

LA84 Foundation
Summer Swim / Splash
Synchronized Swimming Program Progression Coaches Aid

The following program progression is provided as an aid to assist coaches in determining the category – Beginner or Advanced – where athletes should compete. The skills listed are provided as a guide only.

A. Development Level – Beginner (new): First year in program

1. Beginning of program
 - a. Swim 25 yds. Freestyle
 - b. Swim 25 yds. Backstroke
2. End of program
 - a. Sculling: Head First 25 yards (Traveling head first in a back layout)
 - b. Sculling: Canoe 25 yds. (Traveling head first in a front layout)
 - c. Eggbeater (Hands-free form of treading water; stationary) Maximum height.
 - d. Boost with no arms raised overhead (Rapid head-first rise with maximum amount of body above the surface of the water)

Scoring on the above skills – Pass/Fail

B. Development Level – Beginner: Two to three years in program

1. Beginning of program
 - a. Swim 100 yds. Freestyle, 100 yds. Backstroke and 25 yds. Breaststroke
 - b. Sculling: Head First 50 yds. (traveling head first in a back layout)
 - c. Sculling: Canoe 50 yds. (traveling head first in a front layout)
 - d. Sculling: Foot First 25 yds. (traveling foot first in a back layout)
2. End of program
 - a. Eggbeater 25 yds. with one arm out of the water
 - b. Boost with one arm raised overhead (Rapid head-first rise with maximum amount of body above the surface of the water)
 - c. Sculling: Foot First 50 yds. (traveling foot first in a back layout)

Scoring on the above skills – Pass/Fail

- d. Figure #310 Somersault, Back Tuck
- e. Figure #101 Ballet Leg, Single
- f. Figure #302 Front Pike Somersault

Scoring on the above skills – 4.5 or higher average in last competition

C. Development Level – Advanced: Three or more years in program

1. Beginning of program
 - a. Swim 100 yds. Freestyle, 100 yds. Backstroke, 100 yds. Breaststroke and 25 yds. Sidestroke
 - b. Sculling: Head First 100 yds. (traveling head first in a back layout)
 - c. Sculling: Canoe 100 yds. (traveling head first in a front layout)
 - d. Sculling: Foot First 50 yds. (traveling foot first in a back layout)
 - e. Sculling: Torpedo 25 yds. (traveling foot first in a back layout)

Scoring on the above skills – Pass/Fail

2. End of program
 - a. Eggbeater 50 yds. with one arm out of the water

- b. Boost with two arms raised overhead (Rapid head-first rise with maximum amount of body above the surface of the water)
- c. Sculling: Torpedo 50 yds. (traveling foot first in a back layout)

Scoring on the above skills – Pass/Fail

- d. Figure #302 Barracuda, Front Pike Somersault (maximum height)
- e. Figure #349 Tower – back ruck somersault is executed at the end of the figure
- f. Figure #360 Front Walkover (followed by torpedo sculling to a back layout.)

Scoring on the above skills - 4.5 or higher average in last competition