

SAC Swimming & Aquatic Skills Test (Juniors)

SAC swim training sessions are designed to prepare SAC athletes for participation in a range of endurance-related sports involving swimming (e.g. triathlon, aquathlon, long distance and open-water swimming). They are not aimed at those who would benefit from normal swimming lessons (as provided by Steyning Leisure Centre and other swim schools). Therefore, all juniors under the age of 14 are expected to possess the core, fundamental aquatic and swimming skills contained within Stages 1-7 of the 'National Plan for Teaching Swimming' before their application to join the SAC swim training group will be considered.

As part of the application process, all prospective junior athletes will be assessed by one or more of the SAC swim coaches against the following criteria, all of which should be comfortably achieved.

1. Water Safety, Entry & Exit

- a) Perform three different shaped jumps into deep water
- b) Perform a crouching dive from the side of the pool, at the deep end
- c) Tread water for 30 seconds, using an 'egg beater' action
- d) Tread water for 30 seconds, alternately lifting left, right and both arms out
- e) Exit the water at the deep end without using the steps

2. Buoyancy, Balance, Rotation & Orientation

- a) Scull head-first & feet-first on the back for 5m
- b) Perform a surface dive at the deep end and pick up an object from the pool floor
- c) Perform a tucked forward somersault in the water
- d) Perform a movement sequence (to include floating, sculling, rotation & treading water) of one minute duration, without touching the side, the lane rope or the floor

3. Streamlining, Aquatic Breathing, Coordination & Stroke Technique

- a) Sink, push off on the side, glide, kick and rotate into backstroke
- b) Sink, push off on the side, glide, kick and rotate into front crawl
- c) Swim 25m backstroke, demonstrating 'basic' technique
- d) Swim 25m front crawl, demonstrating 'basic' technique
- e) Swim 25m breaststroke demonstrating 'basic' technique
- f) Swim 15m butterfly demonstrating 'basic' technique

4. Propulsion & Fitness

- a) Push off from the side and flutter kick 15m on the back & front (float permitted)
- b) Push off from the side and dolphin kick 15m on the back & front (float permitted)
- c) Push off from the side and breaststroke kick 15m on back & front (float permitted)
- d) Swim 50m continuously, using the front crawl stroke
- e) Swim 100m, using three different strokes (max. 5s rest after each 25m)