

# SASC DEVELOPMENT SQUAD

## Orcas

By the end of this level swimmers will be able to;

Have advanced and Efficient technique on the following

Sculling.  
Treading Water.  
50m all 4 strokes.  
Drills on all 4 strokes.  
Kick on all 4 strokes.  
Turns on all 4 strokes.  
Starts on all 4 strokes.  
Finishes all 4 strokes.

Perform short repeat sets on a consistent time.  
Accurate use of pace clock.  
Perform warm up and stretching land exercises.

Complete Silver, Gold and  
Honours Challenge Awards.  
Complete PreCompetitive Awards 1 & 2  
Complete PreCompetitive Start Award

SASC DEVELOPMENT SQUAD

Catherine 07534 277033  
or  
Danny 07884 296460

