

# JUNIOR SQUAD

## BRONZE

### AIMS

To introduce swimmers to the squad swimming program

To provide a fun environment for swimmers to progress their fitness and skill

To improve stroke technique, turns and dives

To learn medley turns

To increase general fitness

Introduction to racing through involvement in in-house events

Junior Squad Bronze swimmers will swim once per week. Each session is 1 hour and will cover 800m-1200m

### PROMOTION CRITERIA

Bronze Squad promotions occur at the end of every month. To be considered for promotion from Bronze to Silver swimmers are required to demonstrate a few skills through ongoing in-class assessment. These are as follows:

- 100m Freestyle showing good technique and turns
- 100m Backstroke showing good technique and turns
- 100m Breaststroke showing good technique and turns
- 50m Butterfly showing good technique and turns
- Show an understanding of the Butterfly to Backstroke turn
- Show an understanding of the Backstroke to Breaststroke turn
- Show an understanding of the Breaststroke to Freestyle turn
- Freestyle challenge set: 4x50m Freestyle on 1.20
- Diving from pool edge