

## Junior Preliminary POOL Evaluation - SLSQ



Child Name:

Age Group:

Club: Mooloolaba SLSC

Age Group and Cap Colour	Flotation	Submersion	Propulsion	Has the Nipper Completed the Task? Sign in the Age Group related box if YES. Write comments if NO.
<b>UNDER 6</b> <b>PINK</b> 1/10/2020 – 30/09/2021	Back or front float for a minimum of <b>5 seconds</b> and recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide ( <b>1-2 metres</b> ) & recover to stand.	<b>UNDER 6</b>
<b>UNDER 7</b> <b>FLURO GREEN</b> 1/10/2019 – 30/09/2020	Back or front float for a minimum of <b>10 seconds</b> and recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide ( <b>2-3 metres</b> ) & recover to stand.	<b>UNDER 7</b>
<b>UNDER 8</b> <b>GOLD</b> 1/10/2018 – 30/09/2019	Back or front float for a minimum of <b>15 seconds</b> , recover to stand.	Submerge to touch the bottom with hands.	Swim freestyle stroke ( <b>distance 25 metres</b> ) followed by a swim underwater ( <b>distance 2-3 metres</b> ).	<b>UNDER 8</b>
<b>UNDER 9</b> <b>PURPLE</b> 1/10/2017 – 30/09/2018	Front to back float or back to front float – <b>5 seconds each side</b> . Tread water and/or any stroke sculling for a <b>minimum of 1 minute</b> .	Submerge to touch the bottom with hands.	Swim freestyle stroke for <b>50 metres</b> followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum <b>25 metres</b> .	<b>UNDER 9</b>
<b>UNDER 10</b> <b>DARK GREEN</b> 1/10/2016 – 30/09/2017	Front to back float or back to front float – <b>5 seconds each side</b> . Tread water and/or any stroke sculling for a <b>minimum of 1 minute</b> .	Submerge to touch the bottom with hands.	Swim freestyle stroke for <b>75 metres</b> followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum <b>25 metres</b> .	<b>UNDER 10</b>
<b>UNDER 11</b> <b>DARK BLUE</b> 1/10/2015 – 30/09/2016	Front to back float or back to front float, <b>5 seconds each side</b> . Tread water and/or any stroke sculling for <b>minimum 2 minutes</b> .	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for <b>100 metres</b> followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum <b>25 metres</b> .	<b>UNDER 11</b>
<b>UNDER 12</b> <b>RED</b> 1/10/2014 – 30/09/2015	Front to back float or back to front float – <b>5 seconds each side</b> . Tread water and/or any stroke sculling for <b>minimum 3 minutes</b> .	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for <b>150 metres</b> followed by survival stroke(s) breaststroke and/or sidestroke for <b>minimum 50 metres</b> .	<b>UNDER 12</b>
<b>UNDER 13</b> <b>AQUA</b> 1/10/2013 – 30/09/2014	Front to back float or back to front float – <b>5 seconds each side</b> . Tread water and/or any stroke sculling for <b>minimum 3 minutes</b> .	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim freestyle stroke for <b>200 metres</b> followed by survival stroke(s) breaststroke and/or sidestroke for <b>minimum 50 metres</b> .	<b>UNDER 13</b>
<b>UNDER 14</b> <b>CLUB</b> 1/10/2012 – 30/09/2013	Front to back float or back to front float – <b>5 seconds each side</b> . Tread water and/or any stroke sculling for <b>minimum 3 minutes</b> .	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 <b>200 metres</b> followed by survival stroke(s) breaststroke and/or sidestroke for <b>minimum 50 metres</b> .	<b>UNDER 14</b>

Swim Coach Name:		Swim Coach Signature:		Australian Swimming Teachers and Coaches Association Number:	
Swim Coach Email:				Date Assessed:	
SLSQ Club Assessor Name:		Signature:			
				Date Assessed:	