

Pre-Assessment for the Skill Level at Portsmouth on the 6th April 2008

This will take place on Tuesday 11th March 2008 during the normal club session.

Please note that I have decided to enforce the following rules for the forthcoming skill level assessment. These are mainly related to those that would like to be entered for skill level 3.

Skill Level 1 and 2 – These will be assessed with the view that anyone who it is thought will at least get the required passes, to initiate the retake process, will be entered.

Skill Level 3 – Only those swimmers with flat splits on the 11th March 2008 will be entered for the skill level on the 6th April 2008. This is due to flats splits being a mandatory element that must be passed to gain skill level 3. Flats splits will be determined as per the instructions in the skill level booklet, i.e. legs flat on the floor, crotch on the floor, arch in lower back so body is vertical, knees demonstrating extension, front leg rolled so heel points towards the floor, back leg rolled so the heel aims to point towards the ceiling.

Height of verticals will also be noted in inverted vertical and inverted bent knee with ½ twist as well as in crane. However it is understood that these could be accomplished in the time frame.

Skill Level 1

Emma Carpenter
Shannon Day
Celina Dembinska
Sophie Eyre
Abigail Harrison
Lara Hockin
Hannah James
Charlotte Langley
Tiffany Le
Leila Vickers
Ella Watson

Skill Level 3

Hannah Clarke
Hannah Cole
Hayley Cornick
Pippa Cross
Nicole Golder
Leonie Kearns
Danielle Leovold
Jaeliene Marklew
Emily Randall
Steffi Stone

Skill Level 2

Antonina Dembinska
Kate Morgan
Elizabeth Plummer
Hannah Randall

Skill Level 4

Hannah Bignell
Lucy Hockin
Laura Simmonds

Skill Level 5

Robyn Bignell
Emily Stevens

If there is anyone else that feels they wish to be included then please let me know.
However after the Marlborough skill level assessment the club feels that we need to ensure that those we send do have a positive chance of passing.