

# SASC DEVELOPMENT SQUAD

## Tigersharks

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

Swim 25 metres Frontcrawl.

Swim 25 metres Backstroke.

Perform a plunge dive.

Swim 50 metres continuously using 1 stroke.

Tread water with egg beater kick for 30 seconds.

Swim 25 metres breaststroke.

Swim 25 metres butterfly.

Perform a movement sequence of 1 minute duration, in a group, including the following skills:

sculling, rotation, floating, eggbeater kick.

Swim 100 m with minimum of 3 diff strokes.

Complete an obstacle course.

Complete 200m and 400m distance award.

Perform appropriate stroke drills on all 4 strokes.

Perform a frontcrawl tumble turn.

Have an understanding of the use of a pace clock..

Complete the Bronze Challenge award.

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or

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