

## Gator Group Standards

By the end of the season swimmers should ideally ...

- **6 - Under:**

- a. Be comfortable with putting their face in the water.
  - Blowing bubbles
- b. Have a basic understanding of sculling and balancing
- c. Hold a tight streamline
- d. Be comfortable with diving from the side of the pool
- e. Be able to swim one lap of freestyle unassisted
  - Maintain a constant kick
  - Breathing to the side with little or no head lift
- f. Be able to swim one lap of backstroke unassisted
  - Maintain a constant kick
  - Legal finish on their back
- g. Know the basics of butterfly stroke
- h. Be able to kick one lap of butterfly legally
- i. Have an introduction (maybe) of breaststroke
  - Begin to learn breaststroke kick

- **7 - 8:**

- a. Be comfortable with putting their face in the water.
  - Blowing bubbles
- b. Have a basic understanding of sculling and balancing
- c. Hold a tight streamline
- d. Be comfortable with diving from the side of the pool
- e. Have a basic understanding of flip turns
- f. Be able to swim two laps of freestyle unassisted
  - Maintain a constant kick
  - Breathing to the side with little or no head lift
- g. Be able to swim two laps of backstroke unassisted
  - Maintain a constant kick
  - Legal finish on their back
- h. Be able to swim one lap of butterfly
  - Maintain body/head position
  - Legal finish with two hands
- i. Be able to kick one lap of breaststroke legally
- j. Know the basics of breaststroke

- **9 - 10:**

- a. Be comfortable with putting their face in the water.
- b. Be able to scull for two laps both no kicking and with kicking
- c. Leave the wall with their toes up at the start of each set

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- d. Hold a tight streamline to the flags (5 yards)
- e. Be comfortable with diving from the side of the pool or off the blocks
  - Understand whistle starts
- f. Be able to do a legal turn in all strokes
  - Free, Back, Breast, Fly, IM
- g. Be able to swim two laps of freestyle
  - Maintain a constant kick
  - Breathing to the side with little or no head lift
- h. Be able to swim two laps of backstroke
  - Maintain a constant kick
  - Legal finish on their back
- i. Be able to swim two laps of butterfly
  - Maintain body/head position
  - Legal finish with two hands
- j. Be able to swim two laps of breaststroke
  - Maintain body/head position
  - Legal pulldown.
  - Legal finish with two hands
- **11 - Older:**
  - a. Be comfortable with putting their face in the water.
  - b. Be able to scull for two laps both no kicking and with kicking
  - c. Leave the wall with their toes up at the start of each set
  - d. Hold a tight streamline to the first black marker (8.5 yards)
  - e. Be comfortable with diving from off the blocks
    - Understand whistle starts
  - f. Be able to do a legal turn in all strokes
    - Free, Back, Breast, Fly, IM
  - g. Be able to swim four laps of freestyle
    - Maintain a constant kick
    - Breathing to the side with little or no head lift
  - h. Be able to swim four laps of backstroke
    - Maintain a constant kick
    - Legal finish on their back
  - i. Be able to swim two laps of butterfly
    - Maintain body/head position
    - Legal finish with two hands
  - j. Be able to swim two laps of breaststroke
    - Maintain body/head position
    - Legal pulldown.

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- Legal finish with two hands