



2 hours of pool time each week

7-12 years approximate

Joining no later than 11 years

Objectives

- Swimmers in Bronze are aiming to gain experience at training and in competitions. At this level, there is focus on stroke development and the fundamentals of swimming
- Swimmers should be able to perform all four competitive strokes and complete their respective turns at a legal standard
- We also expect swimmers to attend club competitions and look to enter opens, particularly focusing on 50m events

Swimmer standards

- Be able to swim 600m – 1000m in training sessions with intervals between sets
- Confident in diving from the block
- Swim front crawl with bilateral breathing
- Swim backstroke with a good body position
- Know the fundamentals of butterfly (arms clearing the water and competent attempt at kicking rhythm)
- Swim breaststroke, demonstrating the correct timing, pull and kicking movements (pulling to chest and avoiding a screw kick)
- Have achieved the competitive starts award
- Demonstrate an eagerness to learn and improve, as well as being a team player

Attendance

- Swimmers are required to attend 100% or 2h of the 2h provided each week, committing to both sessions
- During training, we expect swimmers of this level to show an eagerness and willingness to learn, which will help them to improve

Competition aims

- Enter a **minimum** of two open competitions a season (Sept-July)
- Compete in the Orpington Ojays Club Championships
- Aim to be selected for team events such as the Tudor League, Kent Junior League and the Arena League (by setting competitive age-group times in competition and trials)
- Achieve race experience on all four strokes at 50m in distance and include some 100m events
- Improve confidence at competitions through growing familiarity with competition environments and organisation

Working towards

- Towards the end of their time in Bronze Squad, a swimmer should be maintaining good technical and endurance performances, while demonstrating competence with the technicality of sessions being provided by the coach

Subject to the club's general training requirements.

All squad moves are at the discretion of the coaching team.