

## **RECREATIONAL GRADE COACH / EXAMINER'S GUIDE**

### **GRADE 1**

#### **1:1. Synchro Back Crawl, 10 metres, any variation of arms**

- Body angled to allow for continuous flutter kick without disturbance of the water surface
- Strong continuous flutter kick
- Any variation of arm stroke, little finger or thumb leaving the water first, but little finger entering first
- On each arm action there should be a shoulder lift. It should appear that the arm starts at the bottom of the ribs
- Swimmer should demonstrate power in travel

#### **1:2. Synchro Breast Stroke 10 metres, any variation of arms**

- Body angled with legs at approximately 30 – 45 degrees to the water surface
- Shoulders back with chin lifted from the water
- Smooth even symmetrical breaststroke leg kick
- Smooth breast stroke arm action with no additional sculling actions
- Swimmer should demonstrate power in travel

#### **1:3. Head first scull (standard scull) 10 metres**

- Body horizontal showing extension with toes pointed
- Back of neck extended, face parallel to water
- Shoulders pulled down and back
- Smooth sculling action with fingers by hips, angled towards the water surface allowing continuous head first travel

#### **1:4. Support scull standing in the water**

Standing shoulder depth, back and knees straight. If only deep water is available, swimmer may use eggbeater action, but only support scull must be examined

- Arms bent so forearms are parallel to water surface with palms facing the surface
- Elbows in line with body
- Palms face slightly out on the outward movement
- Hands flat on inward movement
- Continuous movement showing even pressure on outward and inward movement

#### **1:5. Eggbeater stationary – 5 seconds - stabilising scull allowed**

- Body erect with shoulders pulled down and back and level
- Back of neck extended
- Top of shoulders dry
- Smooth continuous alternating action with feet flexed demonstrating constant height
- Hold position for 5 seconds

#### **1:6. Travelling alternate Bent Knee switches (headfirst) min 5m travel – 2 Bent Knees on each leg**

- Start in extended back layout position
- The toe of the bent leg maintains contact with the extended leg.
- Horizontal leg remains at the surface throughout
- Angle of 90° between the thigh and surface in each Bent Knee position
- As the Bent Knee is straightened, the opposite leg pulls sharply into Bent Knee position
- Finish in extended back layout position
- Swimmer should demonstrate power in travel

**1:7. From Back Layout, Somersault Back Tucked, return to back layout followed by an Oyster**

- All points for Fig. 310 Somersault Back Tucked must be achieved
- When the swimmers achieves extended back layout at the end of the somersault Back Tucked, the Oyster must follow immediately
- Oyster as contained in ASA Fig 1

**1:8. Counting to music. 2 different tempos to be counted**

- Candidates may choose any music that demonstrates the variation in speed
- Swimmers should count positively to their chosen music
- Counts of 8 should be used
- Examiners should expect that candidates may count at a different speed to their expectations

**1:9. Underwater swim for 5 metres**

- The swimmer must be fully submerged for the entire 5 metre swim
- The swimmer may start at the side of the pool, but the side of the pool should not be used to push off
- Any stroke underwater may be used

**1:10. Solo**

45 secs  $\pm$  5 secs with music of choice to include **one stroke** and **one figure** from the above and **eggbeater**

- Swimmer to start in water
- One stroke to be included at any point in the sequence
- One figure can be included at any point in the sequence
- Eggbeater to be shown at any point in the sequence
- The sequence should show power in travel
- All techniques should be performed accurately as in the individual skills

**GRADE 2**

**2:1. Synchro Front Crawl, 10m any variation of arms**

- Body angled to allow for continuous flutter kick without disturbance of the water surface
- Shoulders back, chin lifted from the water – body facing forwards
- Strong continuous flutter kick
- Little finger or thumb leaving the water first, but thumb entering first
- Any variation of arms may be used
- Swimmer should demonstrate power in travel

**2:2. Synchro Breast Stroke, smooth change to Back Crawl – total distance 10m**

- All points for synchro breast stroke should apply from G1:2 above.
- On the powerful breast stroke leg kick, face should be in the water and arms should be extended beyond the head
- In one movement the body should turn on to back followed by both arms pulling towards the hips
- Strong flutter kick from the hips should be used on the back with body angled to show no disturbance of the water
- All points regarding synchro backstroke should apply from grade 1.1 above.
- Swimmer should demonstrate power in travel and a smooth transition from front to back

**2:3. Side Flutter Kick 10 metres**

- Body on side with head resting on the water
- Leading arm in the water and sculling strongly beyond the head
- Following arm stretched above the surface of the water, following the line of the body
- Body angled to allow continuous flutter kick without disturbance of the water
- Travel should be powerful, smooth and continuous

**2:4. Reverse Scoop Scull 5 metres**

- Body at surface, extended on front with buttocks and feet at the surface
- Face in water and arms extended in front of body.
- Arms bent with elbows out
- Rotation of the arms towards the body
- Scull should show little or no disturbance of water
- Travel should be smooth and continuous and body position should be maintained

**2:5. Support Scull in prone position, flexed feet pressing against wall**

- Face in water with body on the surface
- Arms bent so that forearms are at right angles to the surface
- Elbows in line with body
- Hands flat on inward movement and turn slightly out on outward movement
- Continuous movement with even pressure inward and outward

**2:6. Eggbeater travelling sideways, 5 metres in each direction**

- Body erect with shoulders pulled down and back and level, chin lifted
- Clavicles dry
- Pelvis tilted under
- Knees wide with leading leg wide of the body and following leg angled to allow propulsion
- Smooth continuous alternating action with feet flexed demonstrating constant height
- Movement should be smooth and continuous

**2:7. Marlin (1/4 turn)**

- As per ASA Fig 3 listed in the ASA Handbook

**2:8. Flamingo Position. Hold for 3 seconds. Method of getting into and out of the position is optional**

- One leg is extended perpendicular to the surface
- Other leg drawn to the chest with the mid-calf opposite the vertical leg
- Foot and knee at and parallel to the surface
- Face should remain at the surface

**2:9. Starting in Flamingo Position, rotate backwards bringing legs together into a Backed Tucked Somersault and Breast Stroke to surface in stationary Eggbeater – hold for 3 seconds**

- All points for Flamingo position G2:8 should apply
- Flamingo position should be clearly shown
- Movement should show lift of hips and neat tight tuck as rotate backwards to bring head close to the surface
- A breaststroke underwater should be performed to show travel
- All points in Eggbeater in G1:5 should apply except clavicles dry
- Stationary Eggbeater should be held for 3 seconds

**2:10. Duet**

45 seconds  $\pm$  5 secs with own choice of music starting with foot first entry. Sequence must contain two strokes and two figures from above and travelling eggbeater. All movements must be synchronised. One or both swimmers can be examined.

- **Foot First Entry** – must demonstrate extended body, head up, eyes looking forwards and toes pointed and must maintain this until fully submerged
- All **Strokes, Figures** and **Eggbeater** must conform to the points contained in the appropriate

**GRADE 3**

**3:1. Kick, Pull, Kick, Airplane – 10 metres**

- Body facing direction of travel
- Head up, shoulders back
- Breast stroke kick should be used
- Kick: arms extended with one arm in front and the other behind the body
- Pull: arms bend and move in under chest
- Kick: arms extend and back arm is lifted just clear of the water, so it is dry
- Airplane: arm swung sharply round the body close to the surface of the water to enter in front of the body
- Arm should be dry on airplane movement

**3:2. Side Flutter Kick 5 metres, pull into front pike**

- Body on side
- Strong, powerful flutter kick
- Top arm extended above the surface of the water
- Top arm, fully extended, swings around the body and the face is lowered into the water. At this point the body is in a front layout
- The body pikes by both arms pulling strongly down
- Back flat with the shoulders pulled back together
- Hips move along the surface of the water
- Heels at the surface
- The movement should be rapid and accurate

**3:3. Sprint Torpedo for 20 metres**

- Body horizontal with hips, thighs and feet at surface
- Shoulders pulled down and back with upper chest dry
- Back of neck extended, face parallel to water surface
- Legs and ankles fully extended and squeezed together
- Obvious tightness throughout the body and legs
- Elbows bent so fingertips are approximately level with the top of the head.
- Very fast sculling action to create rapid feet first movement
- Continuous fast movement for 20 metres

**3:4. Hanging Vertical – Hold for 5 secs with minimal stabilising scull**

- Body extended and vertical
- Back of neck stretched so head is in line with body
- Trunk tight so it is in line with hips and shoulders
- Thighs, shins, ankles and feet squeezed together
- Knees and feet fully extended.
- Arm position optional
- Minimal arm movement allowed maintaining stability

**3:5. Inverted Tuck Showing Support Scull – hold for 5 secs**

- Body compact, back rounded and chin tucked in
- Legs and feet squeezed together and feet fully extended
- Heels close to buttocks and shins vertical
- Arms bent so forearms are parallel to water surface. Palms facing bottom of the pool
- Palms face slightly out on the outwards movement with hands flat on inward movement and palms remaining facing the bottom of the pool and moving inward until the fingers touch in front of the body
- Continuous movement with even pressure on the outward and inward movement
- Position held for 5 seconds

**3:6. Eggbeater Travelling Sideways, following arm demonstrating creative arms, 5metres in each direction**

- All points in G2:6 apply
- Following arm should make any creative movement

**3:7 Travelling Alternate Ballet Legs with switches in Bent Knee position. Minimum 5metres travel showing two ballet legs on each leg**

- Start in back layout position – all points in “*a ballet leg is assumed*” should apply
- From ballet leg position the leg is lowered to Bent Knee
- As the Bent Knee is straightened, the opposite leg pulls sharply into Bent Knee position
- The Bent Knee is then straightened to achieve Ballet Leg position
- All movements should show power in the travel
- All positions should be accurate

**3:8 Split position in the water showing 140 degrees – right leg forward**

- Trunk vertical in split position
- Full extension of the knees and ankles
- Heel of front leg aiming to point to ceiling
- Heel of back leg aiming to point to bottom of pool
- Showing angle of 140 degrees, right leg forward
- Position should be clearly shown

**3:9 Head first dive followed by a head first boost from underwater followed by a descent – CHOICE of two footed or one footed dive**

- Upright stance at the edge of pool with arms extended above the head
- Stomach pulled in with tightness and extension demonstrated
- Either both feet together **OR** one foot on the edge and the other extended behind the body with the toe resting on the poolside
- On the **normal headfirst dive**, hips push up and the legs extend
- On the **one footed dive**, the rear leg is lifted (straight) and a push from the front leg to take-off, the legs are brought together in the air
- Angle of entry at least 45 degrees to water surface
- Full extension from the fingers through to the toes shown on entry
- Fully extended body shape maintained until fully submerged

**3:10 Duet or group 3-8 swimmers. 1 minute ± 10 secs with music of choice. No deckwork, but foot first entries. Routine must include:**

- 3 pattern changes
- 3 strokes
- 2 figures
- Travelling eggbeater
- All movements must be synchronised
- Swimmers to produce pool pattern

## **GRADE 4**

### **4:1 From Inverted Vertical position Spin 180degrees - left hip back**

- Body vertical
- Back of neck stretched so head is in line with body and trunk tight so it is in line with hips and shoulders
- Thighs shins, ankles and feet squeezed together
- Knees and feet fully extended. Muscle tightness obvious
- Support scull maintained throughout
- Vertical position should be clearly shown prior to the spin with water level at knee (minimum)
- Spin should start at the height of the vertical and completed as heels reach surface
- Finished with a vertical descent

### **4:2 Sprint Torpedo, stand up to side eggbeater. Approx 10m Torpedo and 3m Eggbeater**

- All points for sprint Torpedo in G3:3 apply
- Powerful travel in Torpedo scull
- A variety of techniques may be used to stand up, but the movement should be smooth and continuous and should not interrupt the forward progression
- All points of sideways travel in Eggbeater G2:6 should apply

### **4:3 Sprint Torpedo, roll onto front, tuck, headfirst boost and finish underwater**

- All points for sprint Torpedo in G3:3 apply
- Powerful travel in Torpedo scull
- Swimmer rolls on to the front, keeping the face in the water
- The knees are brought forward so that they are under the shoulders
- Strong downward kick, pelvis is tilted under and the arms are pressed downwards to achieve maximum height
- Water level at hip bones (minimum)
- At full height, body vertical and extended with shoulders pulled back and down and neck extended with arms remaining at the sides of the body

### **4:4 Side Flutter Kick into Pike into fast Front Walkover followed by Torpedo travel and 'stand up' to side Eggbeater travel**

- All points for G2:3 apply showing powerful movement
- Simultaneously the lower arm swishes around the side of the body and the face is lowered into the water
- Flat back into Pike position
- In Pike position, body should be vertical and backs of thighs at the surface
- Split of at least 140 degrees
- Rapid walkover demonstrating extension in legs and feet
- Continuous foot first travel in sprint torpedo
- A variety of techniques may be used to stand up, but the movement should be smooth and continuous and should not interrupt the forward progression
- All points of sideways travel in eggbeater G2:6 should apply

### **4:5 Starting in Inverted Bent Knee Position, ½ twist in bent knee, followed by a join to Vertical and a Vertical Descent**

- Body extended and vertical
- Back of neck stretched so head is in line with body, trunk tight so it is in line with hips and shoulders
- Vertical leg rolled in so heel points backwards
- Toe of Bent Knee on inside of knee of vertical leg or higher
- Water level at the top of knee (Minimum)

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- Support scull maintained throughout
- Rotation around a vertical axis must be maintained
- Maintaining this position, the Bent Knee is extended to Vertical Position
- Water level bottom of knee (minimum)
- A vertical position should be clearly shown
- Maintaining the vertical position, the body descends along its longitudinal axis until the toes are submerged.

### 4:6 **Eggbeater Stationary both arms above head. Hold for 5 secs**

- All points for Stationary Eggbeater as in G1:5 should apply
- Both arms fully extended and held close to the ears
- Pelvis tilted under
- Water line: shoulders dry (minimum)

### 4:7 **Travelling Ballet Leg Sequence:**

**Demonstrate 3 of the following – right ballet leg, left ballet leg, flamingo position right, flamingo position left, double ballet leg. Travel 5 metres**

- All positions must be accurate as described in the figures
- Speed of leg change is optional
- Constant powerful travel throughout

### 4:8 **Headfirst Boost from Underwater, catching in eggbeater above the surface**

- Body begins submerged
- Body bent at waist with back close to surface with knees under shoulders
- Strong eggbeater action with flat sculling in front of the body
- Simultaneously strong breast stroke leg kick, press down with the hands and the pelvis is tilted under
- Water level at hip bones (minimum)
- Body brought upright
- Finish in vertical using Eggbeater as in G1:5

### 4:9 **From Split Position, walkout to back layout, stand up to Eggbeater travelling sideways**

- Split position (right leg forward) should clearly be shown as in G3:8 with split of at least 140° clearly shown
- Full extension of the knees and ankles in split position
- Position should be clearly shown
- From split position, all following movements should demonstrate power
- Powerful travel in torpedo scull
- Variety of techniques may be used to stand up, but the movement should be smooth and continuous and should not interrupt the forward progression
- All points of sideways travel in eggbeater G2:6 apply

### 4:10 **Duet – 1min 30secs ± 10 secs**

Must show: one partner lift plus strokes, figures, hybrids of choice

Other than lift all movements must be synchronised

Swimmers to produce a pool plan

## **GRADE 5**

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

- Method of achieving vertical position is optional
- All points for vertical position G4:1 should apply
- Rotation around a vertical axis must be maintained – left hip back

- Support scull should be maintained throughout
- Stable position at constant height
- Water level at knee (minimum)
- Vertical position should be clearly shown prior to and after full twist
- Vertical line and tightness maintained throughout a controlled descent

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

- All points for Sprint Torpedo G3:3 should apply
- Both knees bent and shins pressed back under body. Knees together until body is vertical
- Hips pressed forward and shoulders back
- Arms brought through the water to scull just behind the body
- As the body reaches vertical, eggbeater leg kick is established
- 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
- 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**

- All points for powerful Side Flutter Kick as in G2:3 apply
- 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
- Flat back into pike position
- In pike position, body vertical and backs of thighs at the surface
- Fast flipover with hips remaining close to the surface
- Continuous foot first travel in torpedo
- The movement sequence should demonstrate power

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

- Body and vertical leg in a vertical line.
- Water level on vertical leg at top of knee (minimum)
- Foot of horizontal leg extended and at the surface with heel facing backwards
- 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**

- All points for Inverted Bent Knee as in G4:5 apply
- Water level at the top of knee (Minimum)
- In one sharp movement, the Bent Knee extends to vertical as the vertical leg bends to assume Inverted Bent Knee on other leg
- From maximum height a Back Tuck is performed
- A breast stroke underwater to the surface should be performed to show travel
- 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**

- Underwater swim
- Head First Boost from underwater and all points in G4:8 apply
- Water level at hip bones (minimum)
- 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**

- Depth prior to the thrust is optional but must be fully submerged, toes just under the surface
- Angle of 45 or less in pike position
- Legs must start vertically and be fully extended
- Rapid thrust and unrolling action demonstrated
- 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**

- Free choice of music
- Extension of body
- Free choice of choreography on deck
- 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**

- All points for Travelling Eggbeater above should apply

**5:10 Duet 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)**

- Swimmers to produce a pool plan