# SQUADS

While most Swim Schools are structured with goals focused around distance, SwimMagic has decided to progress children through squad levels based on their ability to hold technique.

The SwimMagic Squad teachers are trained to provide individual corrective feedback to swimmers in motion.

Our team are passionate and professional, and take huge pride in their ability to get the best results out of the swimmers under their guidance. To motivate your child through the SwimMagic Squad Programme be sure to talk to your SwimMagic Coordinator about participation in the SwimMagic League Carnivals.



# SWIM SQUAD GOALS



#### BRONZE

- 25m Freestyle swim with bilateral breathing
  25m Backstroke swim with
- 25m Backstroke swift with opposite arms and good entry
   25m Breaststroke kick
- · 25m Breaststroke kici
- 25m Fly kick



### GOLD

- Multiple lengths Freestyle with good technique
- Multiple lengths Backstroke
   \with good technique
- 25m Breaststroke swim
- · 25m Butterfly



#### SILVER

- 25m Freestyle swim with good streamline/timing/entry/shape
- 25m Backstroke with correct underwater pull
- 25m Breaststroke pull
- 25m One arm Butterfly



## PLATINUM

- Competition starts, turns and finishes
- Individual medley swim with correct turns
- Distance challenge
- Introduction to open water swimming skills