The mission of the 10&under Bronze Group is to provide the opportunity for beginning competitive swimmers to continue to develop each of the four competitive strokes. This group is offered to the swimmers who have advanced through the Rose Buds program, are 10 or younger, meet the expectations listed under Rose Buds to be eligible for this group, and be willing to meet the expectations below. Continued stroke instruction is the key to their advancement, and emphasizing fun and their efforts given above all else. This group is designed to foster the love of the sport and introduce the swimmers to Southern California Swimming (Pacific Committee) competitions.

**Expectations**
- Focus on improving the technical aspect of all four competitive strokes
- Attendance — set a consistent schedule and do your best to commit to it
- Meets - compete in at least one meet per season
- Compete in 50 yd. events for all four strokes and 100 yd. IM - at Coaches Discretion
- Achieve “B” and “BB” time standards, strive for SCS Championship meet standards
- Follow TEAM Guidelines (at the beginning of this packet)

**Group Focus Points**
- Clock Management and Use - Learning to get times on swims in workouts, esp. 25’s and 50’s
- Underwaters (1 dolphin kick for Fr, Fl, Bk off of every wall in workouts and meets)
- Implementing kicking into strokes
- Continued focus on improved technique
- Continue to improve skills focused on in prior groups
- Intro to your “process”
- Focus on the criteria to move to Silver (below)
- Timing of breaths
- Understanding and performing gears correctly

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

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**Criteria for joining 10&under Silver Group**

**Technical**
- Streamlines – regularly execute streamlines when pushing off of every wall in practice
- Improved turn technique, esp. back to breast turns, from legal to race proficient
- Start in turn position at all times
- Clock Management – know all intervals and consistently follow them in practice
- Times – know how to get times in workouts, esp. 25’s and 50’s
- Lane Etiquette and Management - correct orders, respectful of teammates, supportive
- Know TEAM Drills
- Commitment to working underwaters (1 dolphin kick off of each wall in workouts and meets for Fr, Bk, Fl)
- Learning: (have a good understanding, but not needed to be mastered)
  - How to get times for 100’s
  - How to keep up with test sets
  - How many they make on an interval
  - Intro to Pace Training
  - Using legs in strokes at all times (kicking)
  - Power in strokes

**Training**
- 10 x 50yd Free @ 1:00
- 10 x 50yd Stroke @ 1:10
- 5 x 100yd Free @ 2:00
- 5 x 100yd IM @ 2:10

**Performance**
- Two National “BB” and 4 “B” for 10 and under
- Minimum of one meet attended during previous season

**Other**
- Commitment – consistent practice schedule, meet participation
- Consistent focus and efforts in practices
- Being Coachable
- Ability to understand more complicated sets and perform them