



Bronze 2 Group

The Bronze 2 group is the entry level into the SPA competitive swim program for swimmers age 6-9. Bronze 2 swimmers will be taught fundamental techniques for all four strokes, starts and turns. We will introduce them to competitive swimming situations in practice and help prepare them for meets and competitions as well as short term goal setting. Our ultimate goal is to develop lifelong swimmers while also making sure they have as much fun as possible.

Practice & Meet Commitment

Bronze 2 workouts are offered 4 days a week for 1 hour each practice. For best results we recommend swimmers attend at least 3 practices per week. We will also introduce a dry land program focusing on posture, coordination, stability and flexibility. Swim meets are an important part of training. The recommended meet schedule is posted on the SPA website under the "Meets" tab, and Bronze 2 swimmers are expected to compete once a month.

Group Expectations

Swimmers placed in Bronze 2 will be able to:

- do freestyle and backstroke and have a concept of one other stroke.
- side breath in freestyle.
- drop down and streamline off the wall
- underwater dolphin kick

Swimmers in Bronze 2 are expected to:

- attend 3-4 practices per week.
- work toward achieving "B" National Motivational Times
- compete in Gulf Championship meets in December, February and July

Next Steps

From Bronze 2 swimmers will be moved to the Bronze 1 or Silver 2 groups as they progress.

Training Equipment - Required

- Mesh Equipment Bag
- Goggles (two pairs)
- Fins
- Kick Board
- Swim Cap
- Practice Suit - no board shorts or two-piece suits
- Water Bottle
- Athletic Shoes and clothes for Dry Land

Competition Apparel – Required

- SPA Racing Suit
- SPA Swim Cap
- SPA T-shirt and/or SPA warm ups.