

BRONZE SKILLS - Specific criteria requirements for skills testing:

TURNES

Streamline Push-Off Into Flip

- 1 hands stacked, thumb wrapped, head squeezed
- 2 chin tucked to chest on flip
- 3 legs together on flipturn

2-Hand Touch & 2-Foot Push-Off

- 1 both hands touch at same time, at same height on wall
- 2 both feet push off at same time at correct placement
- 3 pushoff in streamline position

Streamline Push-Off on Back

- 1 hands stacked, thumb wrapped, head squeezed
- 2 body vertical - on surface of water
- 3 legs start bent on wall, finish with toes pointed

BP & BUOYANCY

Cannonball Float - 3 second Hold

- 1 chin tucked in
- 2 back on surface - legs tucked in underneath
- 3 stay in ball - minimum 3 seconds

Streamline Push-Off on Front

- 1 hands stacked, thumb wrapped, head squeezed
- 2 body vertical - on surface of water
- 3 legs start bent on wall, finish with toes pointed

Over & Under Breathing (Bobs)

- 1 entire face is under water - breathing out
- 2 face comes above surface - breathing in
- 3 slow and relaxed breathing

KICK

50m Flutter Kick w/Board

- 1 no stopping for 50 meters
- 2 toes pointed, legs straight (flutterkick)
- 3 arms straight on board, eyes looking forward

25m Flutter Kick on Back

- 1 no stopping for 25 meters
- 2 no pulling with arms or touching rope
- 3 body is on surface of water, toes pointed

Slide on Front + Checkmark Push-Off

- 1 pushoff is on surface of water
- 2 4 points on surface - hands, shoulders, hips, heels
- 3 toes stay pointed after pushoff

ENTRIES

Sitting Dive from Edge

- 1 arms in streamline, chin tucked
- 2 body enters in one hole - feet last
- 3 legs start bent, and end straight - toes pointed

Backstroke Push-Off w/Streamline

- 1 feet shoulder width apart
- 2 head moves towards wall - as arms bend
- 3 head goes back & arms out to the side

SCULLING

Tornado Scull / Standing Whirlpools

- 1 wrists straight
- 2 hands 12 inches deep
- 3 sweep up and out, sweep in and down

Standing Sweep In/Out

- 1 both arms extended & rotate at the elbow
- 2 fingers are together - cup like shape
- 3 sweep out - wider than shoulder width

FREESTYLE

50m Free Continuous

- 1 swimmers must breathe to the side - ear down
- 2 toes pointed, kick is near surface
- 3 big arms

BACKSTROKE

50m Back Continuous

- 1 swimmers must stay on back
- 2 arms are always moving, opposite of each other
- 3 toes pointed, kick is near surface

BREASTSTROKE

25m Breaststroke Swim w/Noodle

- 1 elbows stay in front of body
- 2 pull is out then in scull motion
- 3 feet up to bum - toes out - kick around in circle

BUTTERFLY

25m Dolphin Kick On Back w/Arms at Sides

- 1 back and forth motion of kick - starts from chest
- 2 legs straight - slight knee bend on down kick
- 3 big toes touching, toes pointed

Butterfly Arms on Deck

- 1 pull under body in S shape
- 2 finish the pull past hips
- 3 straight arm recovery