

Seawolves Bronze

Training Set	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
<p>Physical</p> <ul style="list-style-type: none"> -Entrance Set: None -Swims 25yds/m of Freestyle and Backstroke 	<ul style="list-style-type: none"> -Competes in Home Meets and Qualifier Meet -Times in all 25s stks -Age Range 10-U 	<p>Physical</p> <ul style="list-style-type: none"> -Pushes off wall in streamline on front and back -Swims legal freestyle with correct breathing -Swims legal backstroke -Begins learning proper dive technique -Completes open turns and begins learning correct flip turn technique <p>Cognitive:</p> <ul style="list-style-type: none"> -Can count strokes in freestyle and backstroke 	<p>Physical</p> <ul style="list-style-type: none"> -Coordinated movement <p>Patterns:</p> <ul style="list-style-type: none"> Swims freestyle and backstroke <ul style="list-style-type: none"> -Aerobic endurance: 5 Min. Swim 	<p>Championship Behavior</p> <ul style="list-style-type: none"> -Treats other swimmers, parents, coaches, officials, equipment and facilities with respect -Talks to coach before and after races -Understands that they are part of a team and follows the rules of the team <p>Work Ethic and Self-discipline</p> <ul style="list-style-type: none"> -Gives coaches undivided attention and follows the directions of coaches <p>Commitment and Loyalty</p> <ul style="list-style-type: none"> -Knows the team name and colors -Knows the names of teammates and coaches in their practice group -Knows the names of other practice groups within the team -Attends an average of two practices per week 	<p>Arousal Control</p> <ul style="list-style-type: none"> -Understands and can demonstrate the differences between tensed and relaxed muscles <p>Concentration</p> <ul style="list-style-type: none"> -Knows the difference between focusing on what is important and what is not

*Adapted from USA Swimming's "Progressions of Athlete Development." Groups progress from one to another and all previous group requirements apply. Age, attendance, entrance sets, and competing in Qualifying/Championship meets are all requirements. Swimmers must demonstrate development of all other criteria