

Bronze Squad Families:

Welcome to Bronze Squad! We at WSC are excited for the upcoming season! I will be your Bronze Squad Lead Coach for this season to help guide your journey through swimming. I would like to take a moment to share my background and ideology when it comes to coaching. Additionally, I will provide some information about the goals and expectations for Bronze Squad

Coaching Background and Ideology

I have been coaching on the WSC staff since 2019 as an assistant coach and transitioned into being the Lead Coach of Bronze Squad the summer of 2022. I hold a BA and a MEd in Exercise Science from Wichita State University.

Swimming has always been a passion of mine, and to pay that forward, I became a swim coach. My primary goal is to create an environment that allows athletes to enjoy the sport through camaraderie, performance, and self-development. This involves promoting excellence within oneself through the sport of swimming, developing a competitive drive, discipline, and a sense of self-responsibility regarding perceived successes and failures.

Bronze Squad Objectives and Expectations

Bronze squad athletes are expected to take ownership of their swimming through developing personal accountability, work ethic and commitment to the sport. At this level, the goal is to reinforce training concepts, while developing self critical skills in regards to technique. It is essential for athletes to maintain a strong foundation by completing each practice to the best of their ability. Training will be supplemented with out-of-water mobility/awareness training and weight training to develop stability, strength and control throughout various movement patterns.

Lastly, communication between coaches, swimmers and families is paramount. We encourage swimmers and families to communicate as needed with our coaching staff. Please keep in mind that we want the best for our swimmers, and every decision is made with that in mind. Our cooperation is essential to ensure continued achievement. I am always available before practice, email or appointment, should the need arise.

Practice Expectations

Bronze Squad practice Schedule

Practice schedules are subject to change and can be confirmed weekly via email and our team newsletter.

Practice Schedule

Monday: 3:45-5:45 PM

Tuesday: 5:20-6:50 AM

Wednesday: 5:15-7:15 PM

Thursday: 3:45-5:45 PM

Friday: 3:45-5:15 PM

Saturday: 10:00 AM-12:00 PM

Bronze Squad Attendance

The Bronze Squad's practice policy is tailored to accommodate athletes with varied goals and schedules. There is no minimum practice requirement to remain in the group, though it's important to note that poor attendance may hinder improvement in the sport. The season plan is designed around six (6) practices per week, with a recommended minimum of four (4) for continued improvement and three (3) for maintaining current speed and technique.

Practice

Bronze Squad is for athletes 14 (by December 1st of that season) or older with an emphasis on reiterating technical basics and fundamentals in all four strokes. They continue to progress in refinement of stroke technique and body awareness in the water.

Training is designed to develop and strengthen technical skills and aerobic capacity throughout the season, with the goal of being able to develop training experience and confidence to race in a variety of strokes and distances. The short course yards season is 28 weeks long. These first eight (8) weeks will be set aside to introduce technical aspects of strokes as well as preparation for our training cycles. Bronze Squad will be completing training in four (4) week long training cycles over the course of the season. Each cycle will further our progression and grow in intensity and yardage week by week.

Swim Meets

The WSC Short Course Yards Meet Schedule is available [here](#). Jim Devine, Central Plains Elite Showcase, KMSC Pro-Am, Splash Club Meet of Champions and Championship Meets all have qualifying standards that must be met prior to the registration deadline for the meet unless told otherwise by WSC staff.

SCY 2025-26 Meet Schedule

Listed in **Bold font** below are the recommended meets for Bronze, with alternative meets in normal typeface.

Annual Red/Black Intra Squad | September 20

[Registration](#) Deadline September 15

📍 Wichita Swim Club

Recommended for all swimmers. WSC Hosted Meet (Please sign-up to volunteer)

WSC Fall Invitational | October 10-12

[Registration](#) Deadline October 1

📍 Wichita Swim Club

Recommended for all swimmers. WSC Hosted Meet (Please sign-up to volunteer)

Jim Devine Memorial Invitational | October 24-26

[Registration](#) Deadline October 8

📍 MizzouRec

Recommended for all qualifying swimmers. Priority meet for those looking to advance to Gold Squad

Legends Invitational | November 7-9

[Registration](#) Deadline October 29

📍 Wichita Swim Club

Recommended for all swimmers. WSC Hosted Meet (Please sign-up to volunteer)

Central Plains Elite Showcase | December 4-7

[Registration](#) Deadline November 26

📍 Wichita Swim Club

Recommended for all qualifying swimmers. WSC Hosted Meet (Please sign-up to volunteer)

KMSC Pro-AM | TBD

[Registration](#) Deadline TBD

TBD

Recommended for all qualifying swimmers.

Time Bomb | January 3
Not a meet for Bronze Squad Athletes

📍 Wichita Swim Club

Bronze Athletes should volunteer to assist with the prize table and or timing. WSC Hosted Meet
(Please sign-up to volunteer)

Splash Club Meet of Champions | January 16-18

[Registration](#) Deadline December 24

📍 Phillips 66 Splash Club

Recommended for all qualified athletes

Seahawk Chill | January 24-25

[Registration](#) Deadline January 15

📍 Hutchinson YMCA

Recommended for athletes who did not swim a December/January Meet

Last Chance | February 6-8

[Registration](#) Deadline January 28

📍 Wichita Swim Club

Recommended for athletes who have not qualified for a SCY Championship Meet. WSC Hosted Meet
(Please sign-up to volunteer)

District Championship West | February 13-15

[Registration](#) Deadline February 4

📍 Wichita Swim Club

Recommended for all qualified athletes. WSC Hosted Meet (Please sign-up to volunteer)

MoVal Senior Championships | February 26 - March 1

[Registration](#) Deadline February 18

📍 Shawnee Mission School District Aquatic Center

Recommended for all qualifying swimmers

MoVal 14 & Under Championships | March 5 - March 8

[Registration](#) Deadline February 25

📍 Shawnee Mission School District Aquatic Center

Recommended for all qualifying swimmers

Region VIII Sectionals | TBD

[Registration](#) Deadline February 25

TBD

Recommended for all qualifying swimmers

Training Equipment & Team Apparel

Swimmers are responsible for having all necessary equipment ready before the start of practice with the following:

1. Mesh Bag containing equipment recommended for their training group: water bottle, fins, snorkel, and paddles. Swimmers should label all equipment with their name.
2. Appropriate attire and footwear for dryland activities/weather. Some practices may change on a moment's notice, so it is best to be prepared for all possible activities.

Equipment & Team Apparel can be purchased from [Elsmore Swim Shop](#) online.

Optional equipment that athletes may find helpful may include Tempo Trainer, Fulcrums, Differing Styles of Fins

Communication

We encourage swimmers and families to communicate as needed with our coaching staff. When possible, our swimmers are encouraged to communicate directly with their coach. Should you have concerns, please contact your child's primary coach directly. As coaches and parents, our cooperation is essential in that each swimmer is happy, healthy and works as part of a team to ensure continued achievement.

- Website: The team website, wichitaswimclub.org, is your primary source of information about the team. It contains practice schedules, all meet information and any additional information concerning our program.
- E-mail Updates: E-mail updates concerning meet information, team events and any modifications to the practice schedule will be sent weekly or as information is made available.
- Text Alerts: In the event of last minute scheduling changes/cancellations, announcements will be sent via e-mail and a Team Unify text alert. To receive text alerts (optional), confirm your cell phone number in TeamUnify by following the instructions for enrollment.

Advancement

Consideration for advancement is based on each swimmer's individual progression throughout this year, measured against the standards of the group; racing times and meet performance are indirect factors when determining group placement. We not only consider individual strengths and needs, but the training group as a whole and what is best for the program overall.

Advancement is at the discretion of the WSC Coaching Staff. The following are the primary factors for consideration:

- Commitment to the sport through consistent practice attendance and meet attendance as recommended by the coach and in conjunction with the training group expectations.
- Maturity in chronological age, physiological age and emotional development; swimmers are expected to show leadership within their group, respect for coaches and teammates, and exemplify a strong desire to advance to the next level through a high degree of personal initiative.
- Stroke proficiency and training ability. Swimmers must demonstrate the ability to maintain stroke integrity during training. An inability to maintain proper form reinforces poor technique which hinders performance and increases risk of injury.