

## **RECREATIONAL GRADE COACH/EXAMINERS GUIDE**

### **Grade 4**

#### **4:1 From Inverted Vertical position Spin 180degrees - left hip back**

- 1 Body vertical
- 2 Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders
- 3 Thighs shins, ankles and feet squeezed together
- 4 Knees and feet fully extended. Muscle tightness obvious
- 5 Support scull maintained throughout
- 6 Vertical position should be clearly shown prior to the spin with water level at knee (minimum)
- 7 Spin should start at the height of the vertical and completed as heels reach surface
- 8 Finished with a vertical descent

#### **4:2 Sprint Torpedo, stand up to side eggbeater. Approx 10m Torpedo and 3m Eggbeater**

- 1 All points for sprint Torpedo in G3:3 apply
- 2 Powerful travel in Torpedo scull
- 3 A variety of techniques may be used to stand up, but the movement should be smooth and continuous and should not interrupt the forward progression
- 4 All points of sideways travel in Eggbeater G2:6 should apply

#### **4:3 Sprint Torpedo, roll onto front, tuck, headfirst boost and finish underwater**

- 1 All points for sprint Torpedo in G3:3 apply
- 2 Powerful travel in Torpedo scull
- 3 Swimmer rolls on to the front, keeping the face in the water
- 4 The knees are brought forward so that they are under the shoulders
- 5 Strong downward kick, pelvis is tilted under and the arms are pressed downwards to achieve maximum height
- 6 Water level at hip bones (minimum)
- 7 At full height, body vertical and extended with shoulders pulled back and down and neck extended with arms remaining at the sides of the body

#### **4:4 Side Flutter Kick into Pike into fast Front Walkover followed by Torpedo travel and 'stand up' to side Eggbeater travel**

- 1 All points for G2:3 apply showing powerful movement
- 2 Simultaneously the lower arm swishes around the side of the body and the face is lowered into the water
- 3 Flat back into Pike position
- 4 In Pike position, body should be vertical and backs of thighs at the surface
- 5 Split of at least 140 degrees
- 6 Rapid walkover demonstrating extension in legs and feet
- 7 Continuous foot first travel in sprint torpedo
- 8 A variety of techniques may be used to stand up, but the movement should be smooth and continuous and should not interrupt the forward progression
- 9 All points of sideways travel in eggbeater G2:6 should apply

#### **4:5 Starting in Inverted Bent Knee Position, ½ twist in bent knee, followed by a join to Vertical and a Vertical Descent**

- 1 Body extended and vertical
- 2 Back of neck stretched so head is in line with body, trunk tight so it is in line with hips and shoulders
- 3 Vertical leg rolled in so heel points backwards
- 4 Toe of Bent Knee on inside of knee of vertical leg or higher
- 5 Water level at the top of knee (Minimum)
- 6 Support scull maintained throughout
- 7 Rotation around a vertical axis must be maintained
- 8 Maintaining this position, the Bent Knee is extended to Vertical Position
- 9 Water level bottom of knee (minimum)
- 10 A vertical position should be clearly shown
- 11 Maintaining the vertical position, the body descends along its longitudinal axis until the toes are submerged.

**4:6 Eggbeater Stationary both arms above head. Hold for 5 secs**

- 1 All points for Stationary Eggbeater as in G1:5 should apply
- 2 Both arms fully extended and held close to the ears
- 3 Pelvis tilted under
- 4 Water line: shoulders dry (minimum)

**4:7 Travelling Ballet Leg Sequence:**

**Demonstrate 3 of the following – right ballet leg, left ballet leg, flamingo position right, flamingo position left, double ballet leg. Travel 5 metres**

- 1 All positions must be accurate as described in the figures
- 2 Speed of leg change is optional
- 3 Constant powerful travel throughout

**4:8 Headfirst Boost from Underwater, catching in eggbeater above the surface**

- 1 Body begins submerged
- 2 Body bent at waist with back close to surface with knees under shoulders
- 3 Strong eggbeater action with flat sculling in front of the body
- 4 Simultaneously strong breast stroke leg kick, press down with the hands and the pelvis is tilted under
- 5 Water level at hip bones (minimum)
- 6 Body brought upright
- 7 Finish in vertical using Eggbeater as in G1:5

**4:9 From Split Position, walkout to back layout, stand up to Eggbeater travelling sideways**

- 1 Split position (right leg forward) should clearly be shown as in G3:8 with split of at least 140° clearly shown
- 2 Full extension of the knees and ankles in split position
- 3 Position should be clearly shown
- 4 From split position, all following movements should demonstrate power
- 5 Powerful travel in torpedo scull
- 6 Variety of techniques may be used to stand up, but the movement should be smooth and continuous and should not interrupt the forward progression
- 7 All points of sideways travel in eggbeater G2:6 apply

**4:10 Duet – 1min 30secs ± 10 secs**

**Must show: one partner lift plus strokes, figures, hybrids of choice**

**Other than lift all movements must be synchronised  
Swimmers to produce a pool plan**

