

Squad Progression from Junior Bronze to Bronze

There are no set time or distance requirements to progress to Bronze squad. The Head Coach will monitor swimmers' progress and development and recommend progression. In order to swim in Bronze squad swimmers must demonstrate:

- An ability to swim consistently at the pace of the Bronze squad
- A level of technique in each stroke that is consistent with Bronze level swimmers
- Know how to dive and how to do each of the stroke turns
- An understanding of how to use the clock and follow time cycles
- An understanding of the set structure written on the whiteboard
- An attitude that is not disruptive, is motivated and wishes to develop further as a swimmer

Proficient over	200m Freestyle			50m Breaststroke			100m Backstroke			50m Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Correct turns without reminders	Freestyle			Breaststroke			Backstroke			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Ability to complete bronze set over 3 sessions	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

Punctual to training sessions	Needs Support	Meets Expectations
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Effective use of training time	Needs Support	Meets Expectations
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Listens and follows instructions	Needs Support	Meets Expectations
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Squad Progression from Bronze to Silver

Times: Requires 3x 50m times plus 400m time	50m Freestyle Sub 40"	50m Backstroke Sub 45"	50m Breaststroke Sub 52"	50m Butterfly Sub 48"	400m Freestyle Sub 8'00"
	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

Proficient over	400m Freestyle			200m Breaststroke			200m Backstroke			100m Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Correct turns without reminders	Freestyle			Backstroke			Breaststroke			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Ability to complete silver set over 3 sessions	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

Punctual to training sessions	Needs Support	Meets Expectations
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Effective use of training time	Needs Support	Meets Expectations
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Listens and follows instructions	Needs Support	Meets Expectations
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Squad Progression from Silver to Gold

Times: Requires 3x 50m times plus 400m time	50m Freestyle Sub 35"	50m Backstroke Sub 40"	50m Breaststroke Sub 45"	50m Butterfly Sub 40"	400m Freestyle Sub 6'15"
	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

Proficient over	800m Freestyle			400m IM		
	Never	Sometimes	Always	Never	Sometimes	Always

Correct turns without reminders	Freestyle with fly kick			Backstroke with fly kick			Breaststroke with kick & pull-out			Butterfly		
	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always	Never	Sometimes	Always

Ability to complete gold set over 3 sessions	Session 1		Session 2		Session 3	
	Yes	No	Yes	No	Yes	No

Punctual to training sessions	Needs Support	Meets Expectations	Exceeds Expectations
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Effective use of training time	Needs Support	Meets Expectations	Exceeds Expectations
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Listens and follows instructions	Needs Support	Meets Expectations	Exceeds Expectations
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