

## BRONZE TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025			SKILL REQUIREMENTS	EXPECTATIONS	
Day of the Week	Practice Times	Workout Type		Training Attendance:	Competition:
MONDAYS	5:00 pm to 5:25 pm 5:30 pm to 6:30 pm	DRYLAND SWIM	Minimum Distance: 25 yards Freestyle 25 yards Backstroke 50 kick with and without Kick Board 25 yards Butterfly kick	Minimum Knowledge: Basic Freestyle Basic Backstroke Understanding the Butterfly kick	The more practices you attend, the faster you will improve your skills
WEDNESDAY	5:00 pm to 5:25 pm 5:30 pm to 6:30 pm	DRYLAND SWIM			The coach will select all meet entries
FRIDAYS	5:00 pm to 5:25 pm 5:30 pm to 6:30 pm	DRYLAND SWIM			
<b>BRONZE TEAM:</b> 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.			EDUCATION		Character Development
			Training: Technical Skills (FR & BK) Underwater Training Train to Compete Technical Training on Starts Technical Training flip & open Turns PERFECT FLY & BR Clock Management Understand interval training Understand small sets and patterns Competition: Enjoyment Nutrition Training: Healthy Eating Recommendations	Time Management: 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  Mental Training: Believing in Oneself Overcoming Failure Hard Work Mentality Focus Mentality Emotional Training: Understanding Life through the sport: its Successes, Failures, Training, Desires, Etc  Stress Management: Enjoying the sport and the competitions	Personal: Respect Responsibility Discipline Determination Desire (+) Attitude Leadership Organization Focus Humility  Social: Communication Teamwork Empathy Friendship Learning how to follow Learning how to lead Online Behavior Respect for one another Respect for others belongings