

# Club Awards



There are six progressive Swimming Club Awards.

Club Award 1 – Minnors

Club Award 1 & 2 – Skill Development 1 (SD1) & Skill Development 2 (SD2)

Club Award 3 & 4 - Competitive 1 (C1)

Club Award 5 & 6 – Competitive 2 (C2)

Each Award has between 12 -16 different components that have to be achieved and they have to be competent in.

**Club award 1** Example – Kick 25m Backstroke with arms by side – *This will need to be an unbroken 25m kick, with head back and ears submerged and without sculling hands.*

**Club Award 2** Example – Breaststroke Drill over 25m – *This will need to be an unbroken 25m, they will need to be able to execute the drill correctly.*

**Club Award 3** Example – Swim 25m Full stroke Butterfly demonstrating the ability to resist short axis rotation to produce symmetrical limb action, starting with the correct push off the wall, underwater phase and transition to stroke.

**Club Award 4** – Example – Perform a legal and efficient turn on each of the four strokes from 10m in to 10m out of the wall.

**Club Award 5** – Example – Swim 100m IM from track start on the starting block, incorporating legal and effective transition turns, starting with the correct push off the wall, underwater phase and transition to stroke.

**Club Award 6** – Example – Perform a legal and effective finish on each of the four strokes at race pace timed 10 to 15m in.