**Bronze Group**

**Technique**

* Rotary Breathing, good head position
* Understand importance of long strokes
* Arm Recovery above water on Butterfly
* Can dive in head first
* Perform the glide phase of breaststroke
* Correct head and torso positions in all 4 competitive strokes
* Straight leg kicking
* Learning Basics of competitive turns
* Learning Basics of “legal” breaststroke kick

**Knowledge**

* Knows how to count swimming distance
* Able to circle swim
* Knows how to use backstroke flags
* Knows how to use kickboards and swim sticks
* Pace clock, 5 and 10 second rest and 30 and 60 as top and bottom
* Knows how to use Backstroke Flags
* Demonstrates legal finishes
* Wears correct suit, cap, and goggles
* Understand Safety

**Nutrition**

* Parents provide good source of food choices
* Importance of water being drink of choice

**Time Management**

* Parents should commit to bring children to practice 2-3 times per week and arrive on time
* Children should be prepared 15 minutes prior to warm-ups for meets

**Stress Management**

* Controls emotions at practices and meets
* Possess the basic understanding of concentration
* Basics of prioritizing what is important

**Time Frame**

* Age range 5-9
* 45-60 min workouts
* 3-5 per week

**Training**

* Legal 25 of each stroke
* Good Streamlines
* Legal 100 IM
* Freestyle Flip Turn
* Learning a racing start from block
* Backstroke start from gutter or bar
* Learning Breaststroke pullout

**Competition**

* 1-3 swim meets during winter season
* Encouraged to swim on a summer team to build confidence

**Sportsmanship/Spirit**

* Respectful to coaches/officials
* Understand lane etiquette
* Congratulates teammates
* Encourages teammates
* Knows team cheers (we are little, we are loud, we are NACS, we are proud, GO NACS)

**Social Skills**

* Communicates with coach
* Respectful of other’s space in practice
* Asks questions

**Team Commitment**

* Wears team cap at meets
* Wears team apparel at meets
* Cheers with and for teammates
* Helps pick up pool deck
* Spreads the word about the team to other friends not on the team