

### **Bridge to Bronze (B2B)**

Swimmers must pass all the Level 5 requirements from swim lessons. If swimmer hasn't participated in swim lessons, a swim coach will test the swimmer to make sure they are able to do the following: swim a 25 Free and 25 Back without stopping. They need to understand both Fly & Breast techniques.

Swimmers will work on the basic techniques of all 4 strokes, kicks and turns. Swimmers will learn rotary breathing. They will begin to build strength and endurance in the water.

### **Bronze Team Requirements**

To advance to Bronze, swimmers must be able to complete the following without stopping: 100 IM, 50 back, 25 breast, 25 fly, and 50 free with turns

In practice, swimmers will work on all 4 stroke techniques (Free, Back, Breast and Fly), kicks and turns. They will practice rotary breathing. They will learn how to do starts off the blocks and do drylands once a week.

Drylands are workouts outside the pool. Doing drylands helps swimmers with strength and endurance. Drylands will last 15-20 minutes. Swimmers will have 30-40 minutes of practice in the water on dryland days.

### **Silver Team Requirements**

To advance to our Silver Team, swimmers must be able to complete the following without stopping: Legal 200 IM, 50 Free, 50 Back, 50 Breast and 50 Fly with turns

In practice, swimmers will continue work on all 4 stroke techniques. They will work on endurance to increase speed without sacrificing technique. Practices are more intense and they will do drylands twice a week.

Drylands are workouts outside the pool. Doing drylands helps swimmers with strength and endurance. Drylands will last 25-30 minutes. Swimmers will have about 60 minutes in the water on dryland days.

### **Gold Team Requirements**

To advance to our Gold Team, swimmers must be able to complete the following without stopping: Legal 200 IM, 100 Free, 100 Back, 100 Breast and 100 Fly with turns. They must have achieved championship meet time standards set by Indiana Swimming

In practice, swimmers will continue work on all 4 stroke techniques. They will work on endurance to increase speed with technical accuracy. Practices are more intense as swimmers are preparing for our High School/Platinum Team and they will do drylands twice a week.

Drylands are workouts outside the pool. Doing drylands helps swimmers with strength and endurance. Drylands will last 20-30 minutes. Swimmers will have an hour and a half of practice in the water on dryland days.

### **Platinum Team**

The Platinum Team consists of all High School aged swimmers.

In practice, swimmers will continue work on all 4 stroke techniques. They will work on endurance to increase speed with technical accuracy. Practices are more intense as swimmers are preparing for our High School/Platinum Team and they will do drylands multiple times a week.

Drylands are workouts outside the pool. Doing drylands helps swimmers with strength and endurance.