



TO: Bronze groups Parents and Swimmers

FROM: Coaching Staff

RE: Bronze Expectation Levels

To help you understand what our expectations will be we have developed these guidelines. We will use these to help us determine what group you will swim in. These are not rules and they can be adjusted to suit your individual needs and goals in swimming. These guidelines will assist us in promotions from group to group and setting the direction in each group.

- 1) Swimmers will have the desire to improve his/her swimming.
- 2) Swimmers will attend three or more workouts offered.
- 3) Goals are set by striving for silver or Junior Olympic times.
- 4) You will be learning to be a leader in workouts (lead lanes) and in stretching and dry land exercises.
- 5) You should encourage yourself and others to work harder. You will have a positive attitude about swimming.
- 6) You should be able to make 10 x 50 on 1:10.
- 7) You should be able to legally perform all four competitive strokes.
- 8) You should be willing to learn about yourself and your potential capabilities by accepting and working towards achieving the challenges set before you.
- 9) Attention should be given to learn adjust to the conditions that surround you (leaky goggles, cold water, lane etiquette, reading the clock).
- 10) Swimmers need to learn about their body's operating habits (eating, sleeping habits).