



ISD Sportverein e.V. Swimming

LEVEL DESCRIPTIONS

LEVEL A

Goals: getting used to water, cope with water

Entry-Requirements: None, standing secure in 90cm deep water.

Development goals:

- Reducing fear: submerging face under water, open eyes underwater.
- Building confidence: jumping, diving and gliding with and without assistance
- Measures of self-rescue: Being able to move back to the pool-edge from 1-2m distance.

Level A Key skill: Learning to utilize the concept of buoyancy.

LEVEL B

Goals: Learning first swimming technique/ Learn to swim

Entry-Requirements: Level A certificate/ Level A key skill

Development goals:

- Learning breaststroke swimming style (First with, later without floatation devices)
- Diving skills: Basic distance diving (up to 3m) and deep diving (up to 1.2m)
- Building confidence: Jump into up to 2m deep water, learning different jumps and their use („pin“, „cannon ball“)

Level B Key skill: Being able to swim 15m independently.

LEVEL C

Type: Intensive Lessons

Goals: Building up stamina, introduction into backstroke, Deep Diving, Technical Training

Entry-Requirements: Level B certificate/ Level A+B key skills (being able to swim independently for 15m)

Development goals:

- Learning to swim backstroke swimming style (with breaststroke legs, kicking legs, with and without arm movement)
- Technical Training in previously learned strokes (e.g. Breast Stroke)
- Learning to swim longer distances.
- Improving on general skills: jump from 1m diving board, up to 2m deep diving, up to 5m distance diving

Level C Key skill: All-round swimming capabilities. Participants should be „swim safe“ now.



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LEVEL D

Type: Intensive Lessons
Goals: Building up stamina, introduction into freestyle, Technical Training
Entry-Requirements: Level C certificate/ Level C key skill + coach's recommendation

Development goals:

- Learning to swim basic freestyle
- Technical training in all previously learned strokes (Breaststroke, Backstroke)
- Head first entry from pool edge, jump from 3m diving board.
- General stamina improvements.

Level D Key skill: Understanding and ability to swim 3 different strokes, at least 2 untiring.

Level E

Type: Group Lessons/ Training
Goals: Ability to swim long distances, Correct turns, Transportation, Timegated swimming
Entry-Requirements: Level D certificate/ Level D key skill

Development goals:

- Learning to swim basic butterfly movements, learning sculling technique.
- Technical training in all previously learned strokes. (Breaststroke, Backstroke, Freestyle)
- Head first entry from startblock and 1m diving board.
- Building stamina to swim up to 800m.
- Introduction into races and relays.

Level E Key skill: Swimmers should be prepared to swim recreationally

LEVEL F

Type: Group Training
Goals: Introduction into competitive swimming, fast swimming
Entry-Requirements: Level E certificate/ Level E key skill

Development goals:

- Build up strength and stamina on a semi-competitive level
- Technical training in all previously learned strokes (Breaststroke, Backstroke, Freestyle, Butterfly)
- Introduction into flip turns and other turn-techniques

Level F Key skill: Swimmers should be prepared to swim recreationally or at a competitive level



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MASTERS

Type: Group Training
Goals: Competitive Swimming, Technical training, Starts and Turns, Fast swimming
Entry-Requirements: Level E+F certificate/ Level E+F key skill, Coach's Recommendation

Development goals:

- Intensive, recreational swim training for everyone who mastered Level F and NECIS swim team members. NECIS participation is not mandatory.