

## BREA Swim Group Expectations

### Bronze (Ages 5-12)

This swim program is designed for children ages 5-6, and those 12 and younger who are new to the sport of swimming. The only requirements are to be water safe and able to swim 25 yards of freestyle. Swimmers are taught the basics of the four competitive strokes and competition starts and turns, while building their endurance.

Swimmers in this group experience the fun of competition in team swim meets. Emphasis is placed on developing positive self-esteem, making new friends and having fun! The Bronze Group swims year-round and practices are offered five days per week for 60 minutes. There is no attendance requirement.

### Silver (Ages 7-13)

Swimmers in this group have a basic understanding of swimming skills. Refinement and continued development of these skills are the main objective of this group. All of the swimmer's other activities, such as soccer, baseball, dance, etc. are encouraged. The basic points of emphasis are swimming satisfaction, fun, stroke technique and beginning competition.

Swimmers generally compete in "BC", "ABC" level swim meets and are encouraged to attend at least three of the six one-hour practices offered each week.

Move-up requirement is determined by the coaches, usually requiring 8 and under "A" level times.

### Gold (Ages 8-13)

Swimmers in this group have a high level of competitive swimming experience. Dry land training, endurance, conditioning and stroke refinement continue to be emphasized. In addition, race strategy, competitive skills, goal setting and an understanding of time standards are emphasized.

Swimmers generally compete in "ABC", "AA" and Junior Olympic level swim meets and are expected to attend at least four of the six 1 1/2 - 2 hour practices offered each week.

Move up requirement is determined by the coaches, usually requiring 10 and under "AA" times.

### Pre-Senior (Ages 13&up)

Swimmers in this group have some competitive swimming experience. The focus of this group is to improve the swimmer's stroke skills, conditioning and endurance.

Swimmers in this group generally compete in "BC", "ABC", and high school swim meets and are encouraged to attend at least four of the six 1 1/2- 2-hour practices offered each week.

Move up requirement is determined by the coaches.

## Senior Developmental (Ages 13&up)

Swimmers in this group have a high level of competitive swimming experience. This group is designed to transition swimmers from age group swimming to senior swimming through an increased volume and intensity of training. The focus is to improve cardiovascular fitness, refine stroke skills and gain competitive experience.

Swimmers in this group generally compete in “ABC”, “AA”, Junior Olympic and Senior Development level swim meets, and are expected to attend all practices and required to attend 5 of the nine 1 1/2- 3 hour practices offered each week.

Move up requirement is determined by the coaches, usually requiring 13-14 "AA" time standards.

## Senior (Ages 13&up)

Swimmers in this group have the ability to train consistently in a high intensity training environment. The goal of the swimmers in this group is to compete at the national and international level. Some members of this group regularly represent our team in national competitions.

Swimmers in this group generally compete at Senior Q and Senior Sectional meets and are expected to attend all practices and required to attend 7 of the nine 1 1/2-3 hour practices offered each week.

Move up requirement is determined by the coaches, usually requiring 13-14 "AAA" time standards.