

## **Boise Y Swim Team-Bronze Group Expectations**

These guidelines and group expectations were developed to help determine where each swimmer would best fit into our Boise Y Swim Team practice group levels. The Bronze group is for those swimmers seeking higher performance levels and higher practice expectations from those in the Sockeye group. Swimmers will be expected to higher attendance and attending more competitions.

- Swimmers should be able to perform all strokes and turns legally.
- Swimmers should be learning and applying the YMCA core values in your practices and in life
- You should have the desire to improve your swimming doing flip turns and legal turns in all practice sessions.
- Swimmers should be committed at all team meets and championship meets if qualified.
- You should be striving to be lane leader and leader by example
- Swimmers are expected to bring swim equipment to every practice
- You should participate in Boise Y team events.

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

**10 x 100 @2 – 3 x 200 IM @ 4:30 – 8 x 50 fly @ 1:20 – 6 x 100 breast @ 2:30 -8 x 100 back @ 2:15**

**8 X 100 KICK @ 2:30**

<b>BRONZE GROUP TIME STANDARDS</b>			
<b>GIRLS AND BOYS</b>	<b>EVENT</b>	<b>SHORT COURSE</b>	<b>LONG COURSE</b>
GIRLS AND BOYS	50 FREE	37.99	41.99
GIRLS AND BOYS	100 FREE	1:21.99	1:28.99
GIRLS AND BOYS	200 FREE	2:58.99	3:13.99
GIRLS AND BOYS	500/400 FREE	7:59.99	6:42.99
GIRLS AND BOYS	50 BACK	41.99	46.99
GIRLS AND BOYS	100 BACK	1:32.99	1:45.99
GIRLS AND BOYS	50 BREAST	47.99	52.99
GIRLS AND BOYS	100 BREAST	1:42.99	1:54.99
GIRLS AND BOYS	50 FLY	41.99	46.99
GIRLS AND BOYS	100 FLY	1:31.99	1:43.99
GIRLS AND BOYS	100 IM	1:30.99	NA
GIRLS AND BOYS	200 IM	3:16.99	3:39.99