underwater
4. Front Crawl kick for 10 metres – feet must be off floor – only one piece of equipment – bubbles at water surface
5. Backstroke kick for 10 metres – feet must be off floor – only one piece of equipment – bubbles at water surface
6. Butterfly for 10 metres on front and back – feet must be off floor – only one piece of equipment – legs together
7. Breaststroke for 10 metres on front and back – feet must be off floor – only one piece of equipment – symmetry maintained throughout with feet turned out
8. Perform a log roll from back to front
9. Perform 5 metres of head-first sculling
10. Swim 10 metres – stroke optional but must be good technique and performed without stopping
11. Demonstrate an understanding of pool rules and pool safety (e.g. no running)
12. Exit the water safely

Stroke Development 3 (SD3)

1. Enter the water safely
2. Perform 5 metres of feet first sculling
3. Tread water for 30 seconds
4. Perform 3 different shaped jumps in to the water
5. Swim 10 metres backstroke – legs kicking, arms in line with shoulders, looking at ceiling, rolling shoulders
6. Swim 25 metres front crawl – face in water, legs kicking, arms controlled
7. Swim 25 metres breaststroke – arms, breathe, kick, glide, feet turned out, symmetry maintained throughout
8. Swim 25 metres butterfly – attempt at two kicks per arm stroke, symmetry attempted, breathing forwards
9. Perform a handstand for 3 seconds minimum
10. Perform a summersault in the water
11. Jump into the water, fully submerge

12. Demonstrate an understanding of pool rules and pool safety (e.g. no running)
13. Exit the water safely

Stroke Development 4 (SD4)

1. Enter the water safely
2. Sink, push off from wall in a streamlined position under water and rotate into backstroke
3. Sink, push off from wall in a streamlined position under water and breakout in to front crawl
4. Swim 25 metres backstroke rhythmically – legs kicking, arms in line with shoulders and moving constantly, correct head position, rolling shoulders
5. Swim front crawl rhythmically – face in water, legs kicking, arms controlled and reaching, bilateral breathing
6. Swim breaststroke– arms, breathe, kick, glide, feet turned out, symmetry maintained throughout, awareness of timing
7. Swim butterfly– attempt at two kicks per arm stroke, symmetry attempted, breathing forwards, awareness of when to breathe
8. Swim 25 metres of a stroke with correct technique
9. Perform a summersault in the water, finishing in an upright streamline position
10. Jump into the water, fully submerge
11. Attempt at least a sitting dive
12. Demonstrate an understanding of pool rules and pool safety (e.g. no running)
13. Exit the water safely – not using steps or the floor to push off

Junior Development 1 (JD1)

1. Swim 50 metres backstroke rhythmically – legs kicking, arms in line with shoulders and moving constantly, correct head position, rolling shoulders, attempt to tumble turn
2. Swim 50 metres front crawl rhythmically – face in water, legs kicking, arms controlled and reaching, bilateral breathing – breathing to the side not the ceiling, attempt to tumble turn
3. Swim 50 metres breaststroke – arms, breathe, kick, glide, feet turned out, symmetry maintained throughout, demonstration of timing, awareness and attempts to perform a legal turn (two hands)
4. Swim 25 metres butterfly – Two kicks per arm stroke, symmetry attempted, breathing forwards, awareness of when to breathe demonstrated, awareness and attempts to perform a legal turn (two hands)
5. Perform a dive from the side – possible lack of form and confidence
6. Attempt tumble turns for front crawl and backstroke with streamline push offs most of the time
7. Swim 100 metres of a single stroke – possibly with breaks at the walls
8. Tread water confidently for 30 seconds

Junior Development 2 (JD2)

1. Demonstrate understanding of the need to warm up for exercise – land warm up
2. Take responsibility for their own training – e.g. bring right kit and water bottle
3. Swim 50 metres backstroke rhythmically – legs kicking, arms in line with shoulders and moving constantly, correct head position, rolling shoulders, attempt to tumble turn – at a consistent pace without becoming excessively fatigued
 - Should be able to perform this more than once – 4 times minimum
4. Swim 50 metres front crawl rhythmically – face in water, legs kicking, arms controlled and reaching, bilateral breathing – breathing to the side not the ceiling, attempt to tumble turn – at a consistent pace without becoming excessively fatigued
 - Should be able to perform this more than once – 4 times minimum
5. Swim 50 metres breaststroke – arms, breathe, kick, glide, feet turned out, symmetry maintained throughout, demonstration of timing, awareness and attempts to perform a legal turn (two hands)
 - Should be able to perform this more than once – 4 times minimum
6. Swim 50 metres butterfly – Two kicks per arm stroke, symmetry attempted, breathing forwards, awareness of when to breathe demonstrated, awareness and attempts to perform a legal turn (two hands)
 - Possibly aided by fins to complete both lengths
 - Should be able to perform this more than once – 2 times minimum
7. Perform at least the following drills correctly and controlled
 - FC – single arm, head touch, catch up
 - BK – single arm
 - BR – 3 kicks one pull
 - Fly – single arm (with fins)
8. Perform a dive from the block – possible lack of form and confidence
9. Perform a backstroke start – possible lack of form and confidence
10. Tumble turns for front crawl and backstroke with streamline push offs most of the time
11. Swim 100 metres of a single stroke – possibly with breaks at the walls – but less than JD1
12. Tread water confidently

Junior Development 3 (JD3)

1. Demonstrate understanding of the need to warm up for exercise – land warm up
2. Take responsibility for their own training – e.g. bring right kit and water bottle
3. Swim 50 metres backstroke rhythmically – legs kicking, arms in line with shoulders and moving constantly, correct head position, rolling shoulders, attempt to tumble turn every time (executed well in to formed streamline) – at a consistent pace without becoming excessively fatigued
 - Should be able to perform this more than once – 4 times minimum
4. Swim 50 metres front crawl rhythmically – face in water, legs kicking, arms controlled and reaching, bilateral breathing – breathing to the side not the ceiling, attempt to tumble turn every time (executed well in to formed streamline) – at a consistent pace without becoming excessively fatigued
 - Should be able to perform this more than once

5. Swim 50 metres breaststroke – arms, breathe, kick, glide, feet turned out, symmetry maintained throughout, demonstration of timing, awareness and attempts to perform a legal turn (two hands)
6. Swim 50 metres butterfly – Two kicks per arm stroke, symmetry attempted, breathing forwards, awareness of when to breathe demonstrated, awareness and attempts to perform a legal turn (two hands)
 - Possibly aided by fins to complete both lengths
7. Perform at least the following drills correctly and controlled
 - FC – single arm, head touch, 10 kicks change, catch up
 - BK – single arm, 10 kicks change
 - BR – 2 kicks one pull
 - Fly – single arm (with fins)
8. Perform a dive from the block into a streamline position and break out into stroke
9. Perform a backstroke start into a streamline position
10. Tumble turns for front crawl and backstroke with streamline push offs majority of the time
11. Swim 100 metres of a single stroke, with tumble turns and well-formed streamline
 - Should be able to perform this more than once in a set

Junior Development 4 (JD4)

1. Demonstrate understanding of the need to warm up for exercise – land warm up
2. Take responsibility for their own training – e.g., bring right kit and water bottle
3. Swim 50 metres backstroke rhythmically – legs kicking, arms in line with shoulders and moving constantly, correct head position, rolling shoulders, attempt to tumble turn every time (executed well in to formed streamline) – at a consistent pace without becoming excessively fatigued
 - Should be able to perform this more than once – 4 times minimum
4. Swim 50 metres front crawl rhythmically – face in water, legs kicking, arms controlled and reaching, bilateral breathing – breathing to the side not the ceiling, attempt to tumble turn every time (executed well in to formed streamline) – at a consistent pace without becoming excessively fatigued
 - Should be able to perform this more than once
5. Swim 50 metres breaststroke – arms, breathe, kick, glide, feet turned out, symmetry maintained throughout, demonstration of timing, conscious that they need to perform a legal turn (two hands)
6. Swim 50 metres butterfly – Two kicks per arm stroke, symmetry attempted, breathing forwards, awareness of when to breathe demonstrated, conscious that they need to perform a legal turn (two hands)
 - Possibly aided by fins to complete both lengths
7. Perform at least the following drills correctly and controlled
 - FC – single arm, head touch, 10 kicks change, catch up
 - BK – single arm, 10 kicks change
 - BR – 2 kicks one pull, 3 kicks one pull, 2 pulls one kick
 - Fly – single arm (with fins), wallow
8. Perform a dive from the block into a streamline position and break out into stroke
9. Perform a backstroke start into a streamline position and break out in to stroke

10. Tumble turns for front crawl and backstroke with streamline push offs all the time
11. Swim 100 metres of a single stroke, with tumble turns and well-formed streamline
 - Should be able to perform this more than once in a set

Junior Development 5 (JD5)

1. Be able to swim 150 metres front crawl with perfect technique (i.e. bent arm high elbows, bilateral breathing, smooth stroke) with a tumble turn between lengths
2. Be able to swim 150 metres backstroke with perfect technique (i.e. rotating the shoulders, both hands moving, good pull underwater) with an attempt to tumble turn between lengths
3. Be able to swim 150 metres breaststroke with perfect technique (coordination, holding the glide, circular arm pulls, hands staying in front of the shoulders, squeezing heels together at the end of the kick) with a two handed touch turn between lengths
4. Be able to swim 100 metres butterfly (with fins) with perfect technique (breathing every two strokes, 2 kick to one pull, correct underwater arm pull)
5. Be able to do a competitive racing dive in track start position from the block and under water phase to 10 metres
6. Be able to perform a good backstroke start from the block and under water phase past the flags
7. Be able to perform a good front crawl and backstroke tumble turn with effective underwater phase past the flags (fly kick on front/back)
8. Be able to do a two-handed touch turn on breaststroke and butterfly with good technique and agility into the wall, with effective underwater (BR pull out, fly kick on front)
9. Be able to perform a good streamline fly kick underwater to 25 metres (with fins)
10. Be able to perform 100m Individual Medley
11. Actively practice correct technique in line with rules of competitions and disqualifications

Junior Development 6 (JD6)

1. Be able to swim 200 metres front crawl with perfect technique (i.e. bent arm high elbows, bilateral breathing, smooth stroke) with a tumble turn between lengths
2. Be able to swim 200 metres backstroke with perfect technique (i.e. rotating the shoulders, both hands moving, good pull underwater) with an attempt to tumble turn between lengths
3. Be able to swim 200 metres breaststroke with perfect technique (coordination, holding the glide, circular arm pulls, hands staying in front of the shoulders, squeezing heels together at the end of the kick) with a two handed touch turn between lengths
4. Be able to swim 100 metres butterfly with perfect technique (breathing every two strokes, 2 kick to one pull, correct underwater arm pull)
5. Be able to do a competitive racing dive in track start position from the block and under water phase to 15 metres
6. Be able to perform a good backstroke start from the block and under water phase to 10 metres

7. Be able to perform a perfect front crawl and backstroke tumble turn with effective underwater phase to 10 metres (fly kick on front/back)
8. Be able to do a two-handed touch turn on breaststroke and butterfly with perfect technique and agility into the wall, with effective underwater (BR pull out, fly kick on front)
9. Be able to perform a good streamline fly kick underwater to 25 metres
10. Be able to perform 200m Individual Medley
11. Actively practice correct technique in line with rules of competitions and disqualifications