



Stage 9



By the end of this stage participants will be able to:

1. Complete a set lasting 800m (eg either 16 x 50m; 8 x 100m; 4 x 200m) on a specific turn around time set by the coach (eg 1.30min for 50m's; 2.45min for 100m's; 6.00min for 200m's)
2. Swim 800m continuously choosing one stroke.
3. Swim a continuous 100m IM using legal turns.
4. Perform a 15m underwater kick on front in a streamlined position
5. Perform a backstroke start then butterfly kick in a streamlined position underwater until 10m from the start point (wall), transfer into stroke and complete the remainder of the 25m.
6. Perform a front crawl start, underwater kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m.
7. Perform a butterfly start, kick in a streamlined position until a minimum of 10m from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25m.
8. Perform a breaststroke start, perform a 1½ pull under water, transfer into stroke and complete the remainder of the 25m