

SUPER BRONZE: (Coaches: Eric Holden/Asst. Age Group Coach TBD)

Super Bronze is the first competitive training group offered by the Wahoo Swim Team. Swimmers in Super Bronze will be 9 Years Old or younger and have the opportunity to practice four (4) times per week for 1 hour learning how to better their stroke technique in all four competitive strokes, streamlining, basic diving techniques in preparation for racing starts, and to learn the rules governing the competitive strokes. Swimmers are introduced to dryland exercises with two (2) additional dryland sessions per week focusing on flexibility, body awareness and coordination. Practice attendance is not required for this group, but it is recommended that swimmers attend at least two out of the four practices each week. Swimmers will participate in the competitive Meet Schedule designated for 12/Under Wahoos. Swimmers new to the competitive program must be evaluated by a member of the coaching staff prior to enrollment.

Prerequisites:

- Ability to swim a continuous and legal 25 Yards/Meters of 3 out of the 4 competitive strokes (Freestyle, Backstroke, Breaststroke, or Butterfly)
- Ability to Streamline underwater
- Ability to focus and follow instruction for 1 hour

Understand and demonstrate the YMCA's four core character values of
CARING- RESPECT- HONESTY- RESPONSIBILITY