

Senior Bronze

Training Set	Competitive Performance	Biomechanical Progressions	Physiological Progressions	Character Development and Life Skills	Psychological Skills
<p>Physical Group Entrance Sets: None</p> <p>-Must have completed at least one high school swim season</p>	<p>-Participates in team swim meets, as communicated by coaches at the beginning of season</p> <p>-Has competed in all IMR events for his/her age group</p> <p>-Age Range- HS+</p>	<p>Physical -Maintains consistent stroke rates and times in training sets</p> <p>Cognitive -Understands Distance Per Stroke and Stroke Rate</p>	<p>Physical -Coordinated movement Patterns: swims all strokes</p> <p>Cognitive - Understands the concept of basic fuels used during swim training development *understands the basics of different energy systems used in Sprint vs. distance *Swimmer can use heart rate measurement to monitor exercise intensity and recovery</p>	<p>Championship Behavior and Accountability -Swimmer accepts the responsibility of being a leader and/or role model.</p> <p>-The swimmer will lead by being a positive example.</p> <p>-Selects their own events for swim meets</p> <p>Work Ethic and Self-discipline Time Management -The swimmer has mastered time management skills so that outside activities do not interfere with practice and meet attendance</p> <p>-Attends an average of three practices per week</p> <p>Commitment and Team Loyalty -The swimmer understands the need to sacrifice self-interest for team goals. The swimmer demonstrates commitment to his/her team by continued, dedicated membership</p>	<p>Arousal Control -Knows techniques to control mind and Body(Positive self-talk, imagery, breathing)</p> <p>Self-Image -Accepts criticism from the coach, and understands that is about the skill not the swimmer themselves.</p> <p>Self-Talk -Has a general understanding of the effects that NEG. self-talk will have on their performance *Garbage in Garbage out</p> <p>Concentration -Understands what to focus on and what to block out both in training and in meets</p> <p>Goal Setting -Swimmer takes responsibility for setting personal goals for each race, each meet, and each season as a whole.</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