

Pool Skill Targets: Junior 2

- Consistently use the pace clock to start off a swim, set off 5 seconds after the swimmer in front and complete sets on specific turn around times
- Complete 100m IM kick without pausing or breaking the following kick positions: fly, backstroke, breaststroke – streamlined on back. Frontcrawl with a kick board head up.
- Perform these drills: fingertip drag frontcrawl, polo frontcrawl, 5 count catch-up frontcrawl, single arm backstroke, 1pull2kicks breaststroke
- Perform a sink, push and glide onto front and back from in the water with competent streamlining
- Swim a minimum of 15m underwater streamlined butterfly kick on front and back with fins from a start in the water
- Perform a competitive backstroke start, then streamlined butterfly kick underwater until a minimum of 10m from the wall, transfer into stroke and complete the remainder of the 25m
- Perform a competitive dive from the side (using a grab start), then streamlined underwater kick until a minimum of 10m from the wall, transfer into stroke and complete the remainder of the 25m for both frontcrawl and butterfly
- Perform a competitive dive from the side, perform a legal breaststroke under water phase, transfer into stroke and complete the remainder of the 25m
- Perform legal turns for all 4 strokes
- Swim a continuous 100IM using legal turns
- Complete simulated races in training of 50m on all strokes with legal technique
- Perform a set lasting 800m (eg: 16 x 50m) on a specific turn around time
- Perform a kick set lasting 400m on a specific turn around time

Progression to Junior 3 will be decided by the Junior 2 Coach, in consultation with the Junior 3 Coach, the swimmer and the swimmer's parents. It will be based on the consistent achievement of these skills, the consistent achievement of the Junior 2 Swimmer Expectations and a consideration of where the swimmer will progress best.