

Congratulations

Your standout achievements this term are:



Mighty Mussels

Skills achieved at this level:

- From a streamline position freestyle five continuous lengths showing bilateral breathing, strong kick, high elbow recovery and good technique
- From a backstroke start complete five continuous lengths
- Two continuous lengths of correct breaststroke pull-breath-kick-glide
- Perform four butterfly strokes with pop up breathing
- Ability to perform tumble turn and push off onto back
- Understanding of race starts and finishes
- Ready for next stage of swimming – Mini Squads
- Ability to swim distances with efficient stroke
- Understanding of drills and what they are achieving



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