

RECREATIONAL GRADE COACH/EXAMINERS GUIDE

Grade 5

5:1 From Vertical Position, full twist, followed by a vertical descent

- 1 Method of achieving vertical position is optional
- 2 All points for vertical position G4:1 should apply
- 3 Rotation around a vertical axis must be maintained – left hip back
- 4 Support scull should be maintained throughout
- 5 Stable position at constant height
- 6 Water level at knee (minimum)
- 7 Vertical position should be clearly shown prior to and after full twist
- 8 Vertical line and tightness maintained throughout a controlled descent

5:2 Sprint Torpedo, Double leg stand down, Eggbeater travelling forwards 3m

- 1 All points for Sprint Torpedo G3:3 should apply
- 2 Both knees bent and shins pressed back under body. Knees together until body is vertical
- 3 Hips pressed forward and shoulders back
- 4 Arms brought through the water to scull just behind the body
- 5 As the body reaches vertical, eggbeater leg kick is established
- 6 In Forward Eggbeater:
 - a) Body vertical shoulders back and down
 - b) Pelvis tilted under
 - c) Knees wide
 - d) Feet angled so that the pressure is backwards
 - e) Minimum height clavicles dry
- 7 Whole sequence should show continuous powerful movement

5:3 Side Flutter Kick 5metres into Front Pike into Double Leg Flipover and Sprint Torpedo for 5 metres

- 8 All points for powerful Side Flutter Kick as in G2:3 apply
- 9 Simultaneously, the lower arm swishes around the side of the body and the face is lowered into the water and both arms pull into Pike position
- 10 Flat back into pike position
- 11 In pike position, body vertical and backs of thighs at the surface
- 12 Fast flipover with hips remaining close to the surface
- 13 Continuous foot first travel in torpedo
- 14 The movement sequence should demonstrate power

5:4 Side Fishtail travelling 3 metres (either leg leading)

- 1 Body and vertical leg in a vertical line.
- 2 Water level on vertical leg at top of knee (minimum)
- 3 Foot of horizontal leg extended and at the surface with heel facing backwards
- 4 Sculling action allowing smooth, powerful sideways travel

5:5 Inverted Bent Knee position – Fast Switch to other vertical leg, Back tuck from maximum height, breast stroke to surface and surface in Eggbeater travelling forwards – 3 metres

- 1 All points for Inverted Bent Knee as in G4:5 apply

- 2 Water level at the top of knee (Minimum)
- 3 In one sharp movement, the Bent Knee extends to vertical as the vertical leg bends to assume Inverted Bent Knee on other leg
- 4 From maximum height a Back Tuck is performed
- 5 A breast stroke underwater to the surface should be performed to show travel
- 6 All points in Eggbeater travelling forwards as in G5:2 apply for 3 metres

5:6 5 metres Underwater swim followed by Head First Boost, lifting arms above the surface and finishing Underwater

- 1 Underwater swim
- 2 Head First Boost from underwater and all points in G4:8 apply
- 3 Water level at hip bones (minimum)
- 4 Body fully extended as it submerges

5:7 Barracuda Thrust from pike to vertical and submerge. Toes MUST be just under the surface in pike position prior to thrust

- 1 Depth prior to the thrust is optional but must be fully submerged, toes just under the surface
- 2 Angle of 45 or less in pike position
- 3 Legs must start vertically and be fully extended
- 4 Rapid thrust and unrolling action demonstrated
- 5 Vertical line maintained during rapid sink

5:8 Deckwork and 'Creative'Entry. Any entry other than a straight jump or a plain Header – Time Limit 10 secs

- 1 Free choice of music
- 2 Extension of body
- 3 Free choice of choreography on deck
- 4 Entry should demonstrate power and extension until swimmer fully submerged

5:9 20seconds Eggbeater Sequence with partner (music optional). Must show Travelling Eggbeater with a change of direction, single and double arm creative movements

- 1 All points for Travelling Eggbeater above should apply

5:10Duet or Group 4-8 swimmers with music 2mins ± 10 secs. Must show one lift and 6 pattern changes otherwise all movements optional (as in a free routine)

- 2 Swimmers to produce a pool plan