

SASC DEVELOPMENT SQUAD

Orcas

By the end of this level swimmers will be able to;

Have advanced and Efficient technique on the following

Sculling.
Treading Water.
50m all 4 strokes.
Drills on all 4 strokes.
Kick on all 4 strokes.
Turns on all 4 strokes.
Starts on all 4 strokes.
Finishes all 4 strokes.

Perform short repeat sets on a consistent time.
Accurate use of pace clock.
Perform warm up and stretching land exercises.

Complete Silver, Gold and
Honours Challenge Awards.
Complete PreCompetitive Awards 1 & 2
Complete PreCompetitive Start Award

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Catherine 07534 277033
or
Danny 07884 296460

