

Bronze Group:

The minimum requirement for the bronze group is an ability to swim the four basic strokes. This group provides swimmers with an opportunity for continued skill development, an introduction to basic racing skills and fundamental aerobic training.

Requirements:

- 6 – 13 years of age
- Able to swim 100 yard freestyle with breathing on the side and good body position
- Able to swim 50 yard backstroke with good body position
- Able to perform legal breaststroke kick
- Able to swim 25 yard butterfly

Goals:

- Focus on technical training and competitive experience

Expectations:

- Come to practice prepared (suits, caps, goggles, equipment bag, and water bottle)
- Pay attention to coaches' instruction
- Focus on learning and working technical drills
- Work hard, have fun, and complete each practice to the best of their ability
- Have positive attitude and encourage your teammates during practice and meets
- Learn to manage school, swim, and family activities
- Learn to work with pace clock

Practice Attendance:

- 2 to 3 practices per week recommended

Meet Attendance:

- Minimum of 3 meets per year
- Attend the Championship meets if qualified