

Bronze Squad

Overview

Bronze Squad is a group that is targeted at a “learn to train” focus with swimmers in the group consisting predominantly of 9 to 13-year-old children. This group are encouraged to compete; however, training will continue to centre around technique and skill development that will enhance the swimmer’s capacity to train with intensity over increasing volumes.

Sessions will emphasise aerobic development, stroke length and coordination.

Guidelines for inclusion

Inclusion in the Bronze Squad program either from Blue Squad or externally, it is at the discretion of GASC coaches. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Bronze Squad program are listed below:

- Swimmers are usually aged between 9-13 years old.
- Swimmers must demonstrate proficiency in all four competitive strokes and racing skills (starts, turns & finishes).
- It is recommended that for optimal improvement and ultimate promotion to Silver Squad, swimmers should attend three sessions per week.
- Swimmers are encouraged to compete at race meets and time trials.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM-7:00AM 3:45PM-4:45PM	3:45PM-4:45PM	3:45PM-4:45PM	3:45PM-4:45PM	6:00AM-7:00AM 3:45PM-5PM	9:00AM-10:30AM

Bronze Squad sessions are predominately 60 minutes in duration. Bronze are offered on seven sessions during the week to train.

Program Structure

The Bronze Squad program is planned with a view to preparing swimmers for competition, and to improve fitness and general wellbeing. Sessions will include a variety of technique, skill, endurance, power and speed elements to achieve optimal competitive performance. The Bronze Squad program aims primarily to teach/coach swimmers, but also to challenge them, prepare them for competition where relevant and to provide some fun elements. Bronze Squad members are encouraged to compete at race meets and time trials.

The Bronze Squad will swim approximately 1.9km - 2.3km per session.

Promotion to next Squad

Bronze squad swimmers may be promoted to the Silver Squad at the discretion of the GASC coach.

Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability - completing the session comfortable

