Age	6-10	☐
Category	**Checklist Item**	☐
Hydration	Demonstrate appropriate hydration strategies over a minimum of four training sessions.	☐
Fueling	Demonstrate an understanding of when and what to eat in relation to a training session	☐
In water starts	Push off from the wall into a front streamlined position underwater and dolphin kick for a minimum of 5 metres.	☐
Lane	Complete a short set (e.g. 8 x 25 metres) on a set turnaround time (e.g. every 60 seconds). You must set off at a prescribed interval (e.g. every 5 or 10 seconds).	☐
In water starts	Push off from the wall into a front streamlined position underwater and perform a breaststroke underwater pull out.	☐
In water starts	Push off from the wall into a back streamlined position underwater and dolphin kick for a minimum of 5 metres.	☐
Butterfly	Perform the butterfly drill, three scull then one swim for 25 metres.	☐
Butterfly	Can sustain 25m of legal butterfly with both arm recovering over water	☐
Backstroke	Swim 50m back with good body position and flags awareness	☐
Backstroke	Perform the backstroke single arm drill with one arm by the side for 25 metres.	☐
Backstroke	Demonstrates rotation in full stroke	☐
Breaststroke	Perform the breaststroke drill, two kicks then one pull for 25 metrers	☐
Breaststroke	Can Swim 50m legal breaststroke with correct timing of kick and pull	☐
Freestyle	Perform the front crawl single arm drill with one arm by the side for 25 metres	☐
Freestyle	50m Freestyle with bilateral breathing with one google breathing	☐
Race Skills	Perform a kneeling dive from the poolside.	☐
Race Skills	Perform an effective approach, rotation and touch for front crawl and backstroke turns and an effective approach, touch, rotation and touch for butterfly and breaststroke turns	☐
Race Skills	Perform a backstroke start from the wall, ideally with feet in a trough.	☐
Race Skills	Breast/fly two hand touch finishes	☐
Level of Fitness	Can swim an hour in a D2 session	☐
Commitment	Can swim 2 sessions a week	☐
Team environment	Respectful to coach and peers	☐
Purple is Swimming club award		