

Junior Bronze

Training Set	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
<p>Physical</p> <p>-Entrance Set 8x 100 FR 1:45 6x 100 IM1:55 4x 100 K 2:10 Choice K</p>	<p>-Participates in appropriate swim meets</p> <p>-Times in all 50 and 100 stks, 200 Fr, 200 IM</p> <p>-Availability for MW short course and long course championships is required</p> <p>-Age Range 9-14</p>	<p>Physical</p> <p>-Execute Start: Hold the underwater streamline position for one body length and 1/2, initiate a kicking action for one body length and progress to the surface.</p> <p>-Execute Flip turns: Free and Back</p> <p>-Execute Open Turns: Breast and Fly</p> <p>Execute Transition Turns: Fly – Back Back – Breast Breast – Free</p> <p>Cognitive</p> <p>From a push swimmer counts the number of stroke cycles of Free, Fly, Back, Breast.</p> <p>Performs a legal 200 IM</p>	<p>Physical</p> <p>-Coordinated movement Patterns: swims all strokes</p> <p>-Aerobic endurance: T 30 and other Ability tests once per month</p> <p>Cognitive</p> <p>-Understands maturation and physical development</p> <p>*Understands the relationship of training programs to physical development.</p> <p>*Understands the purpose of Heart Rate Measurement</p> <p>*Measures their own resting and exercise heart rate</p> <p>*Understands how muscular flexibility helps performance</p> <p>-Knows their times in their primary events</p>	<p>Championship Behavior</p> <p>-Demonstrates a higher level of Sportsmanship – Respect competitors and gets along with friends no matter ability level.</p> <p>-Leadership such as: *Lead Lane *Has appropriate equipment * Max effort in practice and meets</p> <p>Work Ethic and Self-discipline</p> <p>-Attends appropriate meets and understands the importance of being on time for Warm-up</p> <p>- Just Say NO to DRUGS</p> <p>-Challenges themselves to perform to the utmost of their ability in practice</p> <p>Time Management</p> <p>-Demonstrates an ability to balance swimming and other extracurricular activities</p> <p>Commitment and Loyalty</p> <p>-Choose a national swimming hero (esp. Olympic year) who swims what you like in events</p> <p>--Attends an average of three practices per week</p>	<p>Arousal Control</p> <p>-Understands the relationship between relaxation and performance</p> <p>-Can perform diaphragmatic breathing as relaxation</p> <p>-Understands that stress comes from negative self-talk and faulty focus of concentration</p> <p>-Understands the concept on <u>Uncontrollables</u></p> <p>-Can describe the relationship between neg. thoughts, tight muscles, to poor performance</p> <p>Self-Image</p> <p>-Understand the role of failure and their ability to learn from the mistake(s) made.</p> <p>-Accept criticism from the coach, and understands that is about the skill not the swimmer themselves.</p> <p>Self-Talk</p> <p>-Understands the benefits and uses positive self-talk and affirmation</p> <p>-Closely monitors negative self-talk</p> <p>Goal Setting</p> <p>-Understands the value of setting goals to improve performance</p>

*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