The mission of the 13-14 Bronze Group is to begin to increase the technique and training level for those taking the next step in their competitive swimming. Swimmers entering this group should be able to swim all four competitive strokes legally for 100 yards. The 13-14 Bronze group will focus on improving the competitive swim techniques, both for strokes and for skills like dives, turns and streamlines, and also begin to teach swimmers how to increase the speed of their swimming. The design of this group is to give our middle and high school swimmers that are continuing their swimming experience a chance to swim with peers and give everyone an opportunity to pursue and enjoy everything this TEAM has to offer.

**Expectations**
- Continued focus on improving stroke technique
- Attendance at a minimum of one meet per season (Sept-Dec, Dec-Feb, Mar-Jul)
- Focus on getting everything out of practice and allowing others to do the same
- Follow TEAM Guidelines (at the beginning of this packet)

**Group Focus Points**
- Perform legal strokes in all practices, at all times
- Streamlines off all walls
- Underwaters - dolphin kicking and breast pulldowns
- Turns - ability to do legal turns for all strokes
- Kicking as part of swimming
- Increase power in strokes
- Breath timing
- Turn Position - regularly start in turning position
- Knowledge of time standards & personal best times
- Clock Management - know all intervals, follows own interval, and can get times on sets
- Lane Management - correct orders, respectful, proper etiquette
- Introduction to “sets”, pacing & interval training
- Understanding and performing gears correctly

**Required Equipment**
- Speedo Kick Board
- Speedo Power Paddles (Red-Medium or Yellow-Large)
- Speedo Pull Buoy
- Speedo Fins (or Hydra Tech 2 or similar type fin)
- Speedo Bullet Head Snorkel

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**Workout Schedule**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>3:30-5:00pm</td>
</tr>
<tr>
<td>Tues</td>
<td>5:30-7:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>3:30-5:00pm</td>
</tr>
<tr>
<td>Thurs</td>
<td>5:30-7:30pm</td>
</tr>
<tr>
<td>Fri</td>
<td>3:30-5:00pm</td>
</tr>
</tbody>
</table>

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**Criteria for joining 13-14 Silver Group**

**Technical**
- Know TEAM drills
- Uses turning position on walls
- Understanding of training paces and gears
- Consistent tight streamlines in practices and meets
- Correct underwaters off walls, 1 dolphin kicks off all walls for fl, fr, bk
- Breaststroke pulldowns
- Backstroke finishes without looking at the wall
- Calculates own times in practices
- Follows own interval in practices, knows where they are in a set
- Consistent efforts in different gears
- Working on using legs at all times
- Focus on increasing power in strokes

**Training**
- 10 x 100 Free @ 1:35
- 6 x 100 IM @ 1:45
- 10 x 50 Back @ :50
- 10 x 50 Breast @ :55
- 8 x 50 Kick @ 1:10

**Performance**
- 2 x 13-14 National “BB” cuts

**Other**
- Attend at least 1 meet per season plus a Championship meet for SC and LC seasons
- Positive Attitude
- Focus
- Coachable