
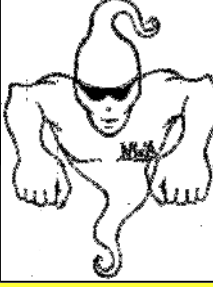


## North West Athletics: Swimming Level Expectations

© NWA 2006  
Russell Parsons

*Improvement  
is my goal*





### Junior Swimmer

[www.nwaswimaths.com](http://www.nwaswimaths.com)

### NWA Junior Swimmer

- Trying hard
- All equipment ready
- Basic Skills: B/K & F/S
- Kneeling & ½-Kneeling Dives
- Ladder B/K Starts
- Standing Somersault
- Kicks with fins & board
- Lateral F/S and B/K (fins)
- Poolside B/R Drills



**INTERMEDIATE**









[www.nwaswimaths.com](http://www.nwaswimaths.com)

### NWA Intermediate Swimmer

- Regular Attendance
- 100m F/S Bilateral Breathing
- 50m .. FS .. BR .. BK .. FLY  
(excellent form in all strokes)
- Track & Grab Starts ► sprint swim to 25m
- B/K & B/R Starts ► sprint swim to 25m
- Tumble Turn: 25m IN ► 25m OUT
- 50IM: 4 Fly►8 B/K►4 B/R►F/S

*Technique is Everything*





**Be Your Best**

**North West Athletics  
Senior Swimmer**

[www.nwaswimaths.com](http://www.nwaswimaths.com)

### NWA Senior Swimmer

- 30 training sessions in the current season.
- Stroke Progressions – all strokes.
- 400m F/S or Form (individual time goal).
- 200m F/S or Form Kick (individual time goal).
- 200m IM Kick (individual time goal).
- Four (4) completed Lactate Sessions.

Seniority .. nothing to do with age

**Seniority is about attitude**

[www.nwaswimaths.com](http://www.nwaswimaths.com)

Various other expectations will be introduced at coach discretion  
Swimmers will be awarded an appropriate tag when they demonstrate expectations.

An outline of the details of each Stroke Progression and the IM Expectations for Senior Swimmers  
can be obtained by request .. and, a special tag signifies completion of each progression.

# North West Athletics: Challenges for SENIOR Swimmers

*Seniority is not about age .. Seniority is about ATTITUDE*



The only performance over which you have control, is your Performance

www.nwaswimaths.com

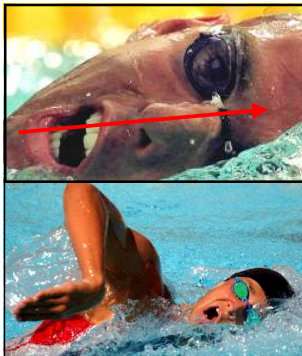
www.nwaswimaths.com

After demonstration of each Challenge, you will be awarded with a special tag. **YOU will be a Senior Swimmer**  
There are other challenges

### A Backstroke Progression (fins / no fins)

- 25 Lateral B-K (R) .. 25 Lateral B-K (L)
- Lateral B-K: 8 Kick-3 Str. Switch
- Rotators .. hands by side
- Rotators .. hands by side .. cup
- Lateral B-K: 8K-3 Str. switch .. cup
- ½ Recovery Rotators: 6-8K- Switch (cup)
- Exchange Arm

hips lead rotation



NWA Swimming

### Freestyle Progression

www.nwaswimaths.com

### A Freestyle Progression

- F/S Kick with board; fins / without fins
- Lateral F/S; board – with fins – w/o fins – no board
- Lateral F/S: 6/8 kicks – 3 stroke switch
- Lateral F/S: 8K – ½ recovery – 3 & 1 stroke switch (Shark Fin)
- Torpedo Kick (u/w .. fast kick)
- F/S: single arm .. 4 x right/4 x left
- Heads Up F/S Kick (*Penguin*)
- Bilateral F/S .. on 3; on 5

**QUALITY** is more important than Quantity



### A Breaststroke Progression

- Poolside + Wall “Slide”
- B-R K on Back with board
- Streamline B-R Kick on back
- *Heels to Hands* (on back / on front)
- Str. B-R Kick on front
- 1Pull – 2 Kicks .. variations
- Full Stroke

**Cues**  
*Head Back*  
*Hips Up*  
*Toes Up*  
**Variation**  
Band

Good is not enough, when ... **better** is possible



**FLY:** when the head is up, the hips are down. Lift head to allow breath in; too high—swimmer stalls.

www.nwaswimaths.com

Chin on the water

I have learnt a Butterfly Progression ... 10 drills

### BUTTERFLY PROGRESSION .. 10 Bill Sweetenham Drills

1. 25 FLY Kick .. Back Streamline (*Torpedo*)
2. 25 FLY Kick .. Front Streamline (*Torpedo*)
3. 25 FLY Kick .. Arms Folded – Back
4. 25: u/w Dolphin Kick ▶ 2 Arms ▶ Front Torpedo ▶ 2 Arms ▶
5. 25 FLY Kick .. Back; X-over arms
6. 25: u/w Dolphin Kick ▶ 3 Arms ▶ Front Torpedo ▶ 3 Arms ▶
7. 25 Front FLY Kick .. Front, with Scull (u/w)
8. 25: u/w Dolphin Kick ▶ 4 Arms ▶ Front Torpedo ▶ 4 Arms ▶
9. 25 FLY Kick .. Arms Folded – Front
10. 25 FLY .. Full stroke; count strokes



### NWA .. Individual Medley (A Senior Achievement)

Walk back recoveries, or, 1-1:30 min. in-water recovery

1. 2 x 35m IM (3Fly▶6B/K▶3B/R▶F/S) .. w/b
2. 2 x 50m IM (4▶8▶4▶F/S) .. w/b
3. 2 x 100 IM (25's)
4. 100m IM .. delete favourite stroke .. insert least favourite
5. 100m IM Kick - (25's) Str. Fly Front▶Str. B/K▶Str. B/R on back▶Str. F/S Kick on front — no board
6. 2 x 200 IM (50's)

All—Dive starts

Efforts may be timed

Variations .. but technique is everything

www.nwaswimaths.com