

Prerequisite TimesAward Criteria. ASA National Plan Awards, stroke & start awardsSwimmers must gain the time & awards before moving up groups

Group 1 NTP (Learner) Stage 1	Prerequisites: able to swim 2~5m, put head under water & be 5yrs or older Aim to achieve awards 2 & 3	6:15~6:45 learner pool, Friday only
Group 2 NTP (Beginner) Stage 1	To get into group 2 you already have awards 2 & 3 Aim to achieve awards 4 & 5	6:15~6:45 diving pit, Friday only
<u>LENGTHS GROUPS</u>		
Group 3 NTP (Improver 1) Stage 1	To get into group 3 you already have awards 4 & 5 Aim to achieve award 6	
Group 4 NTP (Improver 2) Stage 1	To get into group 4 you already have award 6 Aim to achieve award 7	
Group 5 NTP (Advanced 1) Stage 1	To get into group 5 you already have award 7 Aim to achieve award 8	
Group 6 NTP (Advanced 2) Stage 1	To get into group 6 you already have award 8 Aim to achieve award 9	
Group 7 NTP (Precompetition development) Stage 1	To get into group 7 you already do < 50s 50m fc & have award 9 Aim to achieve award 10	
Group 8 (Presquad) Stage 2	To get into group 8 you already do < 45s 50m fc & have award 10 Aim to achieve 2 stroke awards	
Group 9 (Presquad) Stage 2	already do < 1:30s 100m fc or < 3:14s 200m fc	& already have awards up to 10 + two stroke awards Aim to achieve 3rd stroke award & start award.
Group 10 (Presquad) Stage 2	already do 1:21~25s 100m fc or 2:58~3:06s 200m fc	& already have awards up to 10 & 3 stroke & start awards Aim to achieve 4th stroke award & individual medley award
Group 11 (Squad) Stage 3+	already do 1:16~20s 100m fc or 2:48~2:57s 200m fc & 3:10~3:20 200m im	approximate ages 10/11 already have all the awards above
Group 12 (Squad) Stage 3+	already do 1:11~15s 100m fc or 2:38~2:47s 200m fc & 3:00~3:09 200m im	approximate ages 11/12 already have all the awards above
Group 13 (Squad)	already do 1:07~10s 100m fc or 2:28~2:37s 200m fc & 2:50~2:59 200m im	approximate ages 12/13
Group 14 (Squad)	already do 1:04~06s 100m fc or 2:18~2:27s 200m fc & 2:40~2:49 200m im	approximate ages 13/14
Group 15 (Squad)	already do 1:00~03s 100m fc or 2:10~2:17s 200m fc & 2:30~2:39 200m im	approximate ages 14/15
Group 16 (Squad)	already do 58~59s 100m fc or 2:05~2:09s 200m fc & 2:25~2:29 200m im	approximate ages 15/16
Group 17 (Squad)	already do 56~57s 100m fc or 1:59~2:04s 200m fc & 2:20~2:24 200m im	approximate ages 16/17
Group 18 (Squad)	already do 55s or faster 100m fc or < 1:58s 200m fc & < 2:20 200m im	approximate ages 17/18

PLEASE NOTE:

Groups 1 TO 7 are part of the ASA National Teaching Plan

- Attendance record & behaviour standard will also be taken into account before moving groups.
- It is vital for skill acquisition that National plan awards must be achieved as well as times.
- Swimmers not maintaining their group standards when assessed may be moved down a group.
- The groups will be reviewed every 12 months as standards, times & sessions change.
- For group 11+ advancement 200m for fly, back or breast can be considered by the head coach. See head coach.
Consistency in basic techniques of starts, turns, finishes, underwater phases etc will also be a pre-requisite.

Upon request these times will be considered by the head coach when a swimmer has talent in one of the form strokes but has not made the freestyle 100m or 200m qualifying times to advance groups.

	200m backstroke	200m breaststroke	200m butterfly
Group 11 (Squad)	<3.20	<3.50	<3.35
Group 12 (Squad)	<3.08	<3.40	<3.25
Group 13 (Squad)	<2.55	<3.30	<3.10
Group 14 (Squad)	<2.48	<3.20	<2.55
Group 15 (Squad)	<2.42	<3.10	<2.48
Group 16 (Squad)	<2.36	<3.00	<2.40
Group 17 (Squad)	<2.23	<2.50	<2.30
Group 18 (Squad)	≤2.17	≤2.43	≤2.22