

TECHNICAL SECTION

Bronze Squad

Daventry Dolphins Swimming Club

Squad	Description	Target age	Fast track age	Program	Swim awards/ Program Contents	Metres per hr	Hrs per wk
Bronze	Skill	7-9	6-8	DDSC Upto 2 hrs p.w.	Swim Skills	800	2 x 1hrs
						1400	
Silver	Skill	8-10	7-9	DDSC Upto 3 hrs p.w.	Swim Skills	1200	3 x 1hrs
						2000	
Gold	Skill	9-12	8-11	DDSC Upto 3.5 hrs p.w.	Swim Skills	1800	1x1.5hrs 2 x 1hrs
						2600	

BRONZE SQUAD

- Monday 18:00-19:00(1hr)
- Friday 19:00-20:00(1hr)
- 2 hours per week Cost:
- These sessions are for skill and stroke development
- Average per week 1500m

Criteria:

- Must attend 1 FULL practice sessions
- Be available for Team competitions and Development galas if selected

Bronze Squad COMPETITIVE SWIMMING –

At the end of this stage, swimmers will be able to:

1. Complete a set lasting 400 metres (e.g 16 x 25m) on a specific turn around time set by the coach (e.g. 1 minute for each 25 metres, set would be 16 x 25m on 1 minute)
2. Swim 400 metres continuously using one stroke.
3. Kick 25 metres Backstroke without using a float.
4. Kick 25 metres Breaststroke without using a float.
5. Kick 25 metres Butterfly without using a float.
6. Kick 25 metres Front crawl without using a float.
7. Perform a ● Backstroke turn from 10m in to 15m out.
8. Perform a ● Breaststroke turn from 10m in to 15m out.
9. Perform a ● Butterfly turn from 10m in to 15m out.
10. Perform a ● Front Crawl turn from 10m in to 15m out.
11. Complete 1 x 100m Individual Medley
12. Achieve ASA Competitive Start Award

Where participants are physically unable to ever achieve an outcome listed, the award should be granted based on the achievement of the remaining outcomes or a suitable adaptation to meet the needs of the individual.

Bronze Glossary

A **‘Set’** is a collective term referring to a complete distance that may be swum as ‘one distance’ without stops or split into sections that total the complete distance. **‘Turn around’** time is the time in which a given distance must be completed and any rest must be taken within this time.

Other Sports/ Physical activities	✓				
Flexibility & Stretching	✓				
Developing a full range of limb movement	✓				
Body Weight Exercises					
Introduce Core Strength & Balance					
Focus on Technique					
Develop Core Strength (Swiss Balls)					
Progress Body Weight Exercises					
Introduce Medicine Ball work					
Tubing exercises					
Integrate Land & Water work					
Partner Flexibility					
Basic Machine Weights					
Lifting Education					
Develop Weight Lifting Exercises					
Dumbbells & Bar bells					
Specific power Development					

Bronze COMPETITIVE SWIMMING – SCHEME OF WORK

COACH _____

Objectives/Session No	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
400m set (16 x 25, 8 x 50)																					
400m continuous using one stroke – 10mins																					
Kick 25m Backstroke – 50secs																					
Kick 25m Breaststroke – 50secs																					
Kick 25m Butterfly – 50secs																					
Kick 25m Front crawl – 45secs																					
Front crawl Turn																					
Backstroke Turn																					
Butterfly Turn																					
Breaststroke Turn																					
Complete 100m Individual Medley																					
ASA COMPETITIVE START AWARD																					

n.b. recommend two to three sessions per week of 45/60 mins duration

n.b recommended distance 800 to 1400m per hour

Competitive Swimming Bronze -> Silver Standards Expected.

Bronze -> Silver (Approximately Stage 8 NTPS)

- 1. Complete a set lasting 400m (e.g. a 16 x 25m) on a specific turn round time set by the coach (e.g. 1.00 minute for each 25m).**
 - a. Complete the set whilst using the pace clock correctly and obeying the lane discipline rules of pushing of 5 seconds apart, finishing on a full stroke, overtaking using the inside of the lane.

- 2. Swim 400m using one stroke continuously in under 10 minutes.**
 - a. Executing legal and correct starts, turns, and finish without stopping over the 400m distance.
 - b. Maintain a legal stroke throughout the 400m swim.
 - c. Demonstrate throughout a consistently efficient stroke throughout the 400m swim.

- 3. Kick 25m Backstroke without a float.**
 - a. Maintain a legal leg kick over the 25m.

- 4. Kick 25m Breaststroke without a float.**
 - a. Maintain a legal leg kick over the 25m.
 - b. Leg kick should accelerate in the last third of the kick.

- 5. Kick 25m butterfly without a float.**
 - a. Maintain a legal leg kick over the 25m.

- 6. Kick 25m Front Crawl without a float.**
 - a. Maintain a legal leg kick over the 25m.

- 7. Perform a Backstroke turn from 10m in to 15m out.**
 - a. The turn will be as described under the relevant FINA law.
 - b. Maintain swimming speed into the wall.
 - c. During the approach the swimmer will NOT 'look' round for the wall.
 - d. The swimmer will tightly tuck and place feet on the wall in a fluid movement.
 - e. The swimmer will push off the wall in a streamlined on their back or side and rotate in the water onto their back.
 - f. The swimmer will perform a butterfly or backstroke kick during the underwater phase for no further than 15m.
 - g. The swimmer will break the surface of the water at some point prior to the 15m mark using a single underwater arm pull to bring them to the surface.
 - h. Once the swimmer has broken the surface of the water they will continue swimming backstroke in accordance with FINA Laws.

8. Perform a Breaststroke turn from 10m in to 15m out.

- a. The turn will be legal as described within the relevant FINA Laws.
- b. Maintain swimming speed into the wall.
- c. The swimmer will touch the wall at the end of a full arm stroke.
- d. The touch will be made by both hands simultaneously.
- e. The swimmer will bring their feet to the wall in a smooth and fast movement.
- f. The swimmer will push off the wall either on their side or front in a streamlined position.
- g. The swimmer will perform one and a half breaststroke arm pulls and a single breaststroke leg kick whilst underwater.
- h. The swimmer will break the surface of the water before the hands turn inwards on the first pull after breaking the surface (one and a half pulls).
- i. Once the swimmer has broken the water surface, they will continue to swim breaststroke in accordance with FINA Laws.

9. Perform a Butterfly turn from 10m in to 15m out.

- a. The turn will be legal as described within the relevant FINA Laws.
- b. Maintain swimming speed into the wall.
- c. The swimmer will touch the wall at the end of a full arm stroke.
- d. The touch will be made by both hands simultaneously.
- e. The swimmer will bring their feet onto the wall in a smooth and fast movement.
- f. The swimmer will push off from the wall on their side or front in a streamlined position.
- g. The swimmer will perform butterfly kick whilst underwater, and break the surface at some point prior to the 15m mark, using a single underwater arm pull to bring them to the surface.
- h. Once the swimmer has broken the surface they will continue swimming butterfly in accordance with FINA Laws.

10. Perform a Front Crawl turn from 10m in to 15m out.

- a. The turn will be legal as described within the relevant FINA Laws.
- b. Maintain swimming speed into the wall.
- c. During the approach to the wall, the swimmer will NOT 'look' round.
- d. The swimmer will tightly tuck and place the feet on the wall in a fluid movement.
- e. The swimmer will push off the wall in a streamlined position onto their back, front or side and rotate in the water onto their front.
- f. The swimmer will perform a butterfly or front crawl kick during the underwater phase and will break the surface at some point prior to the 15m mark, using a single underwater arm pull to bring them to the surface.
- g. Once the swimmer has broken the surface of the water, they will continue swimming front crawl in accordance with FINA Laws.

11. Complete a 100m Individual Medley

- a. Executing legal and correct starts, turns and finish without stopping over the 100m distance.
- b. Maintain a legal stroke throughout the 100m swim.

c. Demonstrate throughout a consistently efficient stroke throughout the 100m swim.