

Subskills of Grouper

		Subskill	Subskill Code	Video URL	Order
	Kickboard advanced			1	
	Freestyle advanced			2	
	Backstroke advanced			3	
	Breaststroke advanced			4	
	Butterfly advanced			5	
	Transitions competition			6	
	Flip Turns advanced			7	
	Stroke Drill advanced			8	
	Stream Line advanced			9	
	Kneeling Dive (big pool)			10	
	Standing Dive (big pool)			11	
	Starts from blocks (big pool)			12	
	Breath Control advanced			13	
	100 IM advanced			14	
	Racing Speed			15	
	Eggbeater Kick (hands up)			16	
	25 Free (30 sec or less)			17	
	100 Free (2:30 or less)			18	