

TORPEDO SWIMMING SKILLS PROGRESSION

(NEW SWIMMERS)

Aqua Start Skills Level 1

(approximately 1-2 months to completion)

Safe Water Entry & Exit, Exhale in water, Fully Submerge in Water, Front & Back glide, Basic Flutter Kicks, Basic Freestyle Arms, Starfish Floats

***SSC Elementary Level 1 Test (For competent swimmers only)**

Aqua Start Skills Level 2

(approximately 1-2 months to completion)

Do a tuck Jump, Freestyle kicks 25m, Coordinate Kicks W Pulls, Freestyle Swim 5m, Basic Breaststroke Kicks, Drown proofing 30sec, Recover object (Shallow water)

***SSC Elementary level 2 Test (For competent swimmers only)**

Aqua Start Skills Level 3

(approximately 2-3 months to completion)

Breaststroke Combination, Breaststroke kicks 100m, Breaststroke 25m, Survival Back-Kicks (w/Float 25m), Drown proofing 1min, Straddle Jump, Basic Treading Water

***SSC Intermediate level 1 Test (For competent swimmers only)**

Aqua Submarine Skills Level 1

(approximately 2-3 months to completion)

Breaststroke kicks 200m, Breaststroke 50m, Recover an object (deep water), Drown proofing 2min, Survival Backstroke kicks 50m, Head Descend Dive, Treading Water 2min

***SSC Intermediate level 2 Test (For competent swimmers only)**

Aqua Submarine Skills Level 2

(approximately 2-3 months to completion)

Do a straddle jump, Breaststroke 300m, Survival Back-kicks 100m, Tread water 3mins, Underwater swim 5m Submerged, Undress in water, Tie knots treading water

***NASSA BRONZE TRAINING w/pajamas (approximately 2-3 months to completion)**

(EXISTING SWIMMERS/ After bronze test)

Aqua Submarine Skills Level 3

(approximately 3-4 months to completion)

Breaststroke 100m in 3:30mins, Freestyle swim 100m, Survival backstroke 100m, Sidestroke 50m, Treading water 4min, Underwater swim 10m Submerged, Endurance Swim 600m

***NASSA SILVER TRAINING w/pajamas (approximately 3-4 months to completion)**

Aqua Submarine Skills Level 4

(approximately 3-4 months to completion)

Breaststroke 100m in 2:30mins, Freestyle 200m, Sidestroke 200m, Survival Backstroke 200m, Treading water 5min, Feet first dive, Endurance Swim 1000m in 45mins

***NASSA GOLD TRAINING w/pajamas (approximately 3-4 months to completion)**

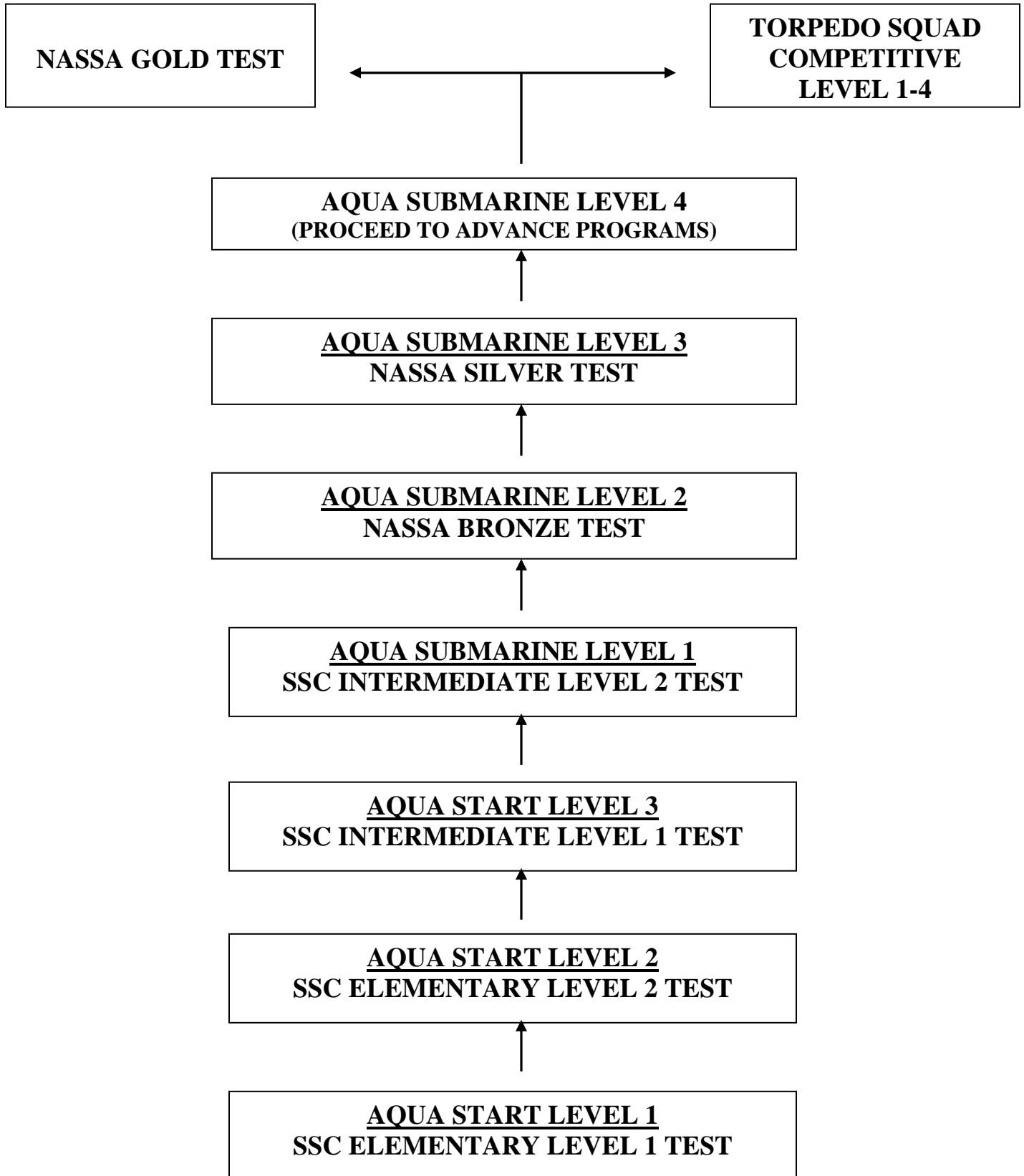
SUCCESSFUL PARTICIPANTS AFTER NASSA SILVER TEST CAN PROCEED TO THE NEXT LEVEL IN TORPEDO COMPETITIVE SQUAD AND NASSA GOLD LEVEL

NASSA chart printed on back for better understanding and reference



Torpedo Swim Team

SWIMMING PROGRESSION CHART



NASA SYLLABUS

The test for each award shall be continuous, in the order set out without pause. They must be performed in an efficient, confident and conclusive manner. Clean Swimming costumes or trunks must be worn beneath all clothing and must be approved by tester.

Bronze Award

Attire: Male - Long Pants, Long Sleeve shirt
Female - Dress or slacks, long sleeve blouse or shirt
Children below 12 years of age may use short sleeve shirt

- ✓ Affect an entry from the side of the pool by a straddle or tuck jump.
- ✓ Swim 50m.
- ✓ Demonstrate ability to “drown proof” for 1 minute
- ✓ Tread water for 3 minutes
- ✓ Undress in water and demonstrate ability to make a float from attire.
- ✓ Swim 400m using any strokes, with one surface dive during the swim and swimming at least 5m submerged.
- ✓ Climb out from the deep end without the use of steps or assistance.

Silver Award

- ✓ Affect an entry from the side of the pool by a straddle or tuck jump.
- ✓ Swim 100m in 4 minutes.
- ✓ Demonstrate ability to “drown proof” for 1 minute
- ✓ Tread water for 1 minute with one arm, the other arm at the back of the body.
- ✓ Tread water with both arms for 3minutes.
- ✓ Undress in water, make a float with attire and use it to swim 25m using legs only.
- ✓ Re-inflate if necessary.
- ✓ Swim 800m using 3 strokes, 200m backstroke, 200m sidestroke and 400m front-crawl or breaststroke with 2 surface dives, once “head first” second “legs first” swimming submerged at least 5m.
- ✓ Climb out from the deep end without the use of steps or assistance.

Gold Award

- ✓ Demonstrate a compact jump.
- ✓ Straddle or tuck jump into the deep end of the pool, and swim 100m in less than 3 minutes.
- ✓ Demonstrate ability to “drown proof” for 1 minute.
- ✓ Tread water for 1 minute with one arm waving. Raised hand may be changed 5 times.
- ✓ Tread water for 5 minutes.
- ✓ Undress in water, make a float with attire and use it to swim 25m using legs only.
- ✓ Deflate & re-inflate float & swim another 25m with float using legs only. Re-inflate can be made during the entire swim when necessary.
- ✓ Swim 1000m using 3 strokes (300m backstroke, 300m sidestroke and 400m front-crawl or breaststroke not more that 45 minutes) with 4 dives, 2 “head first” 2 “legs first” swimming submerged at least 5m.
- ✓ Climb out from the deep end without the use of steps or assistance.