

Academy Criteria: Small Pool to Large Pool Transition

- Swimmers must be attending the provided session, 80% of the time.
- Swimmers must be able to swim lengths of the pool regularly, swimming frontcrawl and backstroke.
- Swimmers must show a fluid Dolphin kick motion incorporating breathing without stopping.
- Swimmers must be able to show a breaststroke kick action, attempting to turn feet out before starting the kick.
- Swimmers must be able to breathe properly on frontcrawl, timing it in with strokes, not stopping or looking forward.
- Swimmers must show a 3 Meter push and glide, in perfect streamlined position, hand on hand, arms behind ears.

Junior Development Squad Criteria: Academy To Junior Dev.

- Swimmers preferably, should be under the age of 10.
- Swimmers must attend every academy session, unless a reason is given for not attending
- Swimmers must be able to swim all 4 strokes competently.
- This must run along side BLABT. Breathing, legs, arms, body position and timing.
- Swimmers must understand the importance of drinking throughout a session, and how dehydration affects you.
- Swimmers must know how to use all pieces of equipment, and more importantly not misuse them.