

SILVER SKILLS - Specific criteria requirements for skills testing:

URNS

Freestyle Flip Turn, Push-Off on Back

- 1 head down into wall - turn to side if need to breathe
- 2 legs & chin tucked during flip
- 3 2 feet pushoff on back - arms in streamline

2 Hand Touch, into Checkmark Push-Off

- 1 both hands touch at same time at same level
- 2 knees come into chest, 2 feet on wall
- 3 checkmark pushoff underwater - into streamline

Checkmark Push-Off Onto Back

- 1 right hand wall, left arm down the pool - drop down
- 2 hands touch - into streamline
- 3 streamline pushoff on side, roll onto back

BP & BUOYANCY

Front Star Float - 3 second hold

- 1 4 points at surface: hands, shoulders, hips, heels
- 2 arms and legs straight out to side, like a star
- 3 hold for at least 3 seconds without flipping over

Back Star Float - 3 second hold

- 1 4 points at surface: hands, shoulders, hips, heels
- 2 arms and legs straight out to side, like a star
- 3 hold for at least 3 seconds without flipping over

KICK

100m Flutter Kick w/Board

- 1 toes pointed, legs straight, hips at surface
- 2 arms straight on board, eyes looking forward
- 3 continuous flutterkick - boiling water

25m Dolphin Kick w/Board

- 1 hips at surface
- 2 arms straight on board, eyes looking forward
- 3 toes touching, hips moving up/down

25m Whip Kick w/Board

- 1 hips at surface
- 2 arms straight on board, eyes looking forward
- 3 feet to bum, toes out, kick around (at same time)

50m Flutter Kick on Back (No Board)

- 1 no stopping for 50 meters
- 2 no pulling with arms or touching rope
- 3 body is on surface of water, toes pointed

ENTRIES

Checkmark Push-Off & Glide

- 1 right hand wall, left arm down the pool - drop down
- 2 hands touch - into streamline
- 3 pushoff on side, roll onto front in streamline, hold glide

Kneeling 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

Supported Back Bridge

- 1 lying on back with legs straight, feet shoulder width
- 2 squeeze butt and abs and lift the hips high
- 3 start with shoulders on ground, progress to hands

SCULLING

5m Front Scull

- 1 arms extended - slight elbow bend when sculling out
- 2 eyes remain above surface
- 3 arms move out and in - cup shape with hands

Treading Water - 30 Seconds

- 1 cup shape with hands - moves in/out quickly
- 2 body straight - legs stay together
- 3 head stays above surface entire time

FREESTYLE

100m Free Continuous

- 1 swimmers must breathe to the side - ear down
- 2 toes pointed, kick is near surface
- 3 big arms, pull finishes past hip (bathing suit)

BACKSTROKE

100m Back Continuous

- 1 hips at surface, eyes looking at ceiling
- 2 arms are always moving, opposite of each other
- 3 toes pointed, kick is near surface

BREASTSTROKE

25m Breaststroke Swim

- 1 elbows stay in front of body
- 2 hands go OUT, head comes UP, hands go FORWARD
- 3 feet up to bum - toes out - kick around in circle

BUTTERFLY

5 Strokes of Butterfly (not failable)

- 1 pull then breathe
- 2 hips up on each stroke
- 3 feet & legs together