

Adelaide Hills Swimming Centre

JUNIOR SQUAD



This certificate is awarded to

Areas covered within the season:

- Introduction & development of turns for each stroke
- Introduction & development of racing dives
- Improvement of overall stroke technique & efficiency
- Inclusion of long & short distance swims
- Development of overall general fitness & stamina
- Bronze Medallion swim
 - 100m freestyle
 - 100m survival backstroke
 - 100m sidestroke
 - 100m breaststroke
 - Aiming for completion in under 13 minutes

Instructor: _____ Date: _____