

**JC1:****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 25m with fins streamlined underwater fly kicks.
- 3      To be confident in racing environments.
- 4      To be able to repeatedly complete 100-150m of a stroke.
- 5      To be able to do a 200IM with mostly legal technique and turns.
- 6      To be able to complete 100m fly with fins - good technique, turns and underwater.
- 7      To be able to do 200m repeatedly through a session.

**JC2:****Skill No      Skill Description**

- 1      To have an understanding of land warmup before a session - turning up at least 10 minutes early to do this.
- 2      To be able to do 25m without fins streamlined underwater fly kicks (or be very close).
- 3      To be able to perform good relay takeovers from the block and front in the water.
- 4      To be able to repeatedly complete 200m of a stroke.
- 5      To be able to do a 200IM with legal technique and turns.
- 6      To be able to complete 100m fly without fins - good technique, turns and underwater.
- 7      To have very effective turns and underwater for racing conditions (performing these most/all the time).

**JC3:****Skill Number      Skill Description**

- 1      To be doing 5-10 mins of land warmup before every session.
- 2      To be able to do 25m without fins streamlined underwater fly kicks at least once.
- 3      To be attending swimming consistently and 2-3 times a week.
- 4      To be able to repeatedly complete 200m of a stroke and be able to attempt 400m.
- 5      To be able to do a 200IM with legal turns and technique.
- 6      To be able to complete 100m fly without fins - good technique, turns and underwater.
- 7      To have very effective turns and underwater for racing conditions (performing these most/all the time).
- 8      To want to compete and be attending competitions.

