

RECREATIONAL GRADE COACH/EXAMINERS GUIDE

Grade 3

3:1. Kick, Pull, Kick, Airplane – 10 metres

- 1 Body facing direction of travel
- 2 Head up, shoulders back
- 3 Breast stroke kick should be used
- 4 Kick: arms extended with one arm in front and the other behind the body
- 5 Pull: arms bend and move in under chest
- 6 Kick: arms extend and back arm is lifted just clear of the water, so it is dry
- 7 Airplane: arm swung sharply round the body close to the surface of the water to enter in front of the body
- 8 Arm should be dry on airplane movement

3:2. Side Flutter Kick 5 metres, pull into front pike

- 1 Body on side
- 2 Strong, powerful flutter kick
- 3 Top arm extended above the surface of the water
- 4 Top arm, fully extended, swings around the body and the face is lowered into the water. At this point the body is in a front layout
- 5 The body pikes by both arms pulling strongly down
- 6 Back flat with the shoulders pulled back together
- 7 Hips move along the surface of the water
- 8 Heels at the surface
- 9 The movement should be rapid and accurate

3:3. Sprint Torpedo for 20 metres

- 1 Body horizontal with hips, thighs and feet at surface
- 2 Shoulders pulled down and back with upper chest dry
- 3 Back of neck extended, face parallel to water surface
- 4 Legs and ankles fully extended and squeezed together
- 5 Obvious tightness throughout the body and legs
- 6 Elbows bent so fingertips are approximately level with the top of the head.
- 7 Very fast sculling action to create rapid feet first movement
- 8 Continuous fast movement for 20 metres

3:4. Hanging Vertical – Hold for 5 secs with minimal stabilising scull

- 1 Body extended and vertical
- 2 Back of neck stretched so head is in line with body
- 3 Trunk tight so it is in line with hips and shoulders
- 4 Thighs, shins, ankles and feet squeezed together
- 5 Knees and feet fully extended.
- 6 Arm position optional
- 7 Minimal arm movement allowed maintaining stability

3:5. Inverted Tuck Showing Support Scull – hold for 5 secs

- 1 Body compact, back rounded and chin tucked in
- 2 Legs and feet squeezed together and feet fully extended
- 3 Heels close to buttocks and shins vertical
- 4 Arms bent so forearms are parallel to water surface. Palms facing bottom of the pool
- 5 Palms face slightly out on the outwards movement with hands flat on inward movement and palms remaining facing the bottom of the pool and moving inward until the fingers touch in front of the body
- 6 Continuous movement with even pressure on the outward and inward movement
- 7 Position held for 5 seconds

3:6. Eggbeater Travelling Sideways, following arm demonstrating creative arms, 5metres in each direction

- 1 All points in G2:6 apply
- 2 Following arm should make any creative movement

3:7 Travelling Alternate Ballet Legs with switches in Bent Knee position. Minimum 5metres travel showing two ballet legs on each leg

- 1 Start in back layout position – all points in “*a ballet leg is assumed*” should apply
- 2 From ballet leg position the leg is lowered to Bent Knee
- 3 As the Bent Knee is straightened, the opposite leg pulls sharply into Bent Knee position
- 4 The Bent Knee is then straightened to achieve Ballet Leg position
- 5 All movements should show power in the travel
- 6 All positions should be accurate

3:8 Split position in the water showing 140 degrees – right leg forward

- 1 Trunk vertical in split position
- 2 Full extension of the knees and ankles
- 3 Heel of front leg aiming to point to ceiling
- 4 Heel of back leg aiming to point to bottom of pool
- 5 Showing angle of 140 degrees, right leg forward
- 6 Position should be clearly shown

3:9 Head first dive followed by a head first boost from underwater followed by a descent – CHOICE of two footed or one footed dive

- 1 Upright stance at the edge of pool with arms extended above the head
- 2 Stomach pulled in with tightness and extension demonstrated
- 3 Either both feet together **OR** one foot on the edge and the other extended behind the body with the toe resting on the poolside
- 4 On the **normal headfirst dive**, hips push up and the legs extend
- 5 On the **one footed dive**, the rear leg is lifted (straight) and a push from the front leg to take-off, the legs are brought together in the air
- 6 Angle of entry at least 45 degrees to water surface
- 7 Full extension from the fingers through to the toes shown on entry
- 8 Fully extended body shape maintained until fully submerged

3:10 Duet or group 3-8 swimmers. 1 minute \pm 10 secs with music of choice. No deckwork, but foot first entries. Routine must include:

- 1 3 pattern changes
- 2 3 strokes
- 3 2 figures
- 4 Travelling eggbeater
- 5 All movements must be synchronised
- 6 Swimmers to produce pool pattern