

# Academy 1 (Stroke Group) – Outcomes

### Stroke Set Up Outcomes

- 1) Sink under the water - push and glide **on front** in tight streamline past 5m flags.
- 2) Sink under the water - push and glide **on back** in tight streamline past 5m flags.
- 3) Push and glide (as above) **on front** – add 3 dolphin kicks in tight streamline past 5m flags.
- 4) Push and glide (as above) **on back** – add 3 dolphin kicks in tight streamline past 5m flags.
- 5) Push and glide (as above) **on side** – add 3 dolphin kicks rotating to **front** or **back** on demand - in tight streamline past 5m flags.
- 6) Add breakout into 3 stroke cycles to the above in all 4 competitive strokes (for **brs** only 1 dolphin kick allowed)

### Front Crawl

- 1) **25m head-position kick** – arms extended squeezing ears – eyes looking forward and down - full arm action to breathe after 9-12 kicks.
- 2) **50m Catch-Up Front Crawl** – hands finish in outstretched position, parallel without touching – pull to full range (little finger exits at thigh) – breathe every 3 – 3 kicks per arm action (**6 beat LK per stroke cycle**)
- 3) **50m Wear Valley Front Crawl** – breathe every 3 (half face in/out of water) – 6 beat leg kick – arms extend to 95% catch-up (swap when recovering hand is at the wrist of out-stretched arm) and hand exits past hip at thigh – aim for <25 strokes per 25m – all push and glides/breakouts to above standards.

### Backstroke

- 1) **25m torpedo kick on back** – arms extended behind head (not over ears), hand over hand – knees under water – relaxed ankles, blurry feet.
- 2) **25m side-lateral kick (both sides)** – lead arm extended little finger or palm down, other on side with hand flat against thigh – waterline should be middle of chest (sternum line)- recovery shoulder facing the ceiling.
- 3) **50m 12-3-12 backstroke drill** – 12 kicks SLK on right side (as described above) – 3 full strokes backstroke achieving SLK position each stroke - 12 kicks SLK on left side - 3 full strokes backstroke (repeat).
- 4) **50m Wear Valley backstroke** – ears pooled in water – full hip + shoulder rotation – hand entry extended outside (arm not touching) ear – 6-8 beat leg kick - all push and glides/breakouts to above standard.

### Breaststroke

- 1) **25m extended arms breaststroke lay-out kick** - arms extended (hands parallel not touching) above ears – eyes straight down – breathe after completion of kick and glide by lifting chin – leg kick should be as narrow as possible and culminate in big toes coming together, feet pointed.
- 2) **50m 2kick 1pull breaststroke drill** – 2 x kick and glides in extended position (**described above**) followed by 1 full arm action (wide surface catch at Y-position, rotate wrists until hands pitch inwards and drive inwards until hands touch with elbows squeezing into chest-**shoot arms forward into lay-out position and begin cycle again**)
- 3) **50m Wear Valley Breaststroke** – long, gliding breaststroke achieving excellent streamlining each stroke with high hands and elbows through the stroke - aim for 1 second glide and no more than 15 strokes per 25m - all push and glides/breakouts to above standard.

### Butterfly

- 1) **25m body-pulse fly kick** – hands by side (tucked in pockets) – eyes look down, chin tucked towards chest – breathe forwards by lifting chin every 4<sup>th</sup> dolphin kick – kicks should be big, rhythmical pulses rather than wiggles.
- 2) **25m single arm fly drill** – keep arm straight, 1 large dolphin kick on hand entry and 1 large dk on hand exit – breathe on side during arm recovery.
- 3) **25m WVASC butterfly** – breathe every 2 – hands exit palm (or little finger first) at full extension, wide of the bottom (don't get caught behind) and enter (thumb and forefinger) down at Y position – must keep a 2 beat kick and have arms sweeping backwards **rather than pushing down** - all P+G's /breakouts to above standard.

### Final Outcome

- 1) **Complete a legal 100m individual medley**

## Academy 2 (Skills Group) – Outcomes

### Competitive Start Outcomes

- 1) **Perform a dive from poolside** – two feet (toes over edge) dive with arm swing - tight streamline in the air and on entry – big toes together and feet pointed – on entry, glide to 10m mark
- 2) **Perform a dive from poolside with breakout into front crawl and butterfly** - dive (as above) – add a minimum of 3 dolphin kicks in tight streamline - add breakout into stroke with 3 full stroke cycles
- 3) **Perform a dive from poolside with breakout into breaststroke** - dive (as above) – add a full brs. Underwater phase to include in order.. 1 dolphin kick in tight streamline – 1 full pull to finish with hands palm-up, at thighs – tight arms recovery brushing chest to full extension (ears below head, thumbs touching) – explosive breaststroke kick through surface - add breakout into stroke with 3 full stroke cycles
- 4) **Perform a backstroke start from in the pool with breakout into backstroke** – holding the wall with two hands and with two feet in line with the hips, balls of the feet on the wall - drive backwards (**not up**) lifting hips into a streamlined “back dive” entering the water fingertips first – add a minimum of 3 dolphin kicks in tight streamline - add breakout into stroke with 3 full stroke cycles
- 5) **Repeat outcome 1 from a starting block (+ relay takeover)**
- 6) **Repeat outcome 2 using a track start from starting block**
- 7) **Repeat outcome 3 using a track start from starting block**
- 8) **Repeat outcome 4 using the starting block grab bar and with balls of feet on gutter-lip to initiate backstroke start (or toes just out of water, hips width apart, if no gutter!)**

### Turns

- 1) **Perform a front crawl flip turn** – approach the wall at speed - perform tight tumble with feet and bum exiting the water – place feet on the wall (**shoulder width apart**) – get into a stream line position – push and glide off wall either on back or side before rotating onto front
- 2) **Perform a front crawl tumble turn with breakout** – perform turn as above adding at least 3 dolphin kicks and a breakout (no breath 1<sup>st</sup> stroke) into 3 strokes front crawl
- 3) **Perform a backstroke tumble turn** – approach flags at speed – from flags, do requisite arms before turning onto front – when on front, using only one front crawl arm, perform tight tumble with feet and bum exiting the water – place feet on the wall (**shoulder width apart**) – get into streamline – push and glide off wall on back
- 4) **Perform a backstroke tumble turn with breakout** – perform turn as above adding at least 3 dolphin kicks and a breakout (no breath 1<sup>st</sup> stroke) into 3 strokes backstroke. Repeat for bk to breaststroke turn
- 5) **Perform a breaststroke turn** - approach the wall at speed – on final stroke to the wall, stretch and touch the wall with two hands (simultaneously) - perform tight touch turn lifting feet to bum and knees to chest – place feet on the wall (**shoulder width apart**) – get into a stream line position – push and glide off wall either on front or slightly on the side before rotating onto front and gliding. Repeat for brs-fr turn with fr. Break out.
- 6) **Perform a breaststroke turn with underwater and breakout** - perform turn as above but adding **1)** 1 large dolphin kick holding streamline **2)** 1 full breaststroke pull finishing with hands past bum, palms up **3)** recover arms tight to chest, extending them back into streamline position **4)** perform an explosive breaststroke kick to surface – breakout into 3 strokes breaststroke
- 7) **Perform a butterfly turn** - approach the wall at speed – on final stroke to the wall, stretch and touch the wall with two hands (simultaneously) - perform tight touch turn lifting feet to bum and knees to chest (breath during turn)– place feet on the wall (**shoulder width apart**) – get into a stream line position – push and glide off wall either on front or slightly on the side before rotating onto front and gliding
- 8) **Perform a butterfly turn with breakout** - perform turn as above adding at least 3 dolphin kicks and a breakout (no breath 1<sup>st</sup> stroke) into 3 strokes fly. Repeat for fly to backstroke

### Pace Clock and Final Outcomes

- 1) Answer 5 questions relating to the pace clock
- 2) Perform an 800m set using the clock (distances/turn-around times can vary) using all correct turns

#### **Final Outcomes:**

- 1) Complete a legal 200m individual medley
- 2) Complete a 400m freestyle with correct turns