

NHCP Swim Club

Bronze Training Group

Group Focus:	The Bronze Training Group consists of the club's advanced beginner level age group swimmers. This group is 80% instructional and 20% conditioning in the start of the season with a trend towards hard work as we approach mid-season and the end of the season. The main focus of this group is general skill and technique development. Swimmers learn the importance of correct body and head position, basic drills for each stroke, a strong consistent kick for each stroke, a strong stream line as well improved basics of starts and turns for all the 4 competitive strokes. Coaches will instruct proper work habits and behavior along with practice, lane etiquette and clock reading.
Practices Offered:	Three practices a week for 90 minutes. Yardage range 2000-3200
Equipment Needed:	Practice suit (one piece for girls, no board or baggy shorts for boys), water bottle, 2x Goggles, 2x cap, kickboard, pull buoy, snorkel, fins and mesh bag. Swimmers must bring equipment to each practice
Age requirements:	This group consists of athletes 8 to 11 years of age and older (12 to 13 year olds) beginning swimmers.
Attendance/work ethic:	There is no attendance requirement for this group. Improvement is based on attendance, listening, effort, focus and hard work. Coaches will be moving through the season with an end goal of time drops, improvements, stroke developments and preparing swimmers to successfully promote to the Silver level. Swimmers may take two to three years to work to the level needed to promote to Silver.
Competition requirement:	Meets are not required but highly encouraged. It is recommended that swimmers compete in all meets hosted by NHCP. Additionally we encourage the kids to take advantage of the NOVICE meets geared for the newer and inexperienced swimmer.
Important Reminders:	<p>Please be aware of the following items.</p> <ul style="list-style-type: none">• NHCP always focuses on the athletes long term development• There are the guidelines that we use in the structuring of all of our swim groups. All group testing and advancement is done at the coach's discretion and is only done with the Head Coach's approval• Short Course yards are used for the basis of promotion criteria. LCM will be converted• Test sets will be conducted early and late in each season/session to measure individual improvement and to serve as a baseline for group performance• Moves occur before a season starts.• Swimmers may be in this level a couple of years it all depends on commitment, maturity, performance and desire.
Performance Requirement:	<p><i>For admittance in to the Bronze Training Group swimmers must have the ability to do the following:</i></p> <ol style="list-style-type: none">1. Regularly attend all practices offered to the Fish Training Level2. Complete 25 yards of each of the 4 competitive strokes and be legal in 3 of the 4 strokes.3. T-10 450 yards. This means swim 18 lengths in 10 minutes no-stop.4. 10 x 50 FR 1:15 Holding: 605. Swim a 100 IM non-stop and in correct order.6. Must be comfortable in the deep end of a pool7. Should have an understanding and a use of flip turns in practice8. Swimmers who are not able to meet the minimum requirements for this training level may be asked to return to the previous level.

9. Most swimmers will train with this group for two years until the physical and mental maturity, skills and training position a swimmer ready to promote up to the next level.