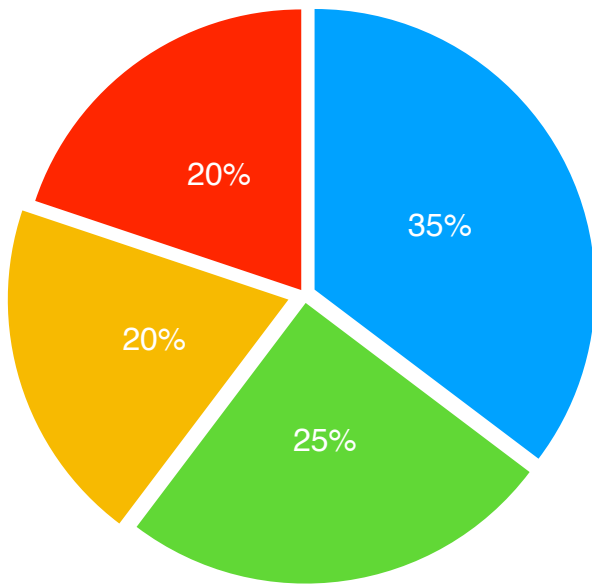


Bronze 2 Group

■ fundamentals ■ skill/drill ■ kick ■ aerobic advancement



Skill/Drill

- Drilling in all strokes with an IM base training model.
- Continued breathing drills in/out of the turns.
- Intro to breath pattern training.
- Underwater skill development in all strokes off the walls.
- Breakout drills in all strokes.
- Speed play and racing
- Form control

Advancement Eligibility from Bronze 2 to Silver:

- Shows the ability in freestyle to not breath during the last 2 strokes into all walls.
- Performs 4 underwater butterfly kicks off the majority of walls while swimming backstroke and butterfly.
- Performs proper freestyle breakouts without breathing during the first two strokes.
- Shows a high level of understanding of all sets, intervals, and drills.
- Performs all underwater pull outs on breaststroke during practices.
- Listens when the coach is talking without speaking or interrupting in any manner.
- Trusts that the coaching staff has their best interest at hand.

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

1. Age (9-13)
2. Commitment
3. Ability (Times, Strokes, and Practice Performance)
4. Maturity
5. Coaches' discretion

Fundamentals

- Body alignment while swimming and kicking in all strokes.
- Continued underwater skill development in all strokes.
- Introduction of IM base training model.
- Improving upon focus and listening skills.
- Aerobic expansion training
- Teaching effort and basic performance expectation for sets.
- Advancing on the understanding of sets, intervals, and drills.
- Volume: 1000-2000 Yards

Kicking

- Flutter kick on/off a board.
- Flutter kick body positions stability drills.
- Butterfly kick on/off a board.
- Increased number of kicks off of the walls during butterfly and backstroke sets.
- Breaststroke kick distance drills.
- Breaststroke kick leg position drills.
- IM kick drills