Age	8-12 year old	☐
Category	**Checklist Item**	☐
Warm-Up (RMAP)	Perform a warm-up using at least two Raise, Mobilise or Activate exercises and one Prime exercise.	☐
Post-Swim Stretching	Perform a post-swim routine including at least four key stretches.	☐
Timed Swim Set	Complete a short set (e.g. 8 × 25m) on a set turnaround (e.g. every 60s), aiming for consistent pace (e.g. 40s swim, 20s rest) with set intervals.	☐
Process Goal	Set one process goal related to improving stroke technique.	☐
ALL STROKES	Swim 50m of each stroke (25m butterfly), demonstrating effective breathing, timing, push off, and transition.	☐
ALL STROKES	Can demonstright 2-4-2 off wall and Breastroke A pull up over 100m past the flags in all strokes	☐
Butterfly	Can demonstrate correct breathing position with correct fly timing for 50m with full stroke recovery	☐
Backstroke	Consistatly swims Backstroke with effective rotation, catch, timing and body alignment including breathing postion	☐
Breaststroke	Consistatly swims Frontcrawl with effective a catch, timing and body alignment including breathing postion	☐
Freestyle	Consistatly swims Frontcrawl with effective rotation, catch, timing and body alignment including breathing postion	☐
Level of Fitness	Can swim a session in Develpment 5	☐
IM	Swim 100m IM with correct push off, underwater phase, transitions, and legal turns.	☐
IM	Perform correct and legal movement sequences for all three IM transition turns.	☐
Skills	Can demonstaight a backstart into a 25m swim	☐
Skills	Perform a track start using a starting block.	☐
Skills	Basic understanding of the pace clock	☐
Skills	Perform a backstroke start using a starting block.	☐
Skills	Perform relay takeover arm swing and step from poolside into the water.	☐
Skills	Perform a single-step relay takeover into a 25m front crawl swim.	☐
Commitment	Can attend sessions in Development 5	☐
Competitve development	Has attended a Club Champs and One L4 or L3 Gala.	☐
Team environment	Respectful to coach and peers	☐
Purple is Swimming club award		