

## Junior Preliminary POOL Evaluation - SLSQ

Child Name: \_\_\_\_\_

Age Group: \_\_\_\_\_

Club: **Mooloolaba SLSC**

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6 1/10/2018 – 30/09/2019	Back or front float for a minimum of 5 seconds and recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7 1/10/2017 – 30/09/2018	Back or front float for a minimum of 10 seconds and recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8 1/10/2016 – 30/09/2017	Back or front float for a minimum of 15 seconds, recover to stand.		Swim freestyle stroke (distance 20 metres) followed by a swim underwater (distance 2-3 metres)	
Under 9 1/10/2015 – 20/09/2016	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands.	Swim freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	
Under 10 1/10/2014 – 30/09/2015			Swim freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.	
Under 11 1/10/2013 – 30/09/2014	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	
Under 12 1/10/2012 – 30/09/2013	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13 1/10/2011 – 30/09/2012			Swim freestyle stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14 1/10/2010 – 30/09/2011		Submerge to perform forward or backward roll/somersault underwater, do NOT recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim Coach Name: \_\_\_\_\_

Australian Swimming Teachers and Coaches Association Number : \_\_\_\_\_

Swim Coach Email : \_\_\_\_\_

Swim Coach Signature: \_\_\_\_\_

Date Witnessed : \_\_\_\_\_

SLSQ Club Assessor Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date Witnessed : \_\_\_\_\_