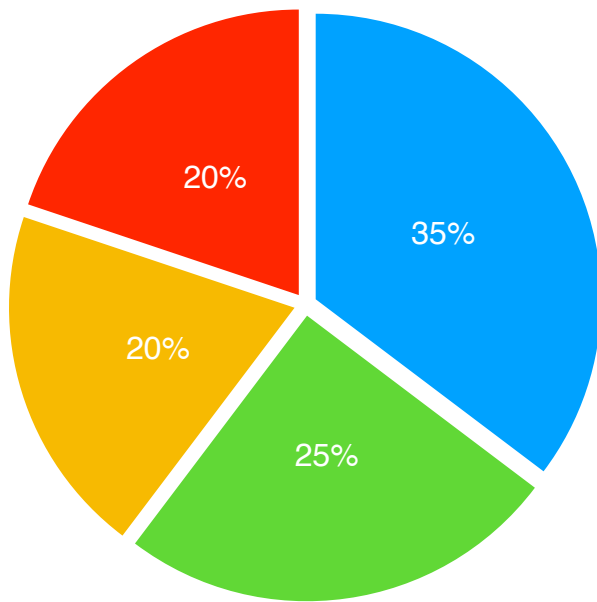


Bronze 1 Group

■ Fundamentals ■ Skill/Drill ■ Kick ■ Aerobic training



Fundamentals

- Body alignment while swimming and kicking.
- Intro to underwater skill development.
- Technical refinements in all strokes.
- Focus
- Teaching what sets, intervals, and drills are to start developing an understanding within these areas.
- Teaching listening skills.
- Teaching effort and basic performance
- Volume: 700-1200 Yards

Kicking

- Flutter kick on/off a board.
- Flutter kick body positions stability drills.
- Butterfly kick on/off a board.
- Butterfly kick development underwater off of the walls.
- Breaststroke kick distance drills.
- Breaststroke kick leg position drills.

Skill/Drill

- Skill development in all strokes
- Breathing drills in/out of the turns.
- Underwater development in the strokes of freestyle and backstroke off all walls.
- Breakout drills in freestyle and backstroke.
- Teaching new drills.
- Start and turn work *Clinic format.

Advancement Eligibility from Bronze 1 to Bronze 2:

- Shows the ability in freestyle to not breath during the last stroke into all walls.
- Performs 2 underwater butterfly kicks off all walls while swimming backstroke and butterfly.
- Performs proper freestyle breakouts without breathing during the first stroke.
- Must show the ability to understanding sets, intervals, and drills.
- Shows an ability to listen to the coach without speaking or interrupting in any manner.

Meets FST's (5) standards for group advancement:

1. Age (8-12)
2. Commitment
3. Ability (Times, Strokes, and Practice Performance)
4. Maturity
5. Coaches' discretion