ARTISTIC SWIMMING WA DEVELOPMENT AND PATHWAY



Recreditional Level 1 AquaSIART Participants Club Members ASAI - Recreditional Club Members ASAI - Recreditional Club Members ASAI - Recreditional ASAI - Recreditional State Learn to Swim Water Safety Having FUN Loarning FUNdamental skills Building artistic swimming technical toundation TRAINING FREQUENCY TRAINABILITY / COMPETENCIES Suppleness (flexibility) Rhythmic Musically Physical Literacy Basic & Fundamental Aqualic Movements Star 1 and 2 Star 3 and 4 Star 3 and 4 Star 5 and 6 - 12 & Under age group Star 5 to 8 - 13 & Over age group AquaSIART Course Aquatic Rescue Course Sh of Supervised Coaching Aquatic Rescue Course Sh of Supervised Coaching Personal Development ASAI Coaching Level 1 and Conflinguis Coaching Personal Development ASAI Coaching Level 1 and Conflinguis Coaching Personal Development		STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
ASAI - Recreational National Competitors National Competitors Paged Acquire Refine Performance Skills Acquire Performance Skills Acquire Performance Skills Acquire Skills on Demand Physical Literacy Star Program Star			Recreational Level 2	State Stream	National Stream	High Performance
TRAINING FREQUENCY In x 1 week Zh x 2 week Zh x 2 week Zh x 2 week Zh x 3 week Zh x 2 week Zh x 2 week Zh x 3 week Zh x 1 week Zh x 1 week Zh x 1 week Zh x 2 week Zh x 2 week Zh x 3 week Zh x 3 week Zh x 1 week Zh x 1 week Zh x 1 week Zh x 1 week Zh x 2 week Zh x 3 week Zh x 2 week Zh x 3 week Zh x 4 week Zh x 6 week Zh x 7 week Zh x 6 week Zh x 7 week Zh x 6 week Zh x 7 week Zh x 7 week Zh x 6 week Zh x 7 week Zh x 7 week Zh x 6 week Zh x 7 week Zh x 6 week Zh x 7 week		Participants				
TRAINABILITY / COMPETENCIES Suppleness (flexibility) Rhythmic Musicality Physical Literacy Physical Literacy Physical Literacy Physical Literacy Fundamental Movement Skills Artistic Swimming Technical Skill Foundation Star PROGRAM Star 1 and 2 Star 3 and 4 Star 5 and 6 - 12 & Under age group Star 5 to 8 - 13 & Over age group COACHING LEVEL REQUIRED AquastART Course Aquatic Rescue Course Aquatic Rescue Course AguastART Course Aquatic Rescue Course Aguatic Rescue Course Suppleness (flexibility) Speed Acquire Artistic Swimming Skills Acquire Performance Skills Acquire Skills Acqu	STAGE	Water Safety	Building artistic swimming	State Competitors	National Competitors	
COMPETENCIES Musicality Physical Literacy Basic & Fundamental Aquatic Movements Star 1 and 2 COACHING LEVEL REQUIRED Aquastart Course Aquatic Rescue Course Acquire Artistic Swimming Skills Stamina Strength Develop Ideal Physical Literacy Star 1 star 5 and 6 - 12 & Under age group Star 5 to 8 - 13 & Over age group Acquire Acquire Performance Skills Acquire Skills on Demand Physical Literacy Star 9 and above N/A Asal Coaching Level 1 and Continuous Coaching Asal Coaching Continuous Coaching		1h x 1 week	2h x 1 week	2-3 week	3-5 week	5-6 week
COACHING LEVEL REQUIRED Aquastar Course Aquastar Course Aquatic Rescue Course Aquatic Rescue Course Aquatic Rescue Course Asal Coaching Level 1 Asal Coaching Level 1 and Continuous Coaching Continuous Coaching	TRAINABILITY / COMPETENCIES	Musicality Physical Literacy Basic & Fundamental Aquatic	Speed Physical Literacy Fundamental Movement Skills Artistic Swimming Technical	Acquire Artistic Swimming Skills Stamina Strength	Acquire Performance Skills Acquire Skills on Demand	
LEVEL REQUIRED Aquatic Rescue Course Aquatic Rescue Course 15h of Supervised Coaching Continuous Coaching Continuous Coaching	STAR PROGRAM	Star 1 and 2	Star 3 and 4	age group	Star 9 and above	N/A
		Aquatic Rescue Course	Aquatic Rescue Course		Continuous Coaching	Continuous Coaching

