

Gold Skills Checklist

These are the skills your child will learn in Gold and need to achieve to move up to the Competitive Program!

KICKING

150m Flutter Kick w/Board

- No stopping for 150m
- Toes pointed, kick is near surface
- Arms straight on board, eyes looking forward

100m Flutter Kick on Back

- No stopping for 100m
- No pulling with arms or touching rope
- Body is on surface of water, toes pointed

50m Dolphin Kick (w/ board)

- Hips at surface
- Arms straight on board, eyes looking forward
- Legs together/ toes touching, hips moving up/down

50m Whip Kick (w/ board)

- Hips at surface
- Arms straight on board, eyes looking forward
- Feet to bum, toes out, kick around (same time)

SCULLING

15m Front scull

- Arms extended - slight elbow bend when sculling out
- Eyes remain above surface
- Arms move out and in - cup shape with hands

BODY POSITION/BUOYANCY

Streamline Float on Front(5s)

- Hands stacked, thumb wrapped, and head squeezed by arms
- Toes pointed - hips, belly, legs on surface of the water
- Hold in long, flat body position

Streamline Float on Back (5s)

- Hands stacked, wrapped, and head squeezed by arms
- Toes pointed - hips, belly, legs on surface of the water
- Hold in long, flat body position

TURNS / ENTRIES

Free Fliptun

- Tight somersault - knees into chest, chin tucked
- Both feet land on the wall & push off on back. at same time
- Roll onto front in streamline - 3 free strokes

2-Hand Touch Turn

- Touch w. long arms - fingers at water level, shoulders even
- Head goes back -1 elbow to side, 1 hand close to head
- 2 hands on wall, 1 hand, nothing - 2 feet push off

Backstroke Start

- Proper set up (2 feet on the wall, hands grab block)
- Bend elbows to come closer to the wall
- On go, the shoot back into streamline (hold streamline for 2sec)

Track Start (Dive)

- Arms in streamline or in the proper position, chin tucked, staggered feet
- Body enters in one hole - feet last
- Legs start bent, and end straight - toes pointed

Checkmark Pushoff (w/ 3 dolphin kicks)

- Proper setup (1 hand, 2 feet on wall)
- Drop bum, hands into streamline - push off on side
- Roll onto front - 3 dolphin kicks

Backstroke Finish

- Full backstroke swim into the wall
- Count strokes into wall
- Touch wall on back - no looking for wall

FREESTYLE

200m Free Continuous

- Swimmers must breathe to the side - ear down
- Toes pointed, kick is at surface
- Big arms, pull finishes past hip (bathing suit)

BACKSTROKE

200m Back Continuous

- Hips at surface, eyes looking at ceiling
- Arms are always moving, opposite of each other
- Toes pointed, kick is at surface

BREASTSTROKE

50m Breaststroke Swim

- One pull per kick
- Continuous arm pull, arms stay in front of elbows
- No scissor or flutter kick

BUTTERFLY

10 Strokes Butterfly (not failable)

- 2 kicks per pull
- Hourglass pull under body
- Chest and hip undulating each stroke