



**SQUAD STRUCTURE – PROGRESSION CRITERIA FOR TEACHING /
DEVELOPMENT**

LANE1

FOCUS	Developing stroke technique with emphasis on FUN
TECHNIQUE	4 basic strokes
SKILLS	2 drills and ability to scull head and feet first 25m
START/TURN	Mid pool tumble turn
KICK	25m FC & BK with aids
DISTANCE	25m legally on 3 strokes
TIMES	ASA Speed Awards – Working towards achieving a time

LANE2

FOCUS	Developing stroke technique with emphasis on FUN
TECHNIQUE	Competent on all 4 strokes
SKILLS	Drills on 4 strokes and ability to streamline
START/TURN	Work on Comp Start & tumble turn at wall
KICK	50m FC & BK without aids
DISTANCE	50m legally on 3 strokes
TIMES	ASA Speed Awards – Working towards achieving a time

LANE3

FOCUS	Continued development – Introduction to structured sets
TECHNIQUE	Competent on all 4 strokes
SKILLS	Use of pace clock – Underwater transition
START/TURN	Achieve Comp Start Award – Work on all 4 turns
KICK	100m FC & BK without aids
DISTANCE	100m legally on 2 strokes
TIMES	ASA Speed Awards – Achieved at least 1 Bronze time

LANE4

FOCUS	Continued development – Introduction to structured sets
TECHNIQUE	Competent and legal on all 4 strokes
SKILLS	Use of pace clock – Underwater transition
START/TURN	Achieve Comp Start Award – Work on all 4 turns
KICK	100m FC & BK without aids
DISTANCE	200m legally on 3 strokes
TIMES	ASA Speed Awards – Achieved at least 2 Bronze times

LANE5

FOCUS	Continued development – Introduction to structured sets
TECHNIQUE	Competent and legal on all 4 strokes
SKILLS	Use of pace clock – Underwater transition
START/TURN	Achieve Comp Start Award – Work on all 4 turns
KICK	100m FC & BK without aids
DISTANCE	200m legally on 3 strokes – 200m IM - 400m FC
TIMES	ASA Speed Awards – Achieved at least 1 Silver time

LANE6

FOCUS	Continued development – Introduction to structured sets
TECHNIQUE	Competent and legal on all 4 strokes
SKILLS	Use of pace clock – Underwater transition
START/TURN	Achieve Comp Start Award – Work on all 4 turns
KICK	100m FC & BK without aids
DISTANCE	200m legally on 3 strokes – 200m IM - 400m FC
TIMES	ASA Speed Awards – Achieved at least 2 Silver times

ASA Speed Award Times

25m	BRONZE	SILVER	GOLD
Back Stroke	24.70	21.50	19.60
Breaststroke	27.20	23.80	21.70
Fly	23.20	20.30	18.50
Front crawl	21.00	18.30	16.70

50m	BRONZE	SILVER	GOLD
Back Stroke	54.40	47.50	43.00
Breaststroke	1:00.40	52.70	48.00
Fly	52.40	45.70	41.50
Front crawl	47.00	41.00	37.20

100m	BRONZE	SILVER	GOLD
Back Stroke	1:56.00	1:41.40	1:32.00
Breaststroke	2:12.00	1:55.40	1:44.80
Fly	1:53.80	1:39.40	1:30.40
Front crawl	1:44.30	1:31.00	1:22.80
IM	1:58.60	1:43.60	1:34.10