



# HACKNEY AQUATICS CLUB HANDBOOK

## 2018-2019 SEASON



**'A COMMUNITY SWIM CLUB FOR LIFE'**

## Hackney Aquatics – A Community Swim Club for Life

Hackney Aquatics are one of the fastest growing aquatics clubs in London and are seeing year on year progression. In 2017/18 we saw record growth and now have over 350 swimmers. The same season we also saw our highest ever number of British and English National Qualifiers, Regional Finalists and Medallists, were promoted to the second division of the Arena League and maintained our M11 Junior Premier League status.

In September 2018 Hackney Aquatics was awarded the Len Badcock Trophy for 'London Region Club of the Year'. We also won the Flo Barnes trophy for Young Volunteers of the Year (Isabella Rose and Avian Durcan)

The vision of Hackney Aquatics is to offer a programme that provides opportunities for all types of swimmer whatever their goals or ambitions - from learn to swim to competitive or performance swimming, to non-competitive swimming or masters. We also offer career development, through our Young Volunteer Scheme which trains and mentors the next generation of coaches and officials. Through these pathways, we want you to be part of Hackney Aquatics for life.

Retention and recruitment of young swimmers is imperative and it is important that alongside developing good technique and skills, swimmers enjoy their time with Hackney Aquatics. We will encourage fun and enjoyment at every session as well as motivating and developing a strong team ethics.

Our goal is to be renowned for developing highly skillful, technical and driven swimmers by providing the highest quality coaching and core values including:

- Teamwork,
- Punctuality,
- Commitment,
- Discipline,
- Time management,
- Understanding preparation
- Mental and physical toughness.

As Hackney Aquatics grows from strength to strength, we hope to see more members from across Hackney and East London enjoying our programme, whether in our learn to swim academy, performance and competitive swimming or masters swimming.

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**ONE VISION – ONE PASSION – ONE TEAM**

Hackney Aquatics Club

Clissold Leisure Centre, Hackney, London, UK

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## Club Competitive Achievements (2015 onwards)

<b>National Competition and Programme Representation</b>	
<b>Jude Costley</b>	English Summer National Gold Medallist, British Summer Nationals, England Talent Programme, SE Winter Nationals
<b>Kai Ogden</b>	British, English and Israeli Nationals, English National Finalist, England Talent Programme, SE Winter Nationals
<b>Ryan McCoy</b>	British and English Nationals, Middlesex International Team, SE Winter Nationals
<b>Lily Girardet</b>	English and German Nationals, English National Finalist
<b>Ilyas Ahmed</b>	SE Winter Nationals
<b>Ella Sharman</b>	British and English National Finalist
<b>Abel Sinko Uribe</b>	Hungarian Junior International Triathlete, Hungarian National Triathlon Gold
<b>Aurel Sinko Uribe</b>	Hungarian National Triathlon Fourth

<b>Team Achievements</b>	
<b>Arena League Division 2 Winners</b>	2017
<b>M11 Junior League Division 2 Promotion (2<sup>nd</sup>)</b>	2017
<b>Top Club Winners</b>	BWF 2017, 2018 Redbridge 2016, 2017

<b>Regionals Comparison</b>						
<b>Total (Age and Youth Combined)</b>						
Season	Qualifiers	Gold	Silver	Bronze	Total Medals	Top10/Final
2015/16	16			2	2	16
2016/17	21		3	3	6	30
2017/18	36		9	8	17	71

<b>County Championships Comparison</b>						
<b>Total (Age and Youth Combined)</b>						
Season	Qualifiers	Gold	Silver	Bronze	Total Medals	Top8/Final
2015/16	21	1	4	4	9	56
2016/17	37	5	4	15	24	69
2017/18	68	11	15	12	38	117

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## Pathways

Our programme now offers different pathways dependent on your age, ability, ambition and ability. Our structure is designed with Long Term Athlete Development (LTAD) in mind with opportunities of progression to National and International levels.

<b>Youth Pathway</b>
Squads: Performance Youth, Competition Youth, Junior Masters
Pathway Lead Coach: Rick Hall
The Youth pathway is for swimmers aged 13 (boys 14) and is split into 2 squads. Performance Youth is for swimmers who are able to commit to 6+ sessions and are looking to swim at Regional Final, National and Junior International level. The Competition Youth squad has less commitment but swimmers will still aim to compete at Regional and County level. Training will be in line with LTAD and swimmers will be expected to complete an individual number of sessions. Land training, gym sessions and mindset training will also be part of the training routine. The Junior Masters Squad gives the opportunity to swimmers who are late developers or want less commitment to training and competition to train in a structured but relaxed environment with a high standard of coaching. The training focus in this squad is Triathlon/Open Water, Sprint and Fitness.

<b>Age Group Pathway</b>
Squads: Performance Age, Competition Age,
Pathway Lead Coach: Richard Beard
The Age Group pathway is for swimmers age 10-14 and training will be focused on developing technique, skills, correct training habits and progressive training sets. There will be 3 squads in this pathway, each with different age, performance and training criteria. Swimmers will still need to attend a minimum number of sessions. Land training, gym sessions and mindset training will also be part of the training routine

<b>Development Pathway</b>
Squads: Competition Development, Skill Development 1,2,3
Lead Pathway Coaches: Harry Myers, Tony Cronin, Avian Durcan
The development pathway is for swimmers starting their competitive swimming journey. The emphasis in these squads will be improving technique, skills and learning correct training habits in an enjoyable but structured environment

<b>Masters Pathway</b>
Squads: Masters
Lead Pathway Coaches: Sam Russo + TBC
The Masters is for swimmers aged 18+ who want to continue their swimming training with other like minded adults. Swimmers have the opportunity to just train or train and compete.

<b>Learn to Swim Academy</b>
Squads: Academy 1,2,3
Lead Pathway Coach: Lynsey Hall
The Academy is our Learn to Swim programme which offers progression from GLL (Better) swimming lessons into our squads. The main focus of the academy is learning correct skills and techniques needed to progress into our squads

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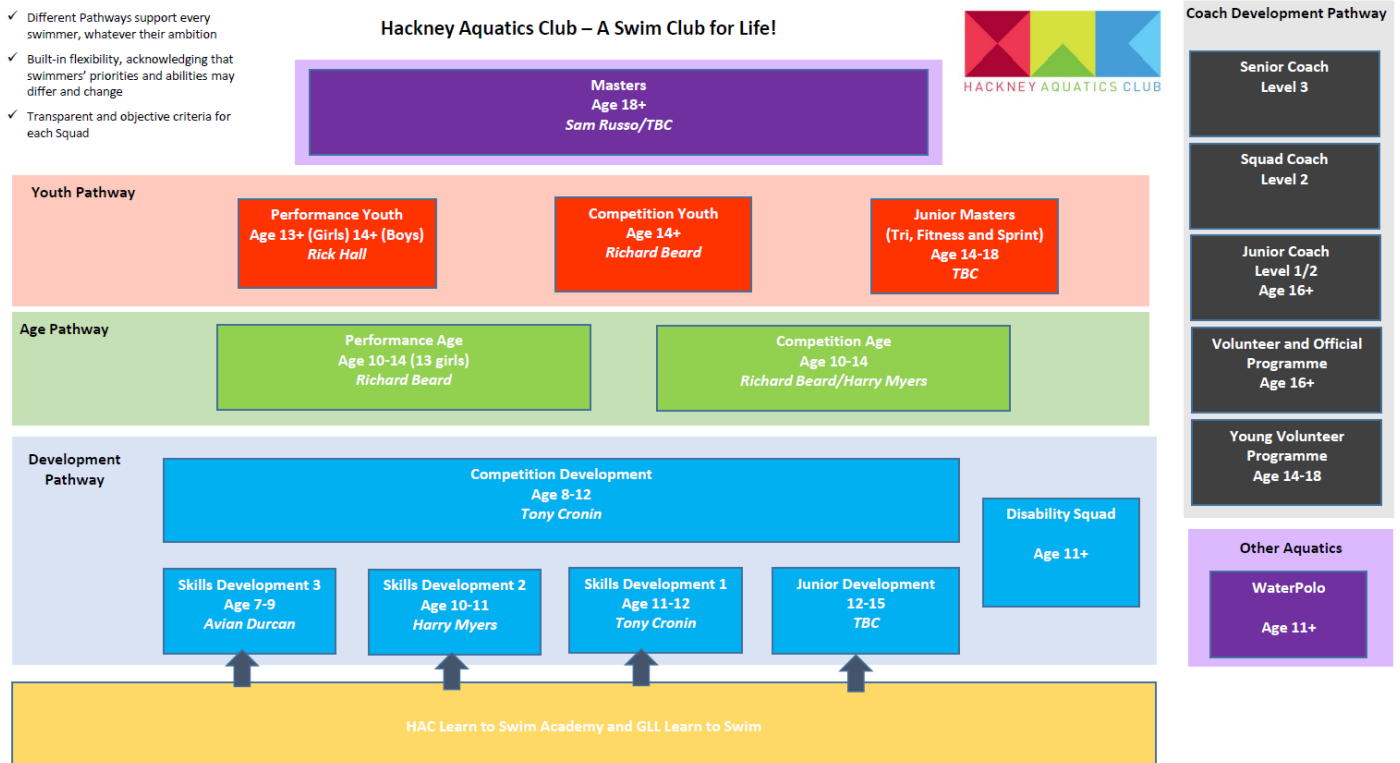
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## Squad Structure

The Squad Structure is designed for progression at all levels with flexible movement between squads and pathways. The club recognises swimmers' differing ambitions, abilities and priorities and so there is a different pathway that is suited for the individual. Each squad has an objective criteria which gives clarity on what is needed to be within that squad.



## Pathway Leads

Head Coach (all squads) – Rick Hall

Youth Pathway Manager – Rick Hall

Age Pathway Manager – Richard Beard

Development Pathway Manager – Rick Hall

Masters Pathway Manager – Sam Russo/TBC

Academy Manager – Lynsey Hall

Water Polo – James Reddick

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## Key Contacts - Coaching

Name	Main Squads	Email	Tel
Rick Hall	Head Coach/ Perf Youth	<a href="mailto:headcoach@hackneyaquaticsclub.org">headcoach@hackneyaquaticsclub.org</a>	07582736005
Richard Beard	Comp Youth, Perf Age, Comp Age	<a href="mailto:coachbeard@hackneyaquaticsclub.org">coachbeard@hackneyaquaticsclub.org</a>	07725757106
Lynsey Hall	Academy	<a href="mailto:learntoswim@hackneyaquaticsclub.org">learntoswim@hackneyaquaticsclub.org</a>	
Harry Myers	Skill Dev 2, Junior Masters	<a href="mailto:harry@hackneyaquaticsclub.org">harry@hackneyaquaticsclub.org</a>	07383437099
Tony Cronin	Comp Dev, Skill Dev 1,	<a href="mailto:tony@hackneyaquaticsclub.org">tony@hackneyaquaticsclub.org</a>	07511805309
Avian Durcan	Skill Dev 3	<a href="mailto:avian@hackneyaquaticsclub.org">avian@hackneyaquaticsclub.org</a>	07494515964
Isabella Rose	Junior Development	<a href="mailto:isabella@hackneyaquaticsclub.org">isabella@hackneyaquaticsclub.org</a>	
Sam Russo	Masters	<a href="mailto:samrusso@live.com">samrusso@live.com</a>	
James Reddick	Waterpolo	<a href="mailto:reddicj@gmail.com">reddicj@gmail.com</a>	

## Key Contacts – Committee and Volunteers

Name	Main Role	Email
Chris Ogden	Chair	<a href="mailto:chair@hackneyaquaticsclub.org">chair@hackneyaquaticsclub.org</a>
Ruth Girardet	Membership	<a href="mailto:secretary@hackneyaquaticsclub.org">secretary@hackneyaquaticsclub.org</a> <a href="mailto:membership@hackneyaquaticsclub.org">membership@hackneyaquaticsclub.org</a>
Claudia Lipsey	Treasurer	<a href="mailto:treasurer@hackneyaquaticsclub.org">treasurer@hackneyaquaticsclub.org</a>
Stephen Roberts/Colin Bell	Competitions	<a href="mailto:team@hackneyaquaticsclub.org">team@hackneyaquaticsclub.org</a>
Nicola Taggart	Club Secretary	<a href="mailto:clubsecretary@hackneyaquaticsclub.org">clubsecretary@hackneyaquaticsclub.org</a>
Roger Braybrookes	Workforce	<a href="mailto:workforce@hackneyaquaticsclub.org">workforce@hackneyaquaticsclub.org</a>
Katie Clough	Welfare	<a href="mailto:welfare@hackneyaquaticsclub.org">welfare@hackneyaquaticsclub.org</a>
Frauke Westgate	Officials	<a href="mailto:officials@hackneyaquaticsclub.org">officials@hackneyaquaticsclub.org</a>
Jo Phillimore/Marnie Rose	Young Volunteers	<a href="mailto:yv@hackneyaquaticsclub.org">yv@hackneyaquaticsclub.org</a>

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## Support Staff

<u>Name</u>	<u>Role</u>	<u>Contact</u>
Thiago Farais	S&C and Lifestyle	<a href="mailto:megaturbofitness@gmail.com">megaturbofitness@gmail.com</a>
Cass Lyall	Physio	<a href="mailto:cassandrallyallphysio@gmail.com">cassandrallyallphysio@gmail.com</a>
Dani Cox + Jess Gribble	Yoga	
Liat Ogden	Pilates	<a href="mailto:liat@pilatesonthepark.co.uk">liat@pilatesonthepark.co.uk</a>

## Sponsorship and Partners

<u>Name</u>	<u>Sponsor/Role</u>	<u>Contact</u>
<u>MegaTurboFitness</u>	<u>Club Sponsor</u>	
Marsh and Parsons Estate Agents	Event Sponsor	

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## Squad Criteria

### Youth Pathway

Performance Youth
Group Number: 18
<b>Primary Criteria</b>
Aged 13+ (girls) 14+ (boys) (by end of season)
Attend number of sessions individually set by Head Coach (minimum of 6)
Attend 3+ land sessions
Must meet green/yellow on monthly assessment based on attendance, competition performance, training performance.
<b>Performance Criteria</b>
Qualified for British Nationals
Qualified for English Nationals
Regional Finalist
Number of Regional Automatic Times
Females - swim under 2.40 for 200 IM and under 2.25 for 200 Free
Males - swim under 2.35 for 200 IM and under 2.20 for 200 Free
<b>Training Criteria</b>
Ability to train all distances and strokes with following stroke counts fly and Breast (8) Back and Free (12)
Average 100 kick under 1.40 (based on 400,300,200,100 Kick Test)
Can swim repeat 12 x 100 repetitions off following base times FC - 1.25 IM 1.40
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Can complete full land warm up without distraction
Completes extra training at home/outside of HAC sessions
Is punctual to most sessions (including entering water on time)
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
Must prioritise training during school holidays whilst in competition season
Can commit to a set number of sessions during exam period (minimum half number of regular sessions)
<b>Competitions to Attend</b>
All International, National, Regional, County Competitions
All selected open meets and away competitions
All team galas such as Arena League
Easter Training Camp
<b>Equipment Needed</b>
Kickboard, Alignment Kickboard, Pullbouy, Short Blade Fins, Hand Paddles, FINIS Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Foam Roller, Skipping Rope, Band, Mesh Bag,

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Competition Youth
Group Number: 18
<b>Primary Criteria</b>
Aged 14+ (by end of season)
Attend number of sessions individually set by Group Coach (minimum of 4)
Attend 2+ land sessions
Must meet green/yellow on monthly assessment based on attendance, competition performance, training performance.
<b>Performance Criteria</b>
Number of Regional Automatic Times
Number of Regional Consideration Times
Number of County Automatic Times
Females - swim under 3.00 for 200 IM and under 2.40 for 200 Free
Males - swim under 2.50 for 200 IM and under 2.30 for 200 Free
<b>Training Criteria</b>
Ability to train all distances and strokes with following stroke counts fly and Breast (10) Back and Free (14)
Average 100 kick under 2.00 (based on 400,300,200,100 Kick Test)
Can swim repeat 10 x 100 repetitions off following base times FC - 1.35 IM 1.45
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Can complete full land warm up without distraction
Completes extra training at home/outside of HAC sessions
Is punctual to most sessions (including entering water on time)
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
<b>Competitions to Attend</b>
All National, Regional, County Competitions
All selected open meets and away competitions
All team galas such as Arena League and M11
<b>Equipment Needed</b>
Kickboard, Alignment Kickboard, Pullbouy, Short Blade Fins, Hand Paddles, FINIS Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Foam Roller, Skipping Rope, Band, Mesh Bag,

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<b>Junior Masters</b>
Group Number: 16
<b>Primary Criteria</b>
Aged 14-18 (by end of year)
Attend average of 1+ sessions
<b>Performance Criteria</b>
Competition is recommended but not essential
Must compete in team competition when needed
<b>Training Criteria</b>
Select training focus – Triathlon/Open Water, Sprint or Fitness
Ability to train all distances and strokes
Average 100 kick under 2.30
Can swim repeat 8x 100 repetitions off following base times FC - 1..50 IM 2.10
Swimmers should regularly be able to perform skills including 4 dolphin kicks, turns, starts, sculling, kick on all strokes
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Is punctual to most sessions
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
<b>Competitions to Attend</b>
Some selected open meets and away competitions,
HAC Development Meet and Timetrials
All team galas such as Arena League
<b>Equipment Needed</b>
Kickboard, Pullbouy, Short Blade Fins, 2 x Drinks Bottles, HAC Black and White Cap, Goggles, Costume,

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## Age Pathway

<b>Performance Age</b>
Group Number: 15
<b>Primary Criteria</b>
Aged 10-14
Attend number of sessions individually set by Group Coach (minimum of 5)
Attend 2+ land sessions
Must meet green/yellow on monthly assessment based on attendance, competition performance, training performance.
<b>Performance Criteria</b>
Potential for National Selection (top 100 ranking)
Regional Finalist
Number of Regional Automatic Times (not including 50s)
Number of Regional Consideration Times (not including 50s)
County Finalist
Number of County Automatic Times
Age 12-14 - swim under 2.50 for 200 IM and under 2.35 for 200 Free
Age 10-11 - swim under 3.05 for 200 IM and under 2.40 for 200 Free
<b>Training Criteria</b>
Ability to train all distances and strokes with following stroke counts fly and Breast (10) Back and Free (14)
Average 100 kick under 1.50 (based on 400,300,200,100 Kick Test)
Can swim repeat 10 x 100 repetitions off following base times FC - 1.40 IM 1.50
Swimmers should regularly be able to perform skills including 6 dolphin kicks, turns, starts, sculling, kick on all strokes
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Can complete full land warm up without distraction
Completes extra training at home/outside of HAC sessions
Is punctual to most sessions (including entering water on time)
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
Must prioritise training during school holidays whilst in competition season
Can commit to a set number of sessions during exam period (minimum half number of regular sessions)
<b>Competitions to Attend</b>
All National, Regional, County Competitions
All selected open meets and away competitions
All team galas such as Arena League
Easter Training Camp
<b>Equipment Needed</b>
Kickboard, Alignment Kickboard, Pullbouy, Short Blade Fins, FINIS Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Foam Roller, Skipping Rope, Band, Mesh Bag,

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Competition Age
Group Number: 15
<b>Primary Criteria</b>
Aged 10-14
Attend average of 4+ sessions (invite session does not count as 4th session)
Attend 2+ land sessions
Must meet green/yellow on monthly assessment based on attendance, competition performance, training performance.
<b>Performance Criteria</b>
Number of Regional Automatic Times
Number of Regional Consideration Times
County Finalist
Number of County Automatic Times (not including 50s)
Age 12-14 - swim under 3.10 for 200 IM and under 2.45 for 200 Free
Age 10-11 - swim under 3.20 for 200 IM and under 2.50 for 200 Free
<b>Training Criteria</b>
Ability to train all distances and strokes with following stroke counts fly and Breast (10) Back and Free (14)
Average 100 kick under 2.10 (based on 400,300,200,100 Kick Test)
Can swim repeat 10 x 100 repetitions off following base times FC - 1.50 IM 2.00
Swimmers should regularly be able to perform skills including 6 dolphin kicks, turns, starts, sculling, kick on all strokes
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Can complete full land warm up without distraction
Completes extra training at home/outside of HAC sessions
Is punctual to most sessions (including entering water on time)
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
Must prioritise training during school holidays whilst in competition season
Can commit to a set number of sessions during exam period (minimum half number of regular sessions)
<b>Competitions to Attend</b>
All National, Regional, County Competitions
All selected open meets and away competitions
All team galas such as Arena League
Easter Training Camp
<b>Equipment Needed</b>
Kickboard, Alignment Kickboard, Pullbouy, Short Blade Fins, FINIS Agility Paddles, Finger Paddles, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Foam Roller, Skipping Rope, Band, Mesh Bag,

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## Development Pathway

<b>Competition Development</b>
Group Number: 24
<b>Primary Criteria</b>
Aged 8-12
Attend average of 3+ sessions
Attend 1+ land sessions
Must meet green/yellow on monthly assessment based on attendance, competition performance, training performance.
<b>Performance Criteria</b>
Number of County Automatic Times
Attendance at all competitions
Swim under 3.45 for 200 IM and under 3.25 for 200 Free
Swimmers will be talent identified by the coaching team based on, training attendance, training performance, competition performance, listening skills and long term potential
<b>Training Criteria</b>
Must have completed all Skill Development Skill Outcomes
Swimmers should be able to hold good technique across all 4 strokes up to 200m (75m fly) with following stroke counts - fly and Breast (14) Back and Free (18)
Swimmers can kick 12x50 off 1.15
Swimmers should regularly be able to perform skills including 6 dolphin kicks, turns, starts, sculling, kick on all strokes
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Can complete full land warm up without distraction
Is punctual to most sessions
Show basic lane discipline
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
<b>Competitions to Attend</b>
All Regional, County Competitions
All selected open meets and away competitions,
HAC Development Meet and Timetrials
All team galas such as Arena League and M11
<b>Equipment Needed</b>
Kickboard, Pullbouy, Short Blade Fins, Finger Paddles, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Skipping Rope, Mesh Bag,

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<b>Skill Development 1</b>
Group Number: 24
<b>Primary Criteria</b>
Ideal age 11-12 Maximum age 12
Attend average of 2+ sessions
Attend 1+ land sessions
<b>Performance Criteria</b>
Must compete in all development and team competitions selected
Swimmers should be able to hold good technique with stroke counts (stated in HAC Academy 1) across all 4 strokes up to 50m FC, 25 Back and Breast 12.5-25 Fly
<b>Training Criteria</b>
Must have completed all Academy 1 skill outcomes
Swimmers should be able to hold good technique across all 4 strokes with the stroke counts in brackets up to 100m FC (20), 50 Back (20) and Breast (16) 25 Fly (16)
Swimmers can kick 8x50m on all strokes
Swimmers should regularly be able to perform skills including 4 dolphin kicks, turns, starts, sculling, kick on all strokes
Is punctual to most sessions
Show basic lane discipline
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
<b>Competitions to Attend</b>
Some selected open meets and away competitions,
HAC Development Meet and Timetrials
All team galas such as Arena League and M11
<b>Equipment Needed</b>
Kickboard, Pullbouy, Short Blade Fins, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Skipping Rope, Mesh Bag,

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<b>Skill Development 2</b>
Group Number: 24
<b>Primary Criteria</b>
Ideal age 10-11 Maximum age 11
Attend average of 2+ sessions
<b>Performance Criteria</b>
Must compete in all development and team competitions selected
Swimmers will be talent identified by the coaching team based on, training attendance, training performance, competition performance, listening skills and long term potential
<b>Training Criteria</b>
Must have completed all Academy 1 skill outcomes
Swimmers should be able to hold good technique with stroke counts (stated in HAC Academy 1) across all 4 strokes up to 50m FC, 25 Back and Breast 12.5-25 Fly
Swimmers can kick 4x50 on all strokes
Swimmers should be able to attempt skills including 4 dolphin kicks, turns, starts, sculling, kick on all strokes
Is punctual to most sessions
Show basic lane discipline
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
<b>Competitions to Attend</b>
All Regional, County Competitions
Some selected open meets and away competitions,
HAC Development Meet and Timetrials
All team galas such as Arena League and M11
<b>Equipment Needed</b>
Kickboard, Pullbouy, Short Blade Fins, 2 x Drinks Bottles, Snorkel, HAC Black and White Cap, Goggles, Costume, Skipping Rope, Mesh Bag,

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<b>Skill Development 3</b>
Group Number: 24
<b>Primary Criteria</b>
Ideal age 7-9 Maximum age 9
Attend average of 1+ sessions
<b>Performance Criteria</b>
Must compete in all development and team competitions selected
Swimmers will be talent identified by the coaching team based on, training attendance, training performance, competition performance, listening skills and long term potential
<b>Training Criteria</b>
Must have completed all Academy 1 skill outcomes
Swimmers should be able to hold good technique with stroke counts (stated in HAC Academy 1) across all 4 strokes up to 50m FC, 25 Back and Breast 12.5-25 Fly
Swimmers can kick 4x50 on all strokes
Swimmers should be able to attempt skills including 4 dolphin kicks, turns, starts, sculling, kick on all strokes
Is punctual to most sessions
Show basic lane discipline
Can listen, show respect and follow coach instruction
Coaches discretion based on talent identification and long term potential
<b>Competitions to Attend</b>
All Regional, County Competitions
Some selected open meets and away competitions,
HAC Development Meet and Timetrials
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<b>Equipment Needed</b>
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+44 (0)7582 736005    headcoach@hackneyaquaticsclub.org    www.hackneyaquaticsclub.org

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<b>Junior Development</b>
Group Number: 30
<b>Primary Criteria</b>
Aged 12-15
Attend average of 1+ sessions
<b>Performance Criteria</b>
Competition is recommended but not essential
Must compete in team competition when needed
<b>Training Criteria</b>
Must have completed all Academy 1 skill outcomes
Swimmers should be able to hold good technique with stroke counts (stated in HAC Academy 1) across all 4 strokes up to 50m FC, 25 Back and Breast 12.5-25 Fly
Swimmers can kick 4x50 on all strokes
Swimmers should be able to attempt skills including 4 dolphin kicks, turns, starts, sculling, kick on all strokes
Is punctual to most sessions
Show basic lane discipline
Can listen, show respect and follow coach instruction
<b>Competitions to Attend</b>
Some selected open meets and away competitions,
HAC Development Meet and Timetrials
All team galas such as Arena League
<b>Equipment Needed</b>
Kickboard, Pullbouy, Short Blade Fins, 2 x Drinks Bottles, HAC Black and White Cap, Goggles, Costume,

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<b>Masters</b>
Group Number:
<b>Primary Criteria</b>
Aged 18+
Attendance criteria is not needed
<b>Performance Criteria</b>
Competition is recommended but not essential
Must compete in team competition when needed
<b>Training Criteria</b>
Ability to train all distances and strokes
Has the ability to read the clock, set off on correct turn arounds, understand and complete full sets
Is punctual to most sessions
Can listen, show respect and follow coach instruction
<b>Competitions to Attend</b>
Masters Competitions
Open Water Competitions
All team galas such as Arena League
<b>Equipment Needed</b>
Kickboard, Pullbouy, Short Blade Fins, 2 x Drinks Bottles, HAC Black and White Cap, Goggles, Costume,

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## Learn to Swim Academy

HAC Academy 1 Outcomes	
•	50m Front crawl breathing every 3 strokes with 20 strokes per length.
•	25m backstroke with 20 strokes per length, good rotation, head still.
•	12.5m butterfly breathing every 2 strokes.
•	25m breaststroke 16 strokes max per length with good timing, pull, breathe, kick glide and whip kick.
•	Push and glide test for a minimum of 6 meters in a streamline position.
•	5 dolphin kicks into flutter kick.
•	Breaststroke underwater phase with full pull out.
•	25m body position kick on front.
•	25m body position kick on back.
•	25m front scull with no kick.
•	25m scull on back head first.
•	Kick 50m streamline kick on all strokes in a streamline position.
•	Perform a front crawl and backstroke turn with underwater phase.
•	Perform a touch turn for fly and breaststroke.
•	Correct finish on all 4 strokes.
•	Perform a standing dive.

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HAC Academy 2 Outcomes	
	• 25m front crawl breathing every 3 strokes with 24 strokes per length.
	• 25m backstroke with 24 strokes per length, good rotation, head still.
	• 10m butterfly with arms clearing the water attempting to breathe.
	• 25m breaststroke with under 18 strokes with correct leg kick.
	• Push and glide test for a minimum of 5 meters in a streamline position.
	• Streamline push and glide underwater to perform 4 dolphin kicks to the surface.
	• 20m Body position kick (Superman) rotating to breathe, no aids.
	• 25m kick on all strokes in a streamline position
	• Forward somersault into the wall attempting to push off the wall with two feet.
	• 15m front scull.
	• 15m head first scull.
	• Hold a streamline float on the front for 5 seconds with rotation onto the back for 5 seconds.
	• Perform a kneeling dive.

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### HAC Academy 3 Outcomes

- 15m front crawl breathing every 3 strokes.
- 15m backstroke with little finger entry.
- Push off the wall with 3 butterfly arms strokes arms clearing the water no breath.
- 15m breaststroke to include a whip kick, feet turned out.
- Push and glide test for a minimum of 4 meters underwater in a streamlines position.
- Perform a push and glide under the water to include 3 dolphin kicks up to the surface.
- Float on front arms by side and rotate onto the back
- Perform a combination of three different floats e.g. star, pencil, mushroom.
- 15m Superman position rotating to breathe to the side on front with aid.
- 15m streamline kick on all four strokes.
- Perform a forward somersault.
- 10m scull on front.
- 10m scull on back.
- Perform a sitting dive.

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