

Bronze Group

SKILL REQUIREMENTS

Minimum Distance:

- 500 FR
- 200 FR/BK
- 100 **LEGAL** FLY/BR
- 200 IM

Minimum Knowledge:

- Bucket + Crossover Comprehension
- Competitive starts
- Clock math (Keep it simple, don't overthink)
- Swim meet etiquette

EXPECTATIONS

Training Attendance:

- Swimmers in this group are expected to attend every training practice on the schedule.
- Absences **MUST** be notified to the head coach via Email, Text, or phone call with knowledge of communication by the swimmer's parents.

Competition:

- Bronze GROUP Swimmers are expected to attend every swim meet on the calendar marked for Gold Team.
- The coach will select all meet entries with input from the swimmer.
- **TEAM TEAM TEAM**

EDUCATION

Training:

- Technical Skills for All Strokes
- Detail Oriented Training
- Underwater Training
- Intro to Sprint Training
- Technical Training on Starts
- Technical Training flip & open Turns
- Strength & Conditioning Training

Competition:

- Increase knowledge of events
- Energy Endurance Efficiency throughout the swim meet
- **TEAM TEAM TEAM**

Time Management:

- Organizing School and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end
- Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life

outside the water, be it with family, friends, and teammates

Mental Training:

- The Utilization of Goal Setting
- Believing in Oneself
- Overcoming Failure
- Hard Work Mentality
- Focus Mentality
- **TEAM TEAM TEAM**

Emotional Training:

- Understanding Life through the sport: its Successes, Failures, Training, Desires, Etc
- Encourage and Lead your homies by example

Nutrition Training:

- Healthy Eating Recommendations

Stress Management:

- Being very committed to improving in the water yet we still want the athletes in this group to enjoy the sport and love it because this is a sport for life

Character Development

Personal:

- Respect
- Responsibility
- Discipline
- Determination
- Desire
- (+) Attitude
- Leadership
- Organization
- Focus
- Humility

Social:

- Communication
- Teamwork
- Empathy
- Friendship
- Learning how to follow
- Learning how to lead
- Online Behavior
- Respect for one another
- Respect for others' belongings
- **TEAM TEAM TEAM**