



Thurso Amateur Swimming Club



# Squad Promotion Criteria 2009

Effective from 1<sup>st</sup> February 2009

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**6 November 2008**

(Original by **Stewart Fraser** 28 June 2002 – updated annually)

This paper outlines the promotion criteria within the training squad structure of Thurso A.S.C. Promotions through the entire squad structure, from the Development to A Squads, have been considered. This is a working document which will be reviewed and amended by the Swimming Committee, ratified by the General Management Committee, on an annual basis. The General Management Committee reserve the right to make changes to this document at any time if situations indicate immediate action is required. A copy of this document is available electronically to all members by request to the Swimming Committee.

## **Summary of changes**

The main changes to this document are: removal of the A+ Squad criteria and insertion of A Squad Attendance details and also clarification of stroke analysis procedures for both testing for promotion and consideration of annual squad re-qualification with regards to inclusion of swimmers with a disability whether permanent or temporary.

**Accepted by:**  
Swimming Committee  
15/12/08

**Ratified by:**  
General Management Committee  
14/01/09

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## Introduction

In the last 12 months membership of all 4 squad has stabilised in that there has been very little “bottlenecking” between squads. The flow of swimmers from one squad to the next has been very efficient and it is felt that at this time no changes are required to be made to either qualification time percentages or attendance percentages.

In A Squad, the numbers of swimmer achieving national consideration times has increased to over 60%, to this end the A+ Squad Criteria has become irrelevant. This has been replaced by a summary of A Squad training hours and what they are for. All A squad swimmers not fall under the A Squad criteria. (The A+ Squad times will then be reworded as National Qualification times which should be used by coaches, swimmers and parents as a target or review tool.)

It has also become necessary to address a shortfall in our Stoke Analysis. TASC strives to be as inclusive as is possible with regards to disability and has felt it necessary to firm up these arrangements. There were anomalies in the 2008 criteria:

- B & C squad expected legal strokes in Back Breast & Free – no mention of Fly
- C squad required 4 legal strokes for promotion but only 3 for re-qualification

Both these areas have now been aligned to stipulate “three out of the four” strokes; this also ensures that swimmers with either a temporary or permanent disability, preventing them from performing a specific stroke, are not discriminated against. However, A Squad swimmers are expected to be proficient in all four strokes. To ensure that TASC are as inclusive as possible the introduction of medical waivers has been addressed with regard to promotion and re-qualification within the squads. (*Guidance has been sought from the Disability Swimming Officer for Scottish Swimming*).

*NB: As in previous years, the phrase “Training Aptitude” has been used throughout this document - training aptitude encompasses: willingness to train, ability to train, attitude to training, willingness to compete, attitude to coaching staff, ability to listen, ability to understand and apply instructions.*

## Minimum Attendance Percentages

Minimum attendance percentages will be taken into consideration when allocating squad places:

SQUAD	MINIMUM ATTENDANCE %	SQUAD PLACES AVAILABLE
A Squad	80.0%	22
B Squad	66.7%	22
C Squad	66.7%	20
D Squad	66.7%	16

The squad coach will keep an attendance record – waiver will be given only for the following:

- Notified sickness
- Competition or training days
- Family circumstances resulting in inability of child to attend session (this by prior discussion with squad coach).

*Abuse of the waiver system resulting in sporadic low “in water” attendance over lengthy periods of time will be reported to the General Management Committee who will make a decision on what action is to be taken.*

It will be the responsibility of the swimmer and/or the swimmer’s parents to ensure that these percentages are met. Coaches are responsible to keep a close eye on the attendance of all their swimmers. If a swimmer appears to be falling short of the minimum attendance percentage at any time the coach should speak with both the parent and the swimmer on the basis that they have some concerns. The coach is responsible to report to the Club Secretary of any swimmers failing to achieve the minimum attendance percentage in any quarter and an annual overall percentage in December –

Quarterly periods: Feb – Apr (quarterly attendance to be reported by 30<sup>th</sup> April)  
 May – Jul (quarterly attendance to be reported by 31<sup>st</sup> July)  
 Aug – Oct (quarterly attendance to be reported by 31<sup>st</sup> October)  
 Nov – Dec (annual attendance to be reported by 31<sup>st</sup> December)

Probationary letters will be issued by the GMC to all swimmers failing to achieve minimum attendance percentage for any of the above periods. The GMC will write to the parents of swimmers consistently failing to achieve attendance percentage, competition and training aptitude requirements advising them that a place within TASC is no longer available to them.

## A Squad - Attendance

	CORE HOURS	Morning Training	Extra Training	Land Training
Monday				7:30 – 8:30 pm
Tuesday	5:00 – 6:00 pm		6:00 – 7:00 pm	
Wednesday		6:00 – 8:00 am		
Thursday	5:00 – 6:00 pm		4:00 – 5:00 pm	
Friday	5:00 – 6:00 pm		6:00 – 7:00 pm	
Saturday	3:00 – 4.30 pm	6:45 – 8:45 am		
Sunday	3:00 – 4:00 pm		2:00 – 3:00 pm	
<b>TOTAL HOURS</b>	<b>5:30</b>	<b>4:00</b>	<b>4:00</b>	<b>1:00</b>

### Core Hours

All A squad swimmers must ensure that on a quarterly basis they achieve a minimum attendance of 80% of these hours. Waivers for non-attendance will only be allocated by the squad coach if notified prior to or within 48 hours of non-attendance. Continued non-attendance will be reported to the General Management Committee and the swimmer will be placed on 3 months probation. Probationary letters will be issued by the GMC to all swimmers failing to achieve minimum attendance percentage. Failure to pass the 3 months probationary period will result in the withdrawal of their A Squad place and ultimately a place in TASC will no longer be available for them.

### Morning Training

All A squad swimmers should ensure that on a weekly basis they attend one or more of these sessions. Any early morning training hours accrued can be allocated towards the swimmers 80% core hours attendance rate.

### Extra Training

All A Squad swimmers who have been selected for National Training Squads will automatically qualify for all these hours. Spaces will then be allocated to swimmers who have been a member of A Squad for a minimum of 1 year, have achieved 80% core hours, attended one or more of the early morning sessions on a regular basis, who have shown excellent training aptitude and who are keen to compete where ever possible. The decision of who to invite will be made by the A Squad Coach who will notify the swimmers of which sessions they are invited to attend. No swimmer should attend a session to which they have not received and Coaches invitation. Swimmers failing to utilise these opportunities effectively may lose their right to train in these sessions.

### Land Training

This is considered important for those swimmers who do not partake in any other physical activity, other than swimming and core PE at school, on a regular basis.

### Student Members

A squad Core Hours and Morning Training sessions will be open to swimmers who are in further education out with Caithness. The following criteria will apply for consideration: They will have had a continuous membership of TASC since starting further education, have achieved all relevant A squad criteria prior to their departure, are prepared to continue to represent TASC in competition, are physically able to keep up with A Squad training sets and are participating in regular squad training sessions with a recognised Club whilst at University. These sessions will be made available to these swimmers under the coach's discretion and only where spaces allow.

## Re-qualification for A Squad

A squad qualifying times will now be the 2009 Scottish National Age Group consideration times plus 7.5%, see Appendix 2, in that the A Squad swimmer must attain one of these times by 31<sup>st</sup> December and should also have a minimum attendance percentage of 80%. In addition to this the swimmer must also demonstrate technical ability by achieving appropriate scores in Stroke Analysis, 2 x >50% and 2 x >75%. Swimmers should also have shown a good level of training aptitude and have proved themselves keen to compete as a team member both at home and away events.

If swimmers in A Squad fail to meet the criteria stated above they will be allocated a squad appropriate to their times, attendance and technical ability if aptitude and spaces allow. If there are no available spaces in B Squad but sufficient spaces in A Squad then a swimmer who has failed to achieve their 7.5% re-qualification time may be considered for an extension to achieve requalification times. This decision will be made only if the following conditions have been satisfied:

- This will not prevent any B Squad swimmer from being promoted to A Squad.
- The swimmer has achieved a minimum of 80% attendance throughout the year.
- The swimmer has attended a minimum of 1 weekly early morning session on a regular basis.
- The swimmer has achieved 2 or more 10% promotion to A Squad.
- The swimmer has competed for TASC whenever possible.
- The Squad Coach feels that they have a satisfactory training aptitude required for the squad.
- The Squad Coach's recommendation for extension is sanctioned by the Swimming Committee.
- The General Management Committee ratifies the request for extension. (It is the GMC who will agree the period of probation).

Swimmers who have been promoted to A Squad from March of the current year are not required to have achieved a 7.5% requalification time as it is deemed that sufficient training has not been undertaken by swimmers to have achieved these higher times.

## Promotion to A Squad

A squad qualifying times will now be the 2009 Scottish National Age Group consideration times plus 10%, see Appendix 3, in that the B Squad swimmer must attain one of these times. In addition to this the swimmer must also demonstrate technical ability by achieving appropriate scores in Stroke Analysis, 2 x >50% and 2 x >75%.

Swimmers will spend at least a minimum of 4 months in B Squad, have achieved the minimum B Squad attendance percentage of 66.7%, shown a good level of training aptitude and have proved themselves keen to compete as a team member both at home and away events before being considered for promotion to A Squad. This will enable the swimmer to develop for the physical demands of A Squad training. The swimmer must be aged 11 years, at 31 December, before they can join A Squad. Promotion will also depend on places being available.

Selected B Squad swimmers nearing the promotion criteria for A will be offered the opportunity of swimming early morning sessions with A Squad. The decision of who to invite will be made by the A Squad Coach – swimmers failing to utilise these opportunities effectively lose their right to train in these sessions.

## Re-qualification for B Squad

B Squad qualifying times will now be the 2009 Scottish National Age Group consideration times plus 35%, see Appendix 4, in that the B Squad swimmer must attain two of these times by 31<sup>st</sup> December and that a minimum attendance percentage of 66.7% has been achieved. Qualifying times must be from at least two different strokes. Swimmers should also have shown a good level of training aptitude and have proved themselves keen to compete as a team member both at home and away events. In addition to the above the swimmer must demonstrate legal strokes, starts, turns and finishes in three of the four strokes, these must have a stroke analysis score of >50%.

If swimmers in B Squad fail to meet the criteria stated above they will be allocated a squad appropriate to their times, attendance and technical ability if aptitude and spaces allow.

## Promotion to B Squad

B Squad qualifying times will now be the 2009 Scottish National Age Group consideration times plus 35%, see Appendix 4, in that the C Squad swimmer must attain two of these times and that a minimum attendance percentage of 66.7% has been achieved. Qualifying times must be from at least two different strokes. Swimmers should also have shown a good level of training aptitude and have proved themselves keen to compete as a team member both at home and away events. In addition to the above the swimmer must demonstrate legal strokes, starts, turns and finishes in three of the four strokes, these must have a stroke analysis score of >50%. Consideration should also be given to the swimmers ability to undertake the B Squad training regime. Promotion will also depend on places being available. It is envisaged that swimmers will spend at a minimum of 4 months in C Squad before being considered for promotion to B Squad.

## Re-qualification for C Squad

C Squad qualifying times will now be based on the 2009 Scottish National Age Group consideration times plus 50%, see Appendix 5, in that the C Squad swimmer must attain two of these times by 31<sup>st</sup> December, have achieved a minimum attendance percentage of 66.7%, have shown a good level of training aptitude and have proved themselves keen to compete as a team member at home **AND** away events. In addition the swimmer must demonstrate legal strokes, starts, turns and finishes in three of the four strokes. At least two of these strokes must have a stroke analysis score of >50%.

If swimmers in C Squad fail to meet the criteria stated above they will be allocated a squad appropriate to their times, attendance and technical ability if aptitude and spaces allow.

## Promotion to C Squad

C Squad qualifying times will now be based on the 2009 Scottish National Age Group consideration times plus 50%, see Appendix 5, in that the D Squad swimmer must attain two of these times, have achieved a minimum attendance percentage of 66.7%, have shown a good level of training aptitude and have proved themselves keen to compete as a team member at home events at least. In addition the swimmer must demonstrate legal strokes in three of the four strokes. At least two of these strokes must have a stroke analysis score of >50%. It is envisaged that swimmers will spend at a minimum of 3 months in D Squad before being considered for promotion to C Squad. Promotion will also depend on places being available.

## Re-qualification for D Squad

D Squad qualifying times will now be based on the 2009 Scottish National Age Group consideration times plus 60%, see Appendix 6, in that the D Squad swimmer must attain one of these times by 31<sup>st</sup> December, have achieved a minimum attendance percentage of 66.7%, have shown a good level of training aptitude and have proved themselves keen to compete as a team member at home events at least. In addition the swimmer must demonstrate legal strokes in three out of four strokes.

It is considered reasonable that within a six month period in D Squad swimmers should have been actively pursuing the consideration times required for C Squad by attending competition locally. If following a six month period in D squad a swimmer makes it clear that they have no interest in progressing to C Squad and/or competing as a member of TASC at away meets or if they have failed to achieve the C Squad promotion criteria then there will be no place available within the Club as we currently do not have a facility for recreational swimmers.

## Promotion to D Squad

D Squad qualifying times will now be based on the 2009 Scottish National Age Group consideration times plus 60%, see Appendix 6, in that the Lane 6, 7 or 8 swimmer must have attained one of these times, have shown a good level of training aptitude and have proved themselves keen to compete as a team member at home events. In addition the swimmer must demonstrate legal strokes, in at least two strokes. It is a requirement of the Club to arrange sufficient timing opportunities.

## **Disability**

In normal circumstances all swimmers will be expected to meet the qualify times for the squads. If a swimmer, who is currently competing in a Scottish Swimming Disability Category, requires more pool time than their squad provides, due to the level of competitions they are attending, then the Disability Officer from Scottish Swimming may discuss with the coaches the training requirements of that swimmer and set up an appropriate training schedule within the current squad structure.

If a swimmer's disability affects a particular swimming stroke but the swimmer is able to perform the stroke then the stroke analysis scoring should be amended to account for the effect of the disability. The coach may seek advice from a suitably qualified expert on how to amend the stroke analysis. It may also be appropriate for the coach to seek advice from a suitably qualified expert on the coaching programme should the swimmer be accepted into the squad concerned.

If a swimmer is unable to perform a particular stroke due to a disability then the swimmer (if over 18 years old) or the swimmer's parent/guardian should inform the swimmer's coach in writing. The coach may request a confirmation of the disability by a suitably qualified expert. The stroke may then be disregarded for the purposes of meeting the squad criteria. This applies to both permanent and non permanent disability.

A suitably qualified person may be medical doctor, a physiotherapist or an expert on disability sport recognised by Scottish Swimming. Advice may be sought from a number of experts if required.

## **Non-competitive Junior Swimmers**

Junior swimmers who do not wish, or who are not yet ready, to compete are catered for in our Monday Night width sessions which follow the Learn to Swim Programme. These sessions cater for non-swimmers up to competent swimmer ready for competition. Swimmers will be promoted through the lanes whenever spaces in a higher lane become available and an appropriate improvement in technique has been seen in testing. Once a swimmer has reached lane 6 they will be offered sufficient opportunities in which to achieve recognised times with a view to promotion to our competitive squads.

On promotion to Lane 8 swimmers will be issued with a letter advising them that once they have completed 12 weeks in lane 8 the Learn to Swim Programme has been completed. If following this period in Lane 8 a swimmer makes it clear that they have no interest in progressing to Development Squad and/or competing at local then there will be no place available within the Club as we currently do not have a facility for recreational swimmers. A letter of completion will be issued by the General Management Committee. It is a requirement of the Club to arrange two timing opportunities during this 12 week period – refusal of these opportunities will be considered a lack of interest in progression.

## **Transfers from Other Clubs**

All testing of new swimmers will take part on the first Monday of the month (term time). If a swimmer has transferred from another Scottish Club within the last 12 months then they must provide a Scottish Swimming Clearance Certificate which would have been issued to them from their previous Club by the time they are allocated a slot within the Club. If the swimmer indicates they were a competitive swimmer with their previous club and have achieved times within the last 12 months then they should be advised that the appropriate squad coach will contact them to conduct a stroke analysis test by which time the swimmer should have arranged for an official of their previous club to forward a certificate of personal best times achieved at recognised events in the previous 12 months. If the swimmer is unable to provide an official note of PBs then the swimmer must be timed by Club Officials before selection for testing for relevant squad.

## Testing Procedures

It is the responsibility of the coaches to ensure that the opportunity to progress through the squad system is available to all swimmers that meet the criteria and demonstrate training aptitude, where space in squads is available.

All swimmers satisfying criteria for consideration for promotion will be advised by the current squad. Each swimmer must have achieved appropriate qualifying times, have achieved the minimum attendance criteria and have proved they have a satisfactory training aptitude. It is vital at this stage that a discussion takes place between the two coaches involved and that an agreement is reached as to the testing line up. It is agreed that technique is as important as the other promotion criteria, however a swimmer should not be withheld from testing on issues of technique. Any failings in technique will be noted during the stroke analysis and will effect the scoring of the test; these may prove to be issues which the incoming coach feels can be easily addressed. It should be noted that the minimum qualification periods in any squad should be sufficient time to address technique issues during the training sessions.

The stroke analysis will be conducted by the incoming squad coach. Stroke analysis checks must be completed using the Stroke Analysis Check Sheets (Appendix 8 – for A & B, Appendix 9 – for C, Appendix 10 – for d); these sheets must then be kept on file by the swimmer's coach to be used as a training tool and also for the information of relevant Club officials and queries from the swimmer or the swimmer's parents with regard to the testing procedures. If the situation arises that there are more swimmers being tested than spaces available then the decision on who to promote will be from those achieving the appropriate stroke analysis percentage – if, for example, there are 3 places available then the top 3 stroke analysis scores will be promoted. It is important that the test results are fully discussed by both the current squad coach and the testing squad coach before the decision as to who is being promoted is advised. It is vital that parents are kept in the loop and that any swimmer, and their parents, who fails to gain a place during the promotion process are advised of the reasons and be advised that these issues will be addressed within one month during the training sessions. If a swimmer (a) attains the appropriate criteria for testing but does not wish to be considered for promotion, or (b) passes the testing process but decides not to accept the place in the higher squad then there is no place available for the swimmer within TASC Squads.

## Stroke Analysis

The analysis will cover all aspects of the swimming stroke, namely body position, leg action, arm action, breathing, timing, the start, turn and the finish. The stroke is broken down into the component parts e.g. hand entry, pull phase and recovery and observations are made of the swimmers ability to perform that part of the stroke. It is a simple case of either they can do it or they cannot. In order for the analysis to be successful the coaches must take a completely objective view and must not dwell on only the negative aspects of the swimmer's technique.

The analysis process should take approximately 1 hour per swimmer, in order to adequately cover all four strokes, and will be undertaken within 1 month of spaces becoming available in a squad and only after the swimmer has achieved the requisite qualifying times, attendance percentage and training aptitude requirements. The results of the stroke analysis must be communicated to the swimmer and parent within 7 days of the test taking place.

In the event that a swimmer does not achieve the required analysis pass rate a re-evaluation by the existing coach must be undertaken on at least a monthly basis. The swimmer must be informed of the faults in the stroke and what corrective action is required in order to achieve the pass rate. Appendix 7 gives details of the four strokes including the start, turn and finish. These notes were compiled by Hamilton Smith for the SASA to use in the selection process in the Pathways to Performance programme. Appendices 8 + 9 give the check sheets to use during the analysis, in which the main points in the notes have been paraphrased. To complete the check sheet the coaches will tick the box if the swimmer completes the task and add any appropriate comments in the column provided for that purpose. These check sheets will be also useful to the coach as prompt sheets during coaching sessions.

## Appendix 1 – National Age Groups Consideration Times 2009

FEMALE							MALE					
Open	16-18	15	14	13	11-12	EVENT	11-12	13	14	15	16-18	Open
00:31.13	00:31.13	00:31.13	00:31.13	00:31.13	00:31.13	50 Fc	00:27.66	00:27.66	00:27.66	00:27.66	00:27.66	00:27.66
01:03.15	01:04.16	01:04.93	01:05.93	01:07.36	01:09.77	100 Fc	01:07.12	01:03.30	01:01.27	01:00.13	00:59.01	00:57.22
02:16.88	02:18.38	02:19.74	02:21.49	02:23.97	02:28.20	200 Fc	02:32.29	02:20.48	02:16.34	02:11.71	02:07.57	02:00.07
04:46.11	04:51.61	04:55.58	05:00.70	05:07.92	05:12.19	400 Fc	05:09.20	04:50.83	04:41.51	04:33.85	04:25.20	04:15.35
09:50.68	10:02.73	10:08.73	10:16.47	10:27.40	10:46.05	800 Free	10:47.46	10:05.05	09:44.50	09:34.18	09:17.03	09:10.35
18:41.81	19:04.70	19:24.50	19:27.60	19:33.90	19:40.50	1500 Free	20:38.50	19:32.45	18:59.59	18:32.04	17:59.65	17:47.12
00:35.88	00:35.88	00:35.88	00:35.88	00:35.88	00:35.88	50 Back	00:32.60	00:32.60	00:32.60	00:32.60	00:32.60	00:32.60
01:13.07	01:14.30	01:14.89	01:15.65	01:16.71	01:18.21	100 Back	01:20.99	01:14.99	01:12.09	01:09.77	01:08.30	01:04.81
02:34.18	02:35.96	02:39.14	02:41.19	02:44.07	02:49.01	200 Back	02:52.71	02:39.92	02:33.73	02:28.76	02:25.65	02:18.88
00:40.58	00:40.58	00:40.58	00:40.58	00:40.58	00:40.58	50 Breast	00:35.83	00:35.83	00:35.83	00:35.83	00:35.83	00:35.83
01:23.80	01:24.66	01:25.49	01:26.52	01:27.98	01:30.50	100 Breast	01:30.75	01:26.00	01:22.66	01:19.99	01:18.33	01:14.68
02:58.87	03:00.82	03:02.59	03:04.84	03:08.06	03:13.56	200 Breast	03:15.53	03:02.28	02:56.00	02:50.89	02:47.77	02:40.98
00:33.79	00:33.79	00:33.79	00:33.79	00:33.79	00:33.79	50 Fly	00:30.06	00:30.06	00:30.06	00:30.06	00:30.06	00:30.06
01:11.27	01:12.64	01:13.63	01:14.91	01:16.71	01:19.78	100 Fly	01:19.78	01:13.26	01:10.04	01:07.49	01:05.85	01:02.28
02:43.08	02:45.21	02:46.99	02:49.31	02:52.55	03:03.42	200 Fly	03:10.36	02:54.45	02:44.62	02:37.03	02:31.90	02:20.84
01:14.59	01:15.72	01:16.21	01:17.19	01:18.57	01:20.94	100 IM	01:21.98	01:17.17	01:13.99	01:11.46	01:09.84	01:06.34
02:36.65	02:39.02	02:40.04	02:42.10	02:45.00	02:49.97	200 IM	02:52.16	02:42.05	02:35.37	02:30.06	02:26.66	02:19.32
05:28.65	05:30.29	05:34.20	05:39.22	05:46.31	05:58.44	400 IM	05:52.85	05:35.05	05:26.21	05:18.75	05:09.79	05:00.73

Age at 31st December 2009

## Appendix 2 – A Squad Re-qualification Times 2009

Based on 2009 Scottish National Age Groups Consideration Times + 7.5%

FEMALE							MALE					
Open	16-18	15	14	13	11-12	EVENT	11-12	13	14	15	16-18	Open
01:07.89	01:08.97	01:09.80	01:10.87	01:12.41	01:15.00	100 Fc	01:12.15	01:08.05	01:05.87	01:04.64	01:03.44	01:01.51
02:27.15	02:28.76	02:30.22	02:32.10	02:34.77	02:39.31	200 Fc	02:43.71	02:31.02	02:26.57	02:21.59	02:17.14	02:09.08
05:07.57	05:13.48	05:17.75	05:23.25	05:31.01	05:35.60	400 Fc	05:32.39	05:12.64	05:02.62	04:54.39	04:45.09	04:34.50
10:34.98	10:47.93	10:54.38	11:02.71	11:14.45	11:34.50	800 Free	11:36.02	10:50.43	10:28.34	10:17.24	09:58.81	09:51.62
20:05.94	20:30.55	20:51.84	20:55.17	21:01.94	21:09.04	1500 Free	22:11.39	21:00.38	20:25.06	19:55.44	19:20.62	19:07.15
01:18.55	01:19.87	01:20.51	01:21.32	01:22.46	01:24.08	100 Back	01:27.06	01:20.61	01:17.50	01:15.00	01:13.42	01:09.67
02:45.74	02:47.66	02:51.08	02:53.28	02:56.38	03:01.69	200 Back	03:05.66	02:51.91	02:45.26	02:39.92	02:36.57	02:29.29
01:30.09	01:31.01	01:31.90	01:33.01	01:34.58	01:37.29	100 Breast	01:37.56	01:32.45	01:28.86	01:25.99	01:24.20	01:20.29
03:12.28	03:14.38	03:16.28	03:18.70	03:22.16	03:28.08	200 Breast	03:30.19	03:15.95	03:09.20	03:03.71	03:00.35	02:53.06
01:16.62	01:18.09	01:19.15	01:20.53	01:22.46	01:25.76	100 Fly	01:25.76	01:18.75	01:15.29	01:12.55	01:10.79	01:06.95
02:55.31	02:57.60	02:59.51	03:02.01	03:05.49	03:17.18	200 Fly	03:24.64	03:07.53	02:56.97	02:48.81	02:43.29	02:31.40
01:20.19	01:21.40	01:21.93	01:22.98	01:24.46	01:27.01	100 IM	01:28.13	01:22.95	01:19.53	01:16.82	01:15.08	01:11.32
02:48.40	02:50.95	02:52.04	02:54.26	02:57.37	03:02.72	200 IM	03:05.07	02:54.20	02:47.02	02:41.31	02:37.66	02:29.77
05:53.29	05:55.06	05:59.27	06:04.66	06:12.28	06:25.32	400 IM	06:19.31	06:00.18	05:50.68	05:42.66	05:33.02	05:23.28

Age at 31st December 2009

## Appendix 3 – A Squad Qualifying Times 2009

Based on 2009 Scottish National Age Groups Consideration Times + 10%

FEMALE							MALE					
Open	16-18	15	14	13	11-12	EVENT	11-12	13	14	15	16-18	Open
01:09.47	01:10.58	01:11.42	01:12.52	01:14.10	01:16.75	100 Fc	01:13.83	01:09.63	01:07.40	01:06.14	01:04.91	01:02.94
02:30.57	02:32.22	02:33.71	02:35.64	02:38.37	02:43.02	200 Fc	02:47.52	02:34.53	02:29.97	02:24.88	02:20.33	02:12.08
05:14.72	05:20.77	05:25.14	05:30.77	05:38.71	05:43.41	400 Fc	05:40.12	05:19.91	05:09.66	05:01.24	04:51.72	04:40.89
10:49.74	11:03.00	11:09.60	11:18.12	11:30.14	11:50.66	800 Free	11:52.21	11:05.56	10:42.95	10:31.60	10:12.73	10:05.38
20:33.99	20:59.17	21:20.95	21:24.36	21:31.29	21:38.55	1500 Free	22:42.35	21:29.70	20:53.55	20:23.24	19:47.62	19:33.83
01:20.38	01:21.73	01:22.38	01:23.21	01:24.38	01:26.03	100 Back	01:29.09	01:22.49	01:19.30	01:16.75	01:15.13	01:11.29
02:49.59	02:51.56	02:55.05	02:57.31	03:00.48	03:05.91	200 Back	03:09.98	02:55.91	02:49.10	02:43.64	02:40.22	02:32.77
01:32.18	01:33.13	01:34.04	01:35.17	01:36.78	01:39.55	100 Breast	01:39.83	01:34.60	01:30.93	01:27.99	01:26.16	01:22.15
03:16.76	03:18.90	03:20.85	03:23.32	03:26.87	03:32.92	200 Breast	03:35.08	03:20.51	03:13.60	03:07.98	03:04.55	02:57.08
01:18.40	01:19.90	01:20.99	01:22.40	01:24.38	01:27.76	100 Fly	01:27.76	01:20.59	01:17.04	01:14.24	01:12.44	01:08.51
02:59.39	03:01.73	03:03.69	03:06.24	03:09.81	03:21.76	200 Fly	03:29.40	03:11.90	03:01.08	02:52.73	02:47.09	02:34.93
01:22.05	01:23.30	01:23.83	01:24.91	01:26.43	01:29.03	100 IM	01:30.18	01:24.88	01:21.38	01:18.60	01:16.82	01:12.98
02:52.31	02:54.92	02:56.04	02:58.31	03:01.50	03:06.97	200 IM	03:09.38	02:58.26	02:50.91	02:45.07	02:41.33	02:33.25
06:01.51	06:03.32	06:07.62	06:13.14	06:20.94	06:34.28	400 IM	06:28.14	06:08.56	05:58.83	05:50.63	05:40.77	05:30.80

Age at 31st December 2009

## Appendix 4 – B Squad Qualifying times 2008

Based on 2009 Scottish National Age Groups Consideration Times + 35%

FEMALE						MALE				
16 & over	15	14	13	12 & under	EVENT	12 & under	13	14	15	16 & over
00:38.98	00:39.44	00:40.05	00:40.92	00:42.39	50 Fc	00:40.78	00:38.45	00:37.22	00:36.53	00:35.85
01:26.62	01:27.66	01:29.01	01:30.94	01:34.19	100 Fc	01:30.61	01:25.46	01:22.71	01:21.18	01:19.66
03:06.81	03:08.65	03:11.01	03:14.36	03:20.07	200 Fc	03:25.59	03:09.65	03:04.06	02:57.81	02:52.22
00:45.14	00:45.50	00:45.96	00:46.60	00:47.51	50 Back	00:49.20	00:45.56	00:43.79	00:42.39	00:41.49
01:40.30	01:41.10	01:42.13	01:43.56	01:45.58	100 Back	01:49.34	01:41.24	01:37.32	01:34.19	01:32.21
03:30.55	03:34.84	03:37.61	03:41.49	03:48.16	200 Back	03:53.16	03:35.89	03:27.54	03:20.83	03:16.63
00:51.43	00:51.94	00:52.56	00:53.45	00:54.98	50 Breast	00:55.13	00:52.25	00:50.22	00:48.59	00:47.59
01:54.29	01:55.41	01:56.80	01:58.77	02:02.18	100 Breast	02:02.51	01:56.10	01:51.59	01:47.99	01:45.75
04:04.11	04:06.50	04:09.53	04:13.88	04:21.31	200 Breast	04:23.97	04:06.08	03:57.60	03:50.70	03:46.49
00:44.13	00:44.73	00:45.51	00:46.60	00:48.47	50 Fly	00:48.47	00:44.51	00:42.55	00:41.00	00:40.00
01:38.06	01:39.40	01:41.13	01:43.56	01:47.70	100 Fly	01:47.70	01:38.90	01:34.55	01:31.11	01:28.90
03:43.03	03:45.44	03:48.57	03:52.94	04:07.62	200 Fly	04:16.99	03:55.51	03:42.24	03:31.99	03:25.06
01:42.23	01:42.88	01:44.21	01:46.07	01:49.27	100 IM	01:50.67	01:44.17	01:39.88	01:36.47	01:34.28
03:34.68	03:36.05	03:38.83	03:42.75	03:49.46	200 IM	03:52.42	03:38.77	03:29.75	03:22.58	03:17.99

Age at 31st December 2009

## Appendix 5 – C Squad Qualifying times 2009

Based on 2009 Scottish National Age Groups Consideration Times + 50%

					MALE					
13 yr	12 yr	11 yr	10yr	9 & under	EVENT	9 & Under	10yr	11yr	12yr	13yr
			00:22.48	00:23.16	25 Fc	00:22.28	00:21.63			
00:45.47	00:47.09	00:48.51	00:49.96	00:51.46	50 Fc	00:49.51	00:48.07	00:46.67	00:45.31	00:42.73
01:41.04	01:44.65	01:47.79	01:51.03	01:54.36	100 Fc	01:50.02	01:46.81	01:43.70	01:40.68	01:34.95
			00:28.22	00:29.07	25 Back	00:26.88	00:26.10			
00:54.79	00:55.86	00:57.54	00:59.27	01:01.04	50 Back	00:59.74	00:58.00	00:56.31	00:54.67	00:50.62
01:55.06	01:57.32	02:00.83	02:04.46	02:08.19	100 Back	02:12.75	02:08.88	02:05.13	02:01.48	01:52.49
			00:32.66	00:33.64	25 Breast	00:30.12	00:29.24			
01:02.84	01:04.64	01:06.58	01:08.58	01:10.64	50 Breast	01:06.94	01:04.99	01:03.09	01:01.26	00:58.05
02:11.97	02:15.75	02:19.82	02:24.02	02:28.34	100 Breast	02:28.75	02:24.42	02:20.21	02:16.12	02:09.00
			00:30.71	00:31.63	25 Fly	00:31.63	00:30.71			
00:58.45	01:00.78	01:02.61	01:04.49	01:06.42	50 Fly	01:06.42	01:04.49	01:02.61	01:00.78	00:55.82
02:02.74	02:07.65	02:11.48	02:15.42	02:19.48	100 Fly	02:19.48	02:15.42	02:11.48	02:07.65	01:57.22

Age at 31st December 2009

## Appendix 6 – D Squad Qualifying times 2009

Based on 2009 Scottish National Age Groups Consideration Times + 60%

FEMALE					MALE					
13 yr	12 yr	11 yr	10yr	9 & under	EVENT	9 & Under	10yr	11yr	12yr	13yr
			00:23.98	00:24.70	25 Fc	00:23.76	00:23.07			
00:48.50	00:50.23	00:51.74	00:53.29	00:54.89	50 Fc	00:52.81	00:51.27	00:49.78	00:48.33	00:45.58
01:47.78	01:51.63	01:54.98	01:58.43	02:01.98	100 Fc	01:57.35	01:53.93	01:50.61	01:47.39	01:41.28
			00:30.10	00:31.01	25 Back	00:28.67	00:27.84			
00:58.45	00:59.59	01:01.38	01:03.22	01:05.11	50 Back	01:03.72	01:01.86	01:00.06	00:58.31	00:53.99
02:02.74	02:05.14	02:08.89	02:12.76	02:16.74	100 Back	02:21.60	02:17.48	02:13.47	02:09.58	01:59.98
			00:34.83	00:35.88	25 Breast	00:32.13	00:31.19			
01:07.03	01:08.95	01:11.02	01:13.15	01:15.35	50 Breast	01:11.40	01:09.32	01:07.30	01:05.34	01:01.92
02:20.77	02:24.80	02:29.14	02:33.62	02:38.23	100 Breast	02:38.66	02:34.04	02:29.56	02:25.20	02:17.60
			00:32.63	00:33.61	25 Fly	00:33.61	00:32.63			
01:02.10	01:04.58	01:06.52	01:08.52	01:10.57	50 Fly	01:10.57	01:08.52	01:06.52	01:04.58	00:59.31
02:10.41	02:15.63	02:19.69	02:23.89	02:28.20	100 Fly	02:28.20	02:23.89	02:19.69	02:15.63	02:04.54

Age at 31st December 2009

## Appendix 7 – Stroke Descriptions

### FRONTCRAWL

#### STROKE TECHNIQUE

##### **BODY POSITION**

- Body should be horizontal, straight and streamlined, with hips lower than shoulders.
- The surface of the water should cut the head near the normal hairline.
- The eyes should look forward and down at the pool floor, a short distance ahead.
- There should be continuous rotation of the shoulders and upper body.
- Head should remain central and steady except for a smooth turn to the side to breath.

##### **FEET AND LEGS**

- The feet and legs should maintain a steady, positive kicking action.
- At the bottom of the kick, the heel and sole of the foot should make a slight splash, just breaking the surface with the knee slightly bent.
- The legs should move vertically, passing close to each other.
- The action should originate at the hips, pass down through the legs, finishing with a strong positive movement of the feet and lower legs against the water.

##### **HANDS AND ARMS**

###### **Entry**

- The hands should slide into the water, with elbows slightly bent.
- The hand should enter between the shoulders and head, angled slightly outward, the thumb and finger enter first followed by the palm, wrist, forearm and elbow.

###### **Propulsion**

- The hand should exert force in the water, with palm pressing out and down in a sculling movement.
- The hand should angle slightly inwards, sweeping towards the centre of the body with the thumb edge leading.
- The elbow should point towards the side of the pool.
- At the midline of the body, the fingers should point towards the bottom of the pool and push back towards the legs.
- The thumb should pass very close to the leg.

###### **Recovery**

- The elbow should lead into the recovery phase, followed by the wrist and hand.
- The forearm should move close to the head with the hand below the elbow towards the entry point.

##### **BREATHING**

- There should be a smooth controlled turn of the head to the side with face in water.
- Air should be inhaled from a trough created by the head, just below the water level.
- Air should be exhaled into the water with a regular pattern in the stroke cycle.

##### **TIMING**

- Timing should be consistent and continuous with control.

## **START, TURN AND FINISH**

### **START**

#### **Control**

- The swimmer should demonstrate complete control on the block.

#### **Reaction**

- The swimmer should have a fast response to the signal.

#### **Signal to Entry**

- The swimmer should thrust up and out achieving optimum height and distance.

#### **Entry**

- There should be a smooth entry led by the hands, then with straight arms and the head in line, followed by the hips and legs, with feet making little splash.

#### **Transition to Swim**

- There should be a streamlined glide with hands/head directing the body to the surface.
- The feet should kick just before the body starts to slow down.
- The swimmer's head should break the surface of the water by the 15m mark.
- One arm should pull for a smooth transition into full stroke at the surface.
- The swimmer should not breathe during the first stroke cycle.

### **TURN**

#### **Flags to wall**

- There should be no interruption of the stroke cycle during the last 5m.
- A continuous strong kick with hand/head leading to turning movement.

#### **On the Wall**

- There should be a smooth fast flip placing the feet on the wall with knees bent.

#### **Push Off**

- Legs should provide a strong push as hands and body stretch to a streamlined position.
- There should be a streamlined glide under the surface, with the hands and head directing the body smoothly towards the surface.

#### **Transition to Swim**

- The feet should kick just before the body starts to slow down.
- The swimmer's head should break the surface of the water by the 15m mark.
- One arm should pull for a smooth transition into full stroke at the surface.
- The swimmer should not breathe during the first stroke cycle.

### **FINISH**

- There should be no interruption of the stroke cycle during the last 5m.
- The swimmer shouldn't breathe during last 5m with a continuous strong kick.
- The finish should be positively registered with the hand stretched out in front and the head still down.

# **BACKSTROKE**

## **STROKE TECHNIQUE**

### **BODY POSITION**

- Body should lie flat and streamlined with head held steady in a central position.
- The shoulders/chest should be clear of the surface with hips/seat slightly submerged.
- There should be controlled shoulder rolling round the long axis as the arms perform alternating actions.
- The ears should be close to water level and the eyes should look up and forward at about 45 degrees.

### **FEET AND LEGS**

- The feet and legs should maintain a steady, positive alternate kicking action.
- At the bottom of the kick the knee should be slightly bent with feet long pointed and slightly "in-toed".
- At the top of the kick the knee should be straight just below water level with toes breaking the surface.
- The legs should move alternately passing close to each other in a continuous flutter kick action.
- The "up kick" should be initiated at the hips finishing with a positive thrust of the foot and lower leg
- The "down kick" should be more relaxed, with the knee starting straight, until in line with the body. The knee should bend slightly allowing the ankle to move to a deeper position ready for the "up kick".

### **HANDS AND ARMS**

#### **Entry**

- The hand should be "placed" in the water with elbow straight and wrist extended.
- The hand should enter directly ahead of the shoulder with the palm facing outwards allowing the little finger (pinkie) to enter first.
- The hand should continue downwards smoothly as the shoulders roll to that side.

#### **Propulsion**

- Hand should exert force on the water, palm facing out/slightly down, away from the body.
- Hand should angle towards feet as elbow bends and points to the bottom or the pool.
- The hand should sweep round, just below the surface of the water before starting to angle down and inwards as it sweeps towards the pool floor.
- The elbow should straighten as the hand reaches its deepest point, just below the hips, just before a vigorous sweep inwards towards the leg and up towards the surface.

#### **Recovery**

- The shoulder should lead the recovery, as it rolls up and round, as the hand leaves the water with the thumb directed upwards.
- The elbow should be kept completely straight
- The line of recovery should be absolutely straight, above the shoulder to the entry point.

### **BREATHING**

- This should occur naturally in relation to the effort phases of the arm action.
- There should be a regular exchange of breath during each stroke cycle.

### **TIMING**

- Timing should be consistent with control. 6 beats (3 each leg) to each full arm cycle.
- One arm should be completing the propulsive phase as the other is ready to begin.

## **START, TURN AND FINISH**

### **START**

#### **Control**

- Swimmer should adopt a comfortable position ready to respond to the starting signal.

#### **Reaction**

- The swimmer should have a fast reaction to the signal.

#### **Signal to Entry**

- The swimmer should push up/back with arms swinging beyond head.
- The hands and arms should come together to form a streamlined shape.

#### **Entry**

- There should be a smooth entry led by the hands, then with straight arms, the head in line, followed by the hips and legs and pointed feet.

#### **Transition to Swim**

- There should be a streamlined glide under the surface with the hand and head directing the body towards the surface before the 15m marker.
- Feet should begin dolphin/flutter kick immediately and continue until the 1<sup>st</sup> arm pull.
- One arm should pull for a smooth transition into full stroke at the surface, with the legs moving to an alternate action without any hesitation.
- The head should break the surface of the water before the 15m marker.

### **TURN**

#### **Flags to wall**

- A continuous strong kick with no interruption of stroke rhythm during the last 5m.
- The flags should be used and the head should NOT turn to look at the wall.
- A single or simultaneous double arm pull should be used to initiate the turn, which should be continuous.

#### **On the Wall**

- There should be positive rotation to the front at the appropriate distance from the wall.
- A smooth forward flip to place feet on the wall, before any momentum is lost.

#### **Push Off**

- There should be a strong push from the feet and legs as the hands are placed above the head ready to stretch to a streamlined position.
- There should be a streamlined glide under the surface, with the hands and head directing the body smoothly towards the surface.

#### **Transition to Swim**

- The feet should kick just before the body begins to slow down and one arm should pull for a smooth transition into full stroke at the surface and no breath should be taken during the 1<sup>st</sup> stroke cycle.

### **FINISH**

- There should be a continuous strong kick with no interruption of stroke rhythm during the last 5m.
- The flags should be used and the head should NOT turn to look at the wall.
- The finish should be registered positively with one hand.

# **BREASTSTROKE**

## **STROKE TECHNIQUE**

### **BODY POSITION**

- The body should lie in a flat horizontal streamlined position which will change during the stroke cycle as the breath is taken and just before stretching forward.
- There should be an undulating, wave like flow during each stroke cycle.
- The body should achieve a stretched streamlined position at the end of the kick.

### **FEET AND LEGS**

#### **Recovery**

- The knees should bend, moving the lower legs to the back of the thigh.
- The heels should go as close to the seat as possible, staying under the water surface, with the knees about hip width apart.
- The knees should not be brought up under the hips or stomach.

#### **Catch**

- Both feet should be pulled upwards and outwards into the critical frog kick position.

#### **Propulsion**

- The feet should kick back, round and down with the soles and inside borders pressing on the water until they come together with the legs straight.

### **HANDS AND ARMS**

#### **Catch**

- The hands should face outwards and down and press sideways and inward in a sculling type action, to a point just wide of the shoulders.

#### **Propulsion**

- The hands should lead the forearms in a vigorous downwards and inwards circling action bringing the hands close together under the chest.
- The hands should face each other with elbows and upper arms following in to begin the recovery.

#### **Recovery**

- There should be no hesitation between propulsion and recovery as the hands and forearms move smoothly and continuously under the chin towards the recovery stretch.

### **BREATHING**

- The breath should be taken in as the mouth is lifted clear of the water as the shoulders and head rise.
- The exhalation can either be explosive or a steady trickle during the kick.

### **TIMING**

- There should be a moment when the body is in a stretched streamlined position at the end of the kick.
- The hands should start the catch before the legs begin to recover.
- The kick should start slightly before the hands start to stretch forward.

## **START, TURN AND FINISH**

### **START**

#### **Control**

- The swimmer should demonstrate complete control on the block, i.e., no movement or rolling.

#### **Reaction**

- The swimmer should have a fast response to the signal.

#### **Signal to Entry**

- The swimmer should thrust up and out from the starting block and achieve optimum height/distance.

#### **Entry**

- There should be a smooth entry led by the hands, then with straight arms and the head in line, followed by the hips and legs, with feet making little splash.

#### **Transition to Swim**

- There should be a streamlined glide underwater with hands/head directing body to a horizontal position.
- There should be a complete long stroke underwater, which may be accompanied by a single downward dolphin kick, starting just before the body begins to slow down.
- As the hands are returned to a position above the head (keeping as close to the body as possible) the feet are raised in preparation to kick to the surface.
- As the feet begin the first kick the hands and head direct the body towards the surface.
- The head must break the surface of the water by the widest part of the second arm stroke.

### **TURN**

#### **Into the wall**

- There should be no interruption of stroke in last 5m, 2 handed touch.
- The body should be streamlined at touch, elbows slightly bent.

#### **On the Wall**

- A good tuck & pivot action is required, head low.
- 1 arm above, 1 below as feet on wall - knees bent.
- Underwater hands above head as feet & legs push off the wall.

#### **Push Off**

- There should be a streamlined glide under the water, hands & head direct body.
- The body should be positioned on the breast as the feet leave the wall.

#### **Transition to Swim**

- There should be a streamlined glide underwater with hands/head directing body to a horizontal position.
- There should be a complete long stroke underwater, which may be accompanied by a single downward dolphin kick, starting just before the body begins to slow down.
- As the hands are returned to a position above the head (keeping as close to the body as possible) the feet are raised in preparation to kick to the surface.
- As the feet begin the first kick the hands and head direct the body towards the surface.
- The head must break the surface of the water by the widest part of the second arm stroke.

### **FINISH**

- There should be no interruption of stroke in last 5m.
- The body should be streamlined at the touch, elbows slightly bent.
- The finish should be registered positively with two hands.

# **BUTTERFLY**

## **STROKE TECHNIQUE**

### **BODY POSITION**

- The body should lie on the front in a horizontal position and there should be a continuous, rhythmic undulating movement.
- The hips should remain fairly close to the water surface and act as a central fulcrum in the movement.
- The head should be held centrally in line, with the face in the water and the eyes looking forward and down.

### **FEET AND LEGS**

- They should move in a simultaneous vertical motion.
- The knees should bend to bring the feet towards the surface, with the toes just breaking the surface.
- The feet and toes should be long and pointed and extended from the ankle throughout.
- On the “down kick” the lower legs and feet thrust back and down against the water, driving the hips up and forward.
- On the “up kick” the knees should be pushed up with the legs straight, pushing the hips downwards.

### **HANDS AND ARMS**

#### **Entry**

- The hands should enter in front of the head, shoulder width apart, with palms facing diagonally outwards.
- The hands should submerge before the elbows.
- The hands should pause slightly as the body moves forward and should start to move down and out.

#### **Propulsion**

- The hands should scull outwards and downwards then press backwards and outwards.
- The elbows should remain high and point towards the side.
- The hands and arms should then sweep inwards pressing towards and under the stomach and the thumbs should almost touch.
- The hands should then sweep outwards and backwards towards the legs.

#### **Recovery**

- The elbows should lead out of the water, still slightly bent.
- The hands should follow and once clear of the water should swing forward above the surface with wrist and hands relaxed, back to the entry position.

### **BREATHING**

- The breath should be taken by raising the head to the front in a smooth movement bringing the mouth clear of the surface and the chin should be pushed forward above the surface.
- The head should be lowered straight down returning the face to the water before the hands enter.

### **TIMING**

- Legs should kick twice in each arm cycle with the first kick occurring just after the hands enter.
- The second kick should occur as the hands finish the propulsive phase.
- The breath should be taken at the end of the arm pull as the legs are kicking.
- The face should be in the water before the hands enter.
- A breath should be taken, preferably every 2 cycles, but can be taken on every stroke.

## **START, TURN AND FINISH**

### **START**

#### **Control**

- The swimmer should demonstrate complete control on the block, i.e., no movement or rolling.

#### **Reaction**

- The swimmer should have a fast response to the signal.

#### **Signal to Entry**

- The swimmer should thrust up and out from the starting block and achieve optimum height/distance.

#### **Entry**

- There should be a smooth entry led by the hands, then with straight arms and the head in line, followed by the hips and legs, with feet making little splash.

#### **Transition to Swim**

- There should be a streamlined glide underwater with hands/head directing body towards the surface.
- The feet should start kicking almost immediately.
- The arms should pull the body to the surface for transition to full stroke.
- The swimmer should not breathe during the first stroke cycle.

### **TURN**

#### **Flags to wall**

- The stroke length should not change during the last 5m.
- The body should be streamlined at the touch with elbows slightly bent and no extra glide.
- There should be a 2 handed touch as per the laws.
- An under water pull must be followed by an over water recovery.

#### **On the Wall**

- There should be a good tuck and pivot action with head staying low.
- One arm should move over and the other below water as feet are placed on the wall with knees bent.

#### **Push Off**

- The arms should be placed above the head under the surface of the water as the feet and legs push.
- A streamlined glide underwater with hands/head directing the body towards the surface.

#### **Transition to Swim**

- The feet should kick just before the body starts to slow down.
- Both arms should pull for a smooth transition into full stroke at the surface.
- The swimmer should not breathe during the first stroke cycle.

### **FINISH**

- The stroke should not change and the finish should be positive with a 2 handed touch as per the laws.
- An under water pull must be followed by an over water recovery.
- The body should be streamlined at the touch with elbows slightly bent and there should be no extra glide.

## Appendix 8 – Analysis Check Sheets (A + B Squads)

### Front Crawl Check Sheet (A+B)

Name		Comments
<b>BODY POSITION</b>		
Horizontal, straight, streamlined		
Water cuts at hairline (above eyebrows)		
Eyes forward & down		
Continuous rotation shoulders & upper body		
Head central & steady		
<b>LEG ACTION</b>		
Steady, positive kick		
Heel & sole slight splash		
Legs move vertically & close		
Orig. hips to legs to feet		
<b>ARM ACTION</b>		
Hands slide in, Elbows bent		
Entry between Shoulders and Head, palm 1st etc		
Palm press out & down in sculling motion		
Hand angle in, sweep to centre line, thumb 1st		
Elbow point to side of pool		
At mid point fingers point to bottom, push back		
Thumb passes very close to leg		
Elbow leads into recovery, wrist, hand follow		
Forearm moves close to head, hand below elbow		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Smooth, controlled turn to side, face in water		
Inhale from trough, just below water level		
Exhale into water, regular pattern		
<b>TIMING</b>		
Consistent and continuous with control		
<b>START</b>		
No movement on block		
Fast response to signal		
Thrust up and out		
Smooth entry, hands, strt arms, head, hips, legs		
S'lined u/water, hands & head directing body		
Feet kick just before body slows down		
1 arm pull transition to full stroke		
No breathing during first stroke cycle		
<b>TURN</b>		
No interruption of stroke in last 5m		
Cont. strong kick, hand and head lead to turn		
Smooth fast flip, feet on wall, knees bent		
Strong push off, stretch body to s'lined position		
S'lined u/water, hands & head directing body		
Feet kick just before body slows down		
1 arm pull transition to full stroke		
No breathing during first stroke cycle		
<b>FINISH</b>		
No interruption of stroke in last 5m		
No breathing during last 5m, strong kick		
Positive finish, arm stretched out, head down		

## Backstroke Check Sheet (A+B)

Name		Comments
<b>BODY POSITION</b>		
Flat, Streamlined, head steady and central		
Shoulders & chest clear of surface, hips & legs lower		
Controlled shoulder rolling		
Ears close to water level, eyes up & forward		
<b>LEG ACTION</b>		
Steady, positive alternating kick		
Bottom of kick, knee slightly bent, toes pointed (in)		
Top of kick, knee straight, toes break surface		
Legs move alt, close, continuous kick		
"Up kick" orig. hips, pos thrust foot & lower leg		
"down kick" relaxed - knee bend, ankle deep pos		
<b>ARM ACTION</b>		
Hand placed in water, arm straight wrist extended		
Hand in dirct ahead of shoulder, palm out, pink 1 <sup>st</sup>		
Hand conts down as shoulders roll to that side		
Hand exert force, palm out and slightly down		
Hand angle to feet, elbow bends, point to floor		
Hand sweep round to below surface,->down & in		
Elbow strtens, hand at deep point below hips		
Shoulder leads recov. Rolls up and rnd, thumb 1st		
Elbow kept straight		
Line of recovery kept straight		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Occur nat. in relation to R phase of arm action		
Regular exchange of breath during stroke cycle		
<b>TIMING</b>		
Consistent and continuous with control		
1 arm completing prop phase as other begins		
<b>START</b>		
Comfy position ready to respond to signal		
Fast response to signal		
Push up & back, arms clear of head, clear water		
Hands & arms come together form slined shape		
Hands lead entry>arms>head>hips>legs>feet		
S'lined glide to surface, hands & head guiding		
Feet immediatly begin dolphin or flutter kick		
1 arm pull --> full stroke, legs move to alt kick		
Head breaks surface before 15m marker		
<b>TURN</b>		
No interruption of stroke in last 5m		
Flags should be used, not looking for wall		
Positive rotation to front app dist from wall		
Smooth fast forward flip, feet place on wall		
Strg push off, hands above head > s'lined		
S'lined glide to surface, hands & head guiding		
Kick before slowing, 1 arm>stroke, no brth 1 strk		
<b>FINISH</b>		
No interruption of stroke in last 5m		
Flags should be used, not looking for wall		
Finish registered positively with one hand		

## Breaststroke Check Sheet (A+B)

Name		Comments
<b>BODY POSITION</b>		
Horiz., straight, s'lined - change during breathing		
Undulating, wavelike flow during stroke cycle		
Body stretched & streamlined after kick		
<b>LEG ACTION</b>		
<b>Recovery</b>		
Knees bend, moving lower legs to back of thighs		
Heels close to seat, u'water, knees hip width		
Knees not brought under hips or stomach		
<b>Catch</b>		
Both feet pulled upwards and outwards - frog kick		
<b>Propulsion</b>		
Feet kick back, down & round until legs straight		
<b>ARM ACTION</b>		
Hands out, down & press sideways & out shoulder width.		
Hands lead f/arms down & in. Hands close under chest		
Hands face, elbows and upper arms following in.		
NO hesitation between propulsion and recovery phase.		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Breathe as mouth clears water head and shoulders rise		
Exhale during kick, or explosive		
<b>TIMING</b>		
Moment at end of kick - stretched & slimed		
Hands start catch before legs begin recovery		
Kick starts slightly before hands stretch forward		
<b>START</b>		
No movement on block		
Fast response to signal		
Thrust up and out		
Smooth entry, hands, strt arms, head, hips, legs		
S'lined u'water, hands & head directing body		
One complete stroke u'water, before body slows		
As hands above head feet prep to kick to surface		
As feet begin kick hands and head direct body		
As head breaks water hands begin 2nd stroke		
<b>TURN</b>		
No interruption of stroke in last 5m, 2 hand touch		
Body s'lined at touch, elbows slightly bent.		
Good tuck & pivot action, head low		
1 arm above, 1 below as feet on wall - knees bent		
U'water hands above head as feet & legs push		
S'lined glide u'water, hands & head direct body		
One complete stroke u'water, before body slows		
As hands above head feet prep to kick to surface		
As head breaks water hands begin 2nd stroke		
<b>FINISH</b>		
No interruption of stroke in last 5m, 2 hand touch		
Body s'lined at touch, elbows slightly bent.		

## Butterfly Check Sheet (A+B)

Name		Comments
<b>BODY POSITION</b>		
Horiz., continuous rhythmic undulating movement		
Hips close to surface, act as fulcrum in movement		
Head central, face in water, eyes forward and down		
<b>LEG ACTION</b>		
Move in simultaneous vertical motion		
Knees bend to bring feet to surface, toes just brk		
Feet and toes long, pointed from ankles thro'out		
Down kick - lower legs & feet thrust, hips drive up		
Upkick - feet pushed up legs strt, push hips down		
<b>ARM ACTION</b>		
Hands enter in front of head, shoulder width apart		
Hands should submerge before the elbows		
Hands pause slightly as body moves fwd & start to move down n out		
Hands scull o'wds and d'wds then press backwds and outwds		
Elbows remain high and point towards the side		
Hands & arms sweep inwds pressing towds & under stomach & thumbs almost touch		
Hands sweep outwards & backwards towards legs		
Elbows lead out of the water, still slightly bent		
Hands follow, once clear of water swing forward above surface, wrist & hands relaxed, back to entry position		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Raises head smoothly to front, mouth clear of surface, chin pushed forward above surface		
Head lowered straight down, face returned to water before hands enter		
<b>TIMING</b>		
Leg kicks twice per arm cycle, 1st kick occurring after hands enter		
2nd kick as the hands finish the propulsive phase		
Breath taken at end of the arm pull as legs are kicking		
Face in the water before the hands enter		
Breath taken, preferably every 2 cycles, can be taken every stroke		
<b>START</b>		
No movement on block		
Fast response to signal		
Thrust up and out		
Smooth entry, hands, straight arms, head, hips, legs		
Streamlined u/water, hands & head directing body		
Feet start kicking almost immediately		
Arms pull the body to the surface to full stroke		
No breath during the first stroke cycle		
<b>TURN</b>		
No interruption of stroke in last 5m		
Body streamlined at touch, elbows slightly bent, no extra glide		
2 handed touch as per the laws		
Good tuck and pivot action with head staying low		
1 arm move over, other below water as feet placed on wall, knees bent		
Arms placed above head underwater as feet and legs push		
S'lined glide u/water, hands/head directing body towards the surface		
feet should kick just before the body starts to slow down		
2 arms should pull for a smooth trans. into full stroke at the surface		
The swimmer should not breathe during the first stroke cycle		
<b>FINISH</b>		
Strk should not change & finish positive with 2 handed touch		
Body s'lined at touch, elbows slightly bent no extra glide		

## Appendix 9 – Analysis Check Sheets (C Squad)

### Front Crawl Check Sheet (C Squad)

Name		Comments
<b>BODY POSITION</b>		
Horizontal, straight, streamlined		
Eyes forward & down		
Continuous rotation shoulders & upper body		
<b>LEG ACTION</b>		
Steady, positive kick		
Heel & sole slight splash		
Legs move vertically & close		
<b>ARM ACTION</b>		
Hands slide in, Elbows bent		
Entry between Shoulders and Head		
Elbow point to side of pool		
Elbow leads into recovery, wrist, hand follow		
Forearm moves close to head, hand below elbow		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Smooth, controlled turn to side, face in water		
<b>TIMING</b>		
Consistent and continuous with control		
<b>START</b>		
Attempts Dive Start		
<b>TURN</b>		
Attempts Tumble Turn		
<b>FINISH</b>		
Positive finish, arm stretched out, head down		
	out of 17	

## Backstroke Check Sheet (C Squad)

Name		Comments
<b>BODY POSITION</b>		
Flat, Streamlined, head steady and central		
Controlled shoulder rolling		
Ears close to water level, eyes up & forward		
<b>LEG ACTION</b>		
Steady, positive alternating kick		
Top of kick, knee straight, toes break surface		
Legs move alt, close, continuous kick		
<b>ARM ACTION</b>		
Hand placed in water, arm straight wrist extended		
Hand in, palm out, pink 1 <sup>st</sup>		
Hand conts down as shoulders roll to that side		
Elbow kept straight		
Line of recovery kept straight		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Regular exchange of breath during stroke cycle		
<b>TIMING</b>		
Consistent and continuous with control		
1 arm completing prop phase as other begins		
<b>START</b>		
Comfy position ready to respond to signal		
1st Pull Underwater leads to full stroke		
<b>TURN</b>		
Attempts Tumble Turn		
<b>FINISH</b>		
Flags should be used, not looking for wall		
Finish registered positively with one hand		

out of 20

## Breaststroke Check Sheet (C Squad)

Name		Comments
<b>BODY POSITION</b>		
Horiz., straight, s'lined - change during breathing		
<b>LEG ACTION</b>		
<b>Recovery</b>		
Knees bend, moving lower legs to back of thighs		
Heels close to seat, u'water, knees hip width		
<b>Catch</b>		
Both feet pulled upwards and outwards - frog kick		
<b>Propulsion</b>		
Feet kick back, down & round until legs straight		
<b>ARM ACTION</b>		
Hands do not go back to hips		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Breathe as mouth clears water head and shoulders rise		
Exhale during kick, or explosive		
<b>TIMING</b>		
Kick starts slightly before hands stretch forward		
<b>START</b>		
Attempts Dive Start		
<b>TURN</b>		
No interruption of stroke in last 5m, 2 hand touch		
One complete stroke u'water, before body slows		
As head breaks water hands begin 2nd stroke		
<b>FINISH</b>		
No interruption of stroke in last 5m, 2 hand touch		

out of 15

## Butterfly Check Sheet (C Squad)

Name		Comments
<b>BODY POSITION</b>		
Horiz., continuous rhythmic undulating movement		
Head central, face in water, eyes forward and down		
<b>LEG ACTION</b>		
Move in simultaneous vertical motion		
<b>ARM ACTION</b>		
Hands enter in front of head, shoulder width apart		
Hands should submerge before the elbows		
Elbows remain high and point towards the side		
Elbows lead out of the water, still slightly bent		
Hands follow, once clear of water swing forward above surface, wrist & hands relaxed, back to entry position		
Acceleration of arm action from start to finish		
<b>BREATHING</b>		
Raises head smoothly to front, mouth clear of surface, chin pushed forward above surface		
<b>TIMING</b>		
Kicks twice per arm cycle, 1st kick occurring after hands enter		
2nd kick as the hands finish the propulsive phase		
Breath taken at end of the arm pull as legs are kicking		
Face in the water before the hands enter		
Breath taken, preferably every 2 cycles, can be taken every stroke		
<b>START</b>		
Attempts Dive Start		
<b>TURN</b>		
2 handed touch as per the laws		
Arms placed above head underwater as feet and legs push		
S'lined glide u'water, hands/head directing body towards the surface		
2 arms should pull for a smooth trans. into full stroke at the surface		
<b>FINISH</b>		
Strk should not change & finish positive with 2 handed touch		

out of 21

## Appendix 10 – Analysis Check Sheets (D Squad)

### Front Crawl Check Sheet (D Squad)

Name		Comments
<b>BODY POSITION</b>		
Horizontal, straight, streamlined		
Eyes forward & down		
<b>LEG ACTION</b>		
Steady, positive kick		
Legs move vertically & close		
<b>ARM ACTION</b>		
Hands slide in, Elbows bent		
Entry between Shoulders and Head		
Forearm moves close to head, hand below elbow		
<b>BREATHING</b>		
controlled turn to side, face in water		
<b>TIMING</b>		
Consistent and continuous with control		
<b>START</b>		
Attempts Dive Start		
<b>TURN</b>		
Attempts Turn		
<b>FINISH</b>		
Positive finish, arm stretched out, head down		

out of 12

### Backstroke Check Sheet (D Squad)

Name	Comments
<b>BODY POSITION</b>	
Flat, Streamlined, head steady and central	
<b>LEG ACTION</b>	
Steady, positive alternating kick	
Legs move alt, close, continuous kick	
<b>ARM ACTION</b>	
Hand placed in water, arm straight wrist extended	
Hand in, palm out, pinky 1 <sup>st</sup>	
Line of recovery kept straight	
<b>BREATHING</b>	
Regular exchange of breath during stroke cycle	
<b>TIMING</b>	
1 arm completing prop phase as other begins	
<b>START</b>	
Comfy position ready to respond to signal	
<b>TURN</b>	
Touches wall on back	
<b>FINISH</b>	
Flags should be used, not looking for wall	
Finish registered positively with one hand	

out of 12

### Breaststroke Check Sheet (D Squad)

Name	Comments
<b>BODY POSITION</b>	
Horiz., straight, s'lined - change during breathing	
<b>LEG ACTION</b>	
<b>Recovery</b>	
Heels close to seat, u'water, knees hip width	
<b>Catch</b>	
Both feet pulled upwards and outwards - frog kick	
<b>Propulsion</b>	
Feet kick back, down & round until legs straight	
<b>ARM ACTION</b>	
Hands do not go back to hips	
<b>BREATHING</b>	
Breathe as mouth clears water head and shoulders rise	
Exhale during kick, or explosive	
<b>TIMING</b>	
Kick starts slightly before hands stretch forward	
<b>START</b>	
Attempts Dive Start	
<b>TURN</b>	
No interruption of stroke in last 5m, 2 hand touch	
<b>FINISH</b>	
No interruption of stroke in last 5m, 2 hand touch	

out of 11

### Butterfly Check Sheet (D Squad)

Name		Comments
<b>BODY POSITION</b>		
Horiz., continuous rhythmic undulating movement		
<b>LEG ACTION</b>		
Move in simultaneous vertical motion		
<b>ARM ACTION</b>		
Hands enter in front of head, shoulder width apart		
Hands, once clear of water, swing forward above surface wrist & hands relaxed back to entry position		
<b>BREATHING</b>		
Raises head smoothly to front, mouth clear of surface, chin pushed forward above surface		
<b>TIMING</b>		
Kicks twice per arm cycle, 1st kick occurring after hands enter		
2nd kick as the hands finish the propulsive phase		
Breath taken, preferably every 2 cycles, can be taken every stroke		
<b>START</b>		
Attempts Dive Start		
<b>TURN</b>		
2 handed touch as per the laws		
<b>FINISH</b>		
Strk should not change & finish positive with 2 handed touch		

out of 11

## Appendix 11 – Stroke Analysis Score Sheet

Stroke Analysis Score Sheet			<i>F/c = 41</i>	<i>B/c = 43</i>	<i>Brs = 37</i>	<i>Fly = 44</i>						
Name & D.O.B.		Stroke	Body Position	Leg Action	Arm Action	Breathing	Timing	Starts	Turns	Finishes	Total	%
Name		Butterfly										
DOB		Backcrawl										
Squad		Breaststroke										
		Frontcrawl										
Name		Butterfly										
DOB		Backcrawl										
Squad		Breaststroke										
		Frontcrawl										
Name		Butterfly										
DOB		Backcrawl										
Squad		Breaststroke										
		Frontcrawl										
Name		Butterfly										
DOB		Backcrawl										
Squad		Breaststroke										
		Frontcrawl										