



Bronze Group



Bronze Group is the 2nd stage in our developmental track. This group prepares swimmers to succeed at the competitive level. Coming into the group, swimmers should have a competent understanding of Freestyle, Backstroke, and Breaststroke. Swimmers should have a basic understanding of Butterfly, flip turns, open turns, and streamlines. By the end of their time in Bronze, swimmers will have a much greater grasp on all 4 strokes, the concept of Individual Medley, underwaters, aerobic and sprint training, and competition at Swim meets. Swimmers will also be immersed the in the world of swimming through bimonthly “Tuesday Talks”, in which they will engage with topics around swimming that can’t be taught in the pool.

Required Equipment:

- Goggles
- Swimsuit
- Cap
- Kickboard
- Pull buoy
- Snorkel
- Fins
- Tennis Shoes
- Athletic clothing for dryland
- Water bottle

| NORMAL PRACTICE SCHEDULE 8/16/21 – 12/17/21 | | | | |
|---|---------------|---------------|---------------|---------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:30 – 6:45PM | 5:30 – 6:45PM | 5:30 – 6:45PM | 5:30 – 6:45PM | 5:30 – 6:45PM |

* Schedules are subject to change based on pool availability. Please consult the team calendar and weekly newsletter for the most up-to-date schedule.

Group Goal:

Bronze group provides ample opportunities for kids to grow in their knowledge and ability as swimmers. This group is a fundamental steppingstone of becoming a competitive swimmer. Bronze group members are encouraged to attend as many meets as possible, with the minimum goal of all home meets and 1 away meet.

Practice Expectations:

Bronze Athletes are expected to maintain above 60% attendance throughout the season. They will be learning many of our dryland techniques to work on injury prevention, flexibility, and mobility. With the increased focus out of the water, timeliness will be crucial to athlete success.

Required Meets:

All TSTuesday Intra-Squad Meets
All Tiger Shark Hosted Meets

1 Long Course Meet
South Texas Championship Meets