



# **NIPPER PROFICIENCY SWIM**

## **Wamberal SLSC – 2024/25**



**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Age Group for 2024/25:** \_\_\_\_\_

	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
2019	U6	U6	U6	U6	U6	U6	U6	U6	U6			
2018	U7	U7	U7	U7	U7	U7	U7	U7	U7	U6	U6	U6
2017	U8	U8	U8	U8	U8	U8	U8	U8	U8	U7	U7	U7
2016	U9	U9	U9	U9	U9	U9	U9	U9	U9	U8	U8	U8
2015	U10	U10	U10	U10	U10	U10	U10	U10	U10	U9	U9	U9
2014	U11	U11	U11	U11	U11	U11	U11	U11	U11	U10	U10	U10
2013	U12	U12	U12	U12	U12	U12	U12	U12	U12	U11	U11	U11
2012	U13	U13	U13	U13	U13	U13	U13	U13	U13	U12	U12	U12
2011	U14	U14	U14	U14	U14	U14	U14	U14	U14	U13	U13	U13
2010										U14	U14	U14

Age Group	Preliminary Evaluation	Date Achieved
U6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform back or front float holding a buoyant aid and recover to a secure position.	
U7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform back or front float for a few seconds and recover to a secure position.	
U8	25m swim (any recognised stroke) 1 minute survival float	
U9	25m swim (any recognised stroke) 1 minute survival float	
U10	25m swim (any recognised stroke) 1.5 minute survival float	
U11	50m swim (any recognised stroke) 2 minute survival float	
U12	100m swim (any recognised stroke) 2 minute survival float	
U13	150m swim (any recognised stroke) 3 minute survival float	
U14	200m swim (any recognised stroke) 3 minute survival float	

Recognised swimming/survival strokes (i.e., front crawl, breast stroke, back stroke, side stroke, survival back scull, butterfly) may be demonstrated using one or more combination of strokes. Both the preliminary and competition evaluations should be undertaken in a continuous fashion.

**Name of Assessor:** \_\_\_\_\_ **Signed:** \_\_\_\_\_

**Swim School:** \_\_\_\_\_ **Lesson/General lap (circle)** **Date:** \_\_\_\_\_

*Please return this form to your Age Manager at nippers; or email to [nippers@wamberalslsc.au](mailto:nippers@wamberalslsc.au)*