

RECREATIONAL GRADE COACH/EXAMINERS GUIDE

Grade 1

1:1. Synchro Back Crawl, 10 metres, any variation of arms

- 1 Body angled to allow for continuous flutter kick without disturbance of the water surface
- 2 Strong continuous flutter kick
- 3 Any variation of arm stroke, little finger or thumb leaving the water first, but little finger entering first
- 4 On each arm action there should be a shoulder lift. It should appear that the arm starts at the bottom of the ribs
- 5 Swimmer should demonstrate power in travel

1:2. Synchro Breast Stroke 10 metres, any variation of arms

- 1 Body angled with legs at approximately 30 – 45 degrees to the water surface
- 2 Shoulders back with chin lifted from the water
- 3 Smooth even symmetrical breaststroke leg kick
- 4 Smooth breast stroke arm action with no additional sculling actions
- 5 Swimmer should demonstrate power in travel

1:3. Head First scull (standard scull) 10 metres

- 1 Body horizontal showing extension with toes pointed
- 2 Back of neck extended, face parallel to water
- 3 Shoulders pulled down and back
- 4 Smooth sculling action with fingers by hips, angled towards the water surface allowing continuous head first travel

1:4. Support scull standing in the water

Standing shoulder depth, back and knees straight. If only deep water is available, swimmer may use eggbeater action, but only support scull must be examined

- 1 Arms bent so forearms are parallel to water surface with palms facing the surface
- 2 Elbows in line with body
- 3 Palms face slightly out on the outward movement
- 4 Hands flat on inward movement
- 5 Continuous movement showing even pressure on outward and inward movement

1:5. Eggbeater stationary – 5 seconds - stabilising scull allowed

- 1 Body erect with shoulders pulled down and back and level
- 2 Back of neck extended
- 3 Top of shoulders dry
- 4 Smooth continuous alternating action with feet flexed demonstrating constant height
- 5 Hold position for 5 seconds

1:6. Travelling alternate Bent Knee switches (headfirst) min 5m travel – 2 Bent Knees on each leg

- 1 Start in extended back layout position
- 2 The toe of the bent leg maintains contact with the extended leg.
- 3 Horizontal leg remains at the surface throughout
- 4 Angle of 90° between the thigh and surface in each Bent Knee position

- 5 As the Bent Knee is straightened, the opposite leg pulls sharply into Bent Knee position
- 6 Finish in extended back layout position
- 7 Swimmer should demonstrate power in travel

1:7. From Back Layout, Somersault Back Tucked, return to back layout followed by an Oyster

- 1 All points for Fig. 310 Somersault Back Tucked must be achieved
- 2 When the swimmers achieves extended back layout at the end of the somersault Back Tucked, the Oyster must follow immediately
- 3 Oyster as contained in ASA Fig 1

1:8. Counting to music. 2 different tempos to be counted

- 1 Candidates may choose any music that demonstrates the variation in speed
- 2 Swimmers should count positively to their chosen music
- 3 Counts of 8 should be used
- 4 Examiners should expect that candidates may count at a different speed to their expectations

1:9. Underwater swim for 5 metres

- 1 The swimmer must be fully submerged for the entire 5 metre swim
- 2 The swimmer may start at the side of the pool, but the side of the pool should not be used to push off
- 3 Any stroke underwater may be used

1:10. Solo

45 secs \pm 5 secs with music of choice to include **one stroke** and **one figure** from the above and **eggbeater**

- 1 Swimmer to start in water
- 2 One stroke to be included at any point in the sequence
- 3 One figure can be included at any point in the sequence
- 4 Eggbeater to be shown at any point in the sequence
- 5 The sequence should show power in travel
- 6 All techniques should be performed accurately as in the individual skills