

ASA National Swim Awards for Children aged 4-16 years

Stage 1

- Developing basic safety awareness, basic movement skills and water confidence skills.
- Swimmers may use aids, eg arm bands, floats etc.

Stage 2

- Developing safe entries to the water, including jumping in, basic floating, travel front and back up to a distance of 5 metres, plus rotation to regain upright positions.
- Swimmers may use aids, eg arm bands, floats etc.

Stage 3

- Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.
- At this stage the swimmer will be assessed without the use of aids or supports.

Stage 4

- Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 10 metres to the given standard as directed by the ASA.

Stage 5

- Developing skills through sculling and treading water skills and complete rotation, also performing all strokes for a distance of 10 metres to the given standard as provided by the ASA within the NPTS resources.

Stage 6

- Developing effective swimming skills including co-ordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the swimmer's choice, developing the water safety aspects and understanding of preparation to exercise.

Stage 7

- Developing quality stroke technique up to 100 metres incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 - 7.

Stages 8 – 10

- Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 - 7, they will move on to FUNDAMENTAL SPORT SKILLS, STAGES 8 - 10 of the NPTS in Competitive Swimming.
- Stage 8, 9 and 10 of the NPTS are discipline specific and have synergy with the grass roots programme developed by the disciplines to support their swimming.

Academy Squad

- Designed specifically to lay the foundation required to prepare young swimmers to take part in the development coaching and training programmes run by swimming clubs.
- Preparation for taking part in competition swimming.
- Focuses on the consolidation of effective techniques, racing skills and a suitable range of drills and practices. The final stages introduce the more demanding aspects of training development.