

BRONZE TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025

STARTING MARCH 1st, 2025			SKILL REQUIREMENTS			EXPECTATIONS		
Day of the Week	Practice Times	Workout Type	Minimum Distance:		Minimum Knowledge:	Training Attendance:		Competition:
MONDAYS	5:00 pm to 5:25 pm	DRYLAND	25 yards Freestyle		Basic Freestyle	The more practices you attend, the faster you will improve your skills		The focus will be placed on the Emerging Swimmers Sweet Series.
	5:30 pm to 6:30 pm	SWIM	25 yards Backstroke		Basic Backstroke			
WEDNESDAY	5:00 pm to 5:25 pm	DRYLAND	50 kick with and without Kick Board		Understanding the Butterfly kick			The coach will select all meet entries
	5:30 pm to 6:30 pm	SWIM						
FRIDAYS	5:00 pm to 5:25 pm	DRYLAND	25 yards Butterfly kick					
	5:30 pm to 6:30 pm	SWIM						
			EDUCATION			Character Development		
BRONZE TEAM: The bronze group is our first competitive group in the DCS program. Swimmers who graduate from Learn to Swim programs like our DCS Swim Academy Program will transition to this group. Typical ages within the Bronze Team are 4 - 12 years old. These athletes can swim some freestyle and backstroke across a 25-yard pool without stopping or assistance. We do expect swimmers in this group to attend our local non-sanctioned swim meets so we can better gauge their improvements and teach them all about the fun in competition.			Training:		Time Management:	Personal:		Social:
			Technical Skills (FR & BK)		Organizing School and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end	Respect		Communication
			Underwater Training			Responsibility		Teamwork
			Train to Compete			Discipline		Empathy
			Technical Training on Starts			Determination		Friendship
			Technical Training flip & open Turns		Mental Training:	Desire		Learning how to follow
						(+) Attitude		Learning how to lead
			PERFECT FLY & BR			Leadership		Online Behavior
			Clock Management			Organization		Respect for one another
			Understand interval training			Focus		Respect for others belongings
			Understand small sets and patterns			Humility		
			Competition:		Emotional Training:			
			Enjoyment					
			Nutrition Training:					
			Healthy Eating Recommendations					
					Stress Management:			
					Enjoying the sport and the competitions			