

RECREATIONAL GRADE COACH/EXAMINERS GUIDE

Grade 2

2:1. Synchro Front Crawl, 10m any variation of arms

- 1 Body angled to allow for continuous flutter kick without disturbance of the water surface
- 2 Shoulders back, chin lifted from the water – body facing forwards
- 3 Strong continuous flutter kick
- 4 Little finger or thumb leaving the water first, but thumb entering first
- 5 Any variation of arms may be used
- 6 Swimmer should demonstrate power in travel

2:2. Synchro Breast Stroke, smooth change to Back Crawl – total distance 10m

- 1 All points for synchro breast stroke should apply from G1:2 above.
- 2 On the powerful breast stroke leg kick, face should be in the water and arms should be extended beyond the head
- 3 In one movement the body should turn on to back followed by both arms pulling towards the hips
- 4 Strong flutter kick from the hips should be used on the back with body angled to show no disturbance of the water
- 5 All points regarding synchro backstroke should apply from grade 1.1 above.
- 6 Swimmer should demonstrate power in travel and a smooth transition from front to back

2:3. Side Flutter Kick 10 metres

- 1 Body on side with head resting on the water
- 2 Leading arm in the water and sculling strongly beyond the head
- 3 Following arm stretched above the surface of the water, following the line of the body
- 4 Body angled to allow continuous flutter kick without disturbance of the water
- 5 Travel should be powerful, smooth and continuous

2:4. Reverse Scoop Scull 5 metres

- 1 Body at surface, extended on front with buttocks and feet at the surface
- 2 Face in water and arms extended in front of body.
- 3 Arms bent with elbows out
- 4 Rotation of the arms towards the body
- 5 Scull should show little or no disturbance of water
- 6 Travel should be smooth and continuous and body position should be maintained

2:5. Support Scull in prone position, flexed feet pressing against wall

- 1 Face in water with body on the surface
- 2 Arms bent so that forearms are at right angles to the surface
- 3 Elbows in line with body
- 4 Hands flat on inward movement and turn slightly out on outward movement
- 5 Continuous movement with even pressure inward and outward

2:6. Eggbeater Travelling sideways, 5 metres in each direction

- 1 Body erect with shoulders pulled down and back and level, chin lifted
- 2 Clavicles dry
- 3 Pelvis tilted under
- 4 Knees wide with leading leg wide of the body and following leg angled to allow propulsion
- 5 Smooth continuous alternating action with feet flexed demonstrating constant height
- 6 Movement should be smooth and continuous

2:7. Marlin (1/4 turn)

- 1 As per ASA Fig 3 listed in the ASA Handbook

2:8. Flamingo Position. Hold for 3 seconds. Method of getting into and out of the position is optional

- 1 One leg is extended perpendicular to the surface
- 2 Other leg drawn to the chest with the mid-calf opposite the vertical leg
- 3 Foot and knee at and parallel to the surface
- 4 Face should remain at the surface

2:9. Starting in Flamingo Position, rotate backwards bringing legs together into a Backed Tucked Somersault and Breast Stroke to surface in stationary Eggbeater – hold for 3 seconds

- 1 All points for Flamingo position G2:8 should apply
- 2 Flamingo position should be clearly shown
- 3 Movement should show lift of hips and neat tight tuck as rotate backwards to bring head close to the surface
- 4 A breaststroke underwater should be performed to show travel
- 5 All points in Eggbeater in G1:5 should apply except clavicles dry

6 Stationary Eggbeater should be held for 3 seconds

2:10. Duet

45 seconds \pm 5 secs with own choice of music starting with foot first entry. Sequence must contain two strokes and two figures from above and travelling eggbeater. All movements must be synchronised. One or both swimmers can be examined.

- 1 **Foot First Entry** – must demonstrate extended body, head up, eyes looking forwards and toes pointed and must maintain this until fully submerged
- 2 All **Strokes, Figures** and **Eggbeater** must conform to the points contained in the appropriate