

# ARTISTIC SWIMMING WA DEVELOPMENT AND PATHWAY



	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
	<b>Recreational Level 1 AquaStART</b>	<b>Recreational Level 2</b>	<b>State Stream</b>	<b>National Stream</b>	<b>High Performance</b>
	Participants	Club Members ASAI - Recreational	Club Members ASAI - Recreational	Club Members ASAI - Recreational	Club Members ASAI - Recreational
STAGE	Learn to Swim Water Safety Having FUN	Learning FUNDamental skills Building artistic swimming technical foundation	State Competitors	National Competitors	National and International Competitors
TRAINING FREQUENCY	1h x 1 week	2h x 1 week	2-3 week	3-5 week	5-6 week
TRAINABILITY / COMPETENCIES	Suppleness (flexibility) Rhythmic Musicality Physical Literacy Basic & Fundamental Aquatic Movements	Suppleness (flexibility) Speed Physical Literacy Fundamental Movement Skills Artistic Swimming Technical Skill Foundation	Speed Acquire Artistic Swimming Skills Stamina Strength Develop Ideal Physical Literacy	Refine Artistic Swimming Skills Acquire Performance Skills Acquire Skills on Demand Physical Literacy	Refine Performance on Demand
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	Star 9 and above	N/A
COACHING LEVEL REQUIRED	AquaStART Course Aquatic Rescue Course 5h of Supervised Coaching	AquaStART Course Aquatic Rescue Course 10h of Supervised Coaching	ASAI Coaching Level 1 15h of Supervised Coaching	ASAI Coaching Level 1 and Continuous Coaching Personal Development	ASAI Coaching Level 1 and Continuous Coaching Personal Development

