

## Bronze Squad (Entry Level)

### Age Group:

The minimum age for entry is generally 7 years of age but may be earlier at the discretion of the coach.

Maximum age of entry is strictly 10 years of age.

### Entry Criteria:

Achieved level 6 of the National Teaching plan:

*Swim 50 metres front crawl.*

*Swim 50 metres backstroke.*

*Swim 25 metres breaststroke.*

*Swim 10 metres butterfly.*

*Demonstrate rhythmical breathing.*

*Perform a safe dive from the edge of the pool.*

*Perform a front somersault in the water and push of the wall.*

Capable of completing 6 x 50m kick @ 2.00mins

Must have attended a minimum of 1 session per week in Dolphins (if applicable).

### Squad Aims:

To attain the entry criteria for Silver squad

Introduction of swimming drills

Introduction to coaching sets

Introduction to pace clock

### General Rules for all squad members:

Attendance at a minimum of 66% of available sessions per month (this equates to 2 sessions per week)

Arrive on poolside, ready to warm up at least 5 minutes before the start of each session.

Ensure you arrive at poolside with a drink, goggles, hat, kickboard, pull buoy and fins.

Demonstrate good lane discipline and etiquette throughout the session.

Willingness to participate (where eligible) in all Club Champs as recommended by the coach

### Training Times

DAY	TIME	VENUE
Tuesday	7:30pm - 8:30pm	Dartford Grammar School for Girls
Friday	6:00pm - 7:00pm	Fairfield
Sunday	7.30am - 8.30am	Fairfield