

TO: Bronze Group Swimmers and Parents
FROM: Coach Todd Marsh and Coach Mike Lewellyn
RE: Bronze Group Expectation Levels

We've developed these guidelines to determine where each swimmer fits within the Boise Ys program. These expectations will assist us in making decisions regarding promotions as well as setting direction from group to group. This should also provide swimmers and parents with some understanding of our expectations. As a rule of thumb, a swimmer should probably be promoted to the next group when he or she has "swum out" of a group, i.e., advanced to the point that his or her progress could better be sustained in the next higher group.

- You should be able to swim freestyle, butterfly, backstroke, and breaststroke legally.
- You should be learning how to use the YMCA values in your practices and life.
- You should have the desire to improve your swimming, attempting flip turns at every wall for freestyle and backstroke and performing legal turns for butterfly, breaststroke and individual medley transitions.
- Be committed to competing at all of our team meets and championships if qualified.
- You should be striving for full IMX scores.
- You should be learning to be a leader in the pool (lead your lane) and during stretching and exercises.
- You should be encouraging yourself and others to work hard, listen carefully to instructions, and demonstrate a positive attitude about swimming.
- You should be willing to learn about yourself and your potential capabilities by accepting and working towards achieving the challenges set before you.
- You should learn to adjust productively to the conditions that surround you (leaky goggles, colder water, situations involving lane etiquette, and use of the pace clock).
- You should become familiar with your body's operating habits (sleeping, eating, and time management).
- You should be able to set daily personal and swimming goals for yourself, bring equipment
- Bronze swimmers should be striving to complete the Silver challenge sets.
- Coaches must approve all group moves
- Swimmers are expected to participate and contribute to our team's Aquathon
- 10-13 years of age and have attained (2) 11 year old B age group motivational times
- 8-9 year olds have attained at least (3) 11 year old B age group motivational times

Expected minimum training sets to accomplish to be in the Bronze group

11/up: 10 x 100 fr @ 2:00 4 x 200 IM @ 3:30 10 x 100 fly @ 2:30
 10 x 100 br @ 2:30 10 x 100 bk @ 2:15 10 x 100 Kick @ 2:45 IMX ready
 10/U: 8 x 100 fr @ 2:00 4 x 200 IM @ 3:45 8 x 100 fly 2:30
 8 x 100 br @ 2:30 8 x 100 bk @ 2:15 8 x 100 kick @ 2:45 IMX ready

Bronze Group Time Standards					
Girls	Short course	Long course	Boys	Short course	Long course
50 free	35.59	40.29	50 free	35.69	40.19
100 free	1:18.19	1:29.09	100 free	1:16.79	1:27.89
200 free	2:48.49	3:13.29	200 free	2:47.69	3:09.79
500 free	7:28.29	6:42.59	500 free	7:27.49	6:40.59
50 back	40.59	46.99	50 back	41.29	48.09
100 back	1:30.99	1:45.89	100 back	1:29.99	1:44.29
50 breast	45.69	52.29	50 breast	46.89	54.29
100 breast	1:40.69	1:55.79	100 breast	1:40.99	1:57.19
50 fly	38.79	43.79	50 fly	40.49	45.79
100 fly	1:29.59	1:42.49	100 fly	1:30.69	1:43.39
200 IM	3:11.39	3:38.79	200 IM	3:13.39	3:40.99