

## **ACADEMY 1**

### **Skill No. Skill description**

- 1 To have very good understanding of competition rules and feel confident being introduced to competitive environments
- 2 To be able to confidently perform a backstroke start, with streamlined underwater fly kicks to 10m
- 3 To be able to do breaststroke underwater phase most of the time
- 4 To be able to do underwater fly kicks off all turns most of the time
- 5 To be able to perform legal IM turns most of the time
- 6 To have a good understanding of 3x drills for each stroke
- 7 To be able to complete 200m any stroke comfortably
- 8 To be able to complete 100m multiple times without excessive fatigue
- 9 To be able to complete 50m of butterfly without fins

## **ACADEMY 2**

### **Skill No. Skill description**

- 1 To have an understanding of land warmup before a session - turning up at least 5 minutes early to do this
- 2 To be able to do 200m frontcrawl with good technique and not excessively fatigued
- 3 To be able to do 200m backstroke with good technique and not excessively fatigued
- 4 To be able to do 200m breaststroke with good technique/legal turns
- 5 To be able to do 50m fly with good technique, no fins and good turns
- 6 To have a good understanding of 3x drills for each stroke
- 7 To be able to complete 100m at a time, multiple times
- 8 To be able to do breaststroke underwater phase off turns/dives all of the time