

## **DEVELOPMENT 1**

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

- 1 To be confident diving in from the block, with streamlined underwater fly kicks
- 2 To be able to perform a backstroke start, with streamlined underwater fly kicks
- 3 To be doing tumble turns on frontcrawl most of the time
- 4 To be doing tumble turns on backstroke most of the time
- 5 To have an understanding of IM turns
- 6 To be able to do at 10m underwater streamlined fly kicks (no fins)
- 7 To have a good understanding of 2x drills for each stroke
- 8 To be able to do 100m of any stroke comfortably
- 9 To be able to do 50m of frontcrawl with good technique/turns/breathing
- 10 To be able to do 50m of Breaststroke comfortably with good technique
- 11 To be able to do 50m backstroke comfortably with good technique
- 12 To be able to do 50m butterfly with fins

## **DEVELOPMENT 2**

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

- 1 To be confidently diving in from the block, with streamlined underwater fly kicks past 5m
- 2 To be able to confidently perform a backstroke start, with streamlined underwater fly kicks past 5m
- 3 To be able to do breaststroke underwater phase
- 4 To be able to do underwater fly kicks off 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 150m of any stroke comfortably
- 8 To be able to complete 50m frontcrawl with good technique and turns
- 9 To be able to complete 50m backstroke with good technique and turns
- 10 To be able to complete 50m breaststroke with good technique and turns
- 11 To be able to complete 50m butterfly with fins but good technique and turns

