11-12 Bronze Group (Girls / Boys) – 11-12 years old

The mission of the 11-12 Bronze Group is to provide the opportunity for beginning and developing competitive swimmers to continue to work each of the four competitive strokes. This group is offered to the swimmers who have advanced through the Rose Buds program or a 10 and under Rose Bowl group, are 11 or 12, 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. As these swimmers grow and get stronger, connecting that new strength to power in the water will be a core focus point.

Expectations –

- Consistent attendance - aim to set a schedule and stick to it (if only 2 days a week, then never less)
- Begin to attend team meets and activities
- Focus on improving all four competitive strokes and all skills
- 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 (including flip turns and back to breast turns)
- 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 (Blue-Small or Red-Medium)
- Speedo Pull Buoy
- Speedo Fins (or Hydra Tech 2 or similar type fin)
- Speedo Bullet Head Snorkel

Girls Workout Schedule -

- Mon - 3:30-5:00pm
- Tues - 5:00-6:15pm
- Wed - 4:30-6:00pm (Comb. 11-12 Br)
- Thurs - 5:00-6:15pm
- Fri - 3:30-5:00pm

Boys Workout Schedule -

- Mon - 5:00-6:30pm
- Tues - 3:30-4:45pm
- Wed - 4:30-6:00pm (Comb. 11-12 Br)
- Thurs - 3:30-4:45pm
- Fri - 5:00-6:30pm

Criteria for joining 11-12 Silver Group –

Technical

- Consistent tight streamlines in practices and meets
- Correct underwaters off walls, 1 dolphin kicks off all walls for fl, fr, bk - breaststroke pulldowns done
- 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

8 x 50 Free @ :45
10 x 50 @ :55 (bk) and @ 1:00 (br)
10 x 50 Kick @ 1:05
8 x 100 Free @ 1:40
6 x 100 IM @ 1:50

Performance

Two 11-12 “BB” times or 1 “BB” and 6 “B” times

Other

Regular meet (at least 1/month) and practice attendance
Coachable