

Pool Skill Targets: Junior 3

Summary: *The key theme of Junior 3 training in the pool is competitive skill development. Swimmers will learn how to perform skills that they have been introduced to in Junior 1 and 2 to a higher level. They will also learn new, more advanced skills. Everything is designed to equip swimmers with the core skills to later develop into outstanding competitive athletes.*

- 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 200m IM kick without pausing or breaking the following kick positions: fly, backstroke, breaststroke – streamlined on back. Frontcrawl with a kick board head up.
- Competently perform these drills and training skills: fingertip drag frontcrawl, polo frontcrawl, frontcrawl almost-catch-up, single arm frontcrawl, single arm backstroke, 1pull2kicks breaststroke, 654321 breaststroke, Super Easy to Super Fast on all strokes.
- Swim a minimum of 25m (with fins) and 15m (without fins) underwater streamlined butterfly kick on front and back from a start in the water.
- Competently perform a competitive backstroke start, then streamlined butterfly kick underwater past 10m from the wall, competently perform the transition into stroke and sprint the remainder of the 25m
- Perform a competitive dive from the block (using a grab start and a track start), then streamlined underwater kick past 10m from the wall, competently perform the transition into stroke and sprint the remainder of the 25m for both frontcrawl and butterfly.
- Perform a competitive dive from the block (using a grab start and a track start), perform a competent breaststroke under water phase, competently perform the transition into stroke and sprint the remainder of the 25m
- Consistently perform performance level turns and finishes for all 4 strokes and IM.
- Swim a continuous 200IM using legal turns
- Complete simulated races in training of 50m on all strokes with legal technique
- Perform a set lasting 1500m on specific turn around times
- Perform a kick set lasting 800m on a specific turn around time

Progression to Aquarius will be decided by the Junior 3 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 3 Swimmer Expectations and a consideration of where the swimmer will progress best.