Age	8-12 year old	☐
Warm-Up (RMAP)	Perform a warm-up using at least four Raise, Mobilise, Activate exercises and one Prime exercise.	☐
Post-Swim Stretching	Perform a post-swim routine including at least eight key stretches.	☐
Set goals	Complete a short set (e.g. 4 × 50m) on a set turnaround (e.g. 90s), maintaining pace (e.g. 60s swim, 30s rest). Record ki	☐
Process Goal	Set one process goal focused on improving IM turns and relay takeovers.	☐
Set Goals	For each stroke, swim 4 × 50m (4 × 25m butterfly), maintaining stroke and kick count. Time each swim and calculate SEI	☐
ALL STROKES	Can demonstright 2-4-2 off wall and Breastroke A pull up over 200m past the flags past the flags (5m) in all strokes	☐
Butterfly	Consistantly swims Butterfly with with catch, correct body alignment and rythum for a set of 4x50m.	☐
Backstroke	Consistantly swims Backstroke with with catch, correct body alignment and rythum and turns for a set of 4x100m	☐
Breaststorke	Consistantly swims Breastsroke with correct body alignment, catch and timing for a set of 4x50m.	☐
Freestyle	Consistantly swims 100m Frontcrawl with effective rotation, catch, timing and body alignment up to 100m	☐
Skills	Executes legal flip turns and touch turns with speed into an effective underwater kick or A pull	☐
Skills	Reads simple pace clock cycles independently	☐
Skills	Trackstart dives and backstartsm holding tight streamline on entry in a races.	☐
Fitness	Can swim a session in D6 for up to an hour and half.	☐
IM	Swim 100m IM from a track start, performing legal and efficient transition turns at race speed.	☐
IM	Perform legal and efficient IM transition turns at race speed (10m in to 10m out).	☐
Race Skills	Very good understanding of the pace clock and following more complex sets	☐
Race Skills	Perform a competition track start showing full sequence (set, take-off, flight, entry, underwater, pull-out, transition) into 50	☐
Race Skills	Perform a competition backstroke start with full sequence into 50m backstroke at race speed, timed to 15m.	☐
Race Skills	Perform a single-step relay takeover from the starting block into 50m front crawl at simulated race speed.	☐
Race Skills	Perform a single-step relay takeover from the starting block, taking over from an incoming swimmer at race speed.	☐
Race Skills	Perform legal and effective finishes for all strokes at race speed, timed 10–15m in.	☐
Race Skills	Can race plan with an understanding of pacing and racing skills with coach	☐
Commitment	Can coniststanly attends selected sessions from timetable	☐
Team environment	Respectful to coach and peers	☐
Team environment	Encourges team mates	☐
Competitve development	Has attended at least 3 L4 or L3 meets	☐
Purple is Swimming club award		