**JAG BRONZE GROUP**

**Ages (10 and under)**

Biomechanical Progression

**Physical**

1. From a push-off, maintain a prone streamlined body position, defined as positioning the body in a manner that reduces the resistance of the water.

2. Hold this position for at least one and one half body lengths and be able to vary the depth of the underwater push-off.

3. Execute a breakout from a push by holding the streamlined position, initiate a kicking action and progress to the surface with a strong pull.

4. Stroke progressions

*Freestyle*

 a. complete the legal freestyle technique, using arms and legs for one length of the pool.

 b. Demonstrate shoulder and hip rolling motion during the freestyle.

 c. Demonstrate the ability to comfortably take a breath on either the right or left side.

*Backstroke*

 a. Complete the legal backstroke technique, using arms and legs for one length of the pool.

 b. Demonstrate shoulder and hip rolling motion during the backstroke.

5. Demonstrate a proper dive from the side of the pool with a

streamlined glide to the surface (follow the guidelines in the

American Red Cross publication, Safety Training for Swim Coaches)

8. Perform an open turn either prone or supine where the hand touches the wall first, the body rotates to place the feet against the wall, the body drops under water, and the swimmer pushes off in a streamlined position.

**Cognitive**

1. The swimmer knows which letter of the alphabet best describes the freestyle pulling motion.

2. The swimmer can count up to five complete stroke cycles of freestyle and backstroke.

Physiological Progressions

**Physical**

1. Coordinated movement patterns; begins to tie together body, arm and leg movements.

2. Aerobic endurance

 a. Can properly complete a 45 minute practice session.

 b. Can perform a continuous swim for 10 minutes.

Character Development

 and Life Skills\_\_\_\_.

**Behavior and Accountability**

1. The swimmer understands he/she is part of a team and has respect for their teammates.

2. The swimmer listens to recommendations from the coach and tries to make the appropriate changes.

3. The swimmer understands appropriate team rules and the consequences of breaking the rules.

**Work Ethic and Self-Discipline**

1. The swimmer will pick up and put away any equipment they used in practice.

2. The swimmer will be ready to start practice on time with the appropriate equipment.

3. The swimmer understands the importance of giving the coach his or her undivided attention while the coach is talking. The swimmer focuses their eyes on the coach and remains quiet when the coach is talking. The swimmer will also follow directions set forth by the coach during practice sessions.

4. The swimmer will show respect for the facilities and equipment.

**Commitment / Team Loyalty**

1. The swimmer will know the team name and team colors.

2. The swimmer will know the names of teammates and coaches in his or her group.

3. The swimmer will know the names of any other training groups on the team besides his or her own group (e.g. TAG, Junior, Senior, etc.)

Psychological Skills

**Stimulus Control**

1. Understands and can demonstrate the difference between tense and relaxed muscles.

2. The swimmer can tense and relax muscle groups when asked to do so.

**Concentration**

1. Possesses a basic understanding of what concentration is.

2. Knows the difference between focusing on what is important and what is not.

Practice Requirements

**Physical**

Swim 25 yards/meters of freestyle and backstroke

Streamline off walls and use their kick while swimming

**Attendance**

Attend practice consistently, at least 2 practices per week

Competitive

While the swimmer might choose to participate in some local meets, performance is important solely as a source of enjoyment.