Age	8-12 year old	☐
Category	**Checklist Item**	☐
Warm-Up (RMAP)	Perform a warm-up using at least three Raise, Mobilise or Activate exercises and one Prime exercise.	☐
Post-Swim Stretching	Complete a post-swim routine including at least six key stretches.	☐
Timed Swim Set	Complete a short set (e.g. 4 × 50m) on a set turnaround (e.g. 90s), aiming for consistent pace (e.g. 60s swim, 30s rest). Record kick and stroke count.	☐
Process Goal	Set one process goal related to improving a swimming skill (e.g. start, turn, or finish).	☐
ALL STROKES	For each stroke, swim 4 × 50m (4 × 25m butterfly), maintaining consistent underwater kick and stroke count.	☐
Butterfly	Consistantly swims Butterfly with with catch, correct body alignment and rythum uo to 50m	☐
Backstroke	Consistantly swims Backstroke with with catch, correct body alignment and rythum and turns up to 100m	☐
Breaststorke	Consistantly swims Breaststroke with correct body alignment, catch and timing up to 100m	☐
Breaststorke	Consistantly swims Breastsroke with correct body alignment, catch and timing up to 100m	☐
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	☐
IM	Swim 100m IM from a track start, with correct push off, underwater phase, transitions, and legal turns.	☐
Skills	Perform a legal and efficient turn for each stroke at race speed (10m in to 10m out).	☐
Skills	Perform effective push offs and transitions for each IM turn.	☐
	Perform a single step relay takeover from the starting block into 25 metres front crawl swim.	☐
	Perform a single step relay takeover from the starting block into 25 metres front crawl swim, taking over from an incoming swimmer.	☐
Skills	Follow competition start procedure and perform a track start with proper set position, take-off, flight, entry, underwater phase, and transition.	☐
Skills	Follow competition start procedure and perform a backstroke start with correct timing, set position, take-off, flight, entry, underwater phase, and transition.	☐
Skills	Perform a legal and effective finish for each of the four strokes.	☐
Fitness	Can swim a session in D6 for up to an hour and half.	☐
Commitment	Can coniststanly attends selected sessions from timetable	☐
Competitve development	Has attended at least 2 L4 or L3 meets	☐
Team environment	Respectful to coach and peers	☐
Purple is Swimming club award		