

## Junior Preliminary POOL Evaluation - SLSQ

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

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

Club: **Mooloolaba SLSC**

| Age Group and Cap Colour                                | Flotation   | Submersion  | Propulsion  | Task Complete/Comments |
|---|---|---|---|------------------------|
| <b>PINK</b><br>Under 6<br>1/10/2019 – 30/09/2020        | 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.  |                        |
| <b>FLURO GREEN</b><br>Under 7<br>1/10/2018 – 30/09/2019 | 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.  |                        |
| <b>PURPLE</b><br>Under 8<br>1/10/2017 – 30/09/2018      | 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)  |                        |
| <b>DARK GREEN</b><br>Under 9<br>1/10/2016 – 20/09/2017  | 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. |                        |
| <b>DARK BLUE</b><br>Under 10<br>1/10/2015 – 30/09/2016  |   |   | Swim freestyle stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres. |                        |
| <b>RED</b><br>Under 11<br>1/10/2014 – 30/09/2015        | 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. |                        |
| <b>AQUA</b><br>Under 12<br>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 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.                      |                        |
| <b>GOLD</b><br>Under 13<br>1/10/2012 – 30/09/2013       |   |   | Swim freestyle stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.                     |                        |
| <b>CLUB</b><br>Under 14<br>1/10/2011 – 30/09/2012       |   | 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 : \_\_\_\_\_