

JUNIOR PRELIMINARY EVALUATIONS – SLSQ

CHILD NAME _____ **AGE GROUP** _____ **CLUB** _____

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6 01/10/2020-30/09/2021	Back or front float for a minimum of 5 seconds and recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7 01/10/2019-30/09/2020	Back or front float for a minimum of 10 seconds and recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8 01/10/2018-30/09/2019	Back or front float for a minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by a swim underwater (distance 2-3 metres)	
Under 9 01/10/2017-30/09/2018	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands.	Swim in front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	
Under 10 01/10/2016-30/09/2017			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres	
Under 11 01/10/2015-30/09/2016	Front to back float or back to front float, 5 seconds each side. Tread water and/or any stroke sculling for minimum 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	
Under 12 01/10/2014-30/09/2015	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13 01/10/2013-30/09/2014			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 14 01/10/2012-30/09/2013		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	

Swim Coach Name: _____ Australian Swimming Teachers & Coaches Association Number: _____

Swim Coach Signature: _____ Swim Coach Email: _____ Date Witnessed: _____