ALL Groups – Placement of swimmers in a particular group is at the Coaches discretion

**BRONZE GROUP**

**Daily Expectations:**

* Workout yardage of 1,000 - 2,500 yds**.**
* Dryland Focus: Core and Hand-Eye Coordination
* Continued Body Position development in all strokes, Streamlines, Starts, Turns (Flip turns, and open turns)
* Strengthening flutter kick
* legal in all other strokes
* beginning endurance
* Racing focus: development of 200 IM and 100’s of each stroke.

**Qualifying Performance Standard:**

Legally completes:

* 50 yd. Free
* 50 yd Backstroke
* 25 yd Breaststroke
* 25 yd. Butterfly stroke
* and attempt at the 100 IM.

**Practice** **Attendance Expectation:**

2-3 times per week. 60 minutes

Athlete is able to swim  the following interval bases:

1. on the 50 for up to 12-15 minutes
2. free on 1.30
3. Back on 1.30
4. kick on 1.30

Athlete is capable of 25’s of breaststroke and butterfly on 1.00 and begins to use the pace clock