

Squad Outline

This group is the first stage of the South Aberdeenshire coaching programme. The work undertaken consolidates all previously learned skills achieved as part of the Swim Aberdeenshire Swimmer Pathway. The primary aim is to continue the development of technique and swimming skills to a high level and encourage swimmers to take that first step towards the exciting opportunity of racing.

Objectives of the Bronze Group

1. To further develop stroke technique and introduce competitive swimming skills.
2. To increase the amount of swimming endurance work undertaken whilst maintaining good stroke mechanics.

Admission Procedure to Bronze

Admission to this squad follows the successful completion of level six of Swim Aberdeenshire Learn To Swim Scheme or the capable demonstration of the skills identified below. Swimmers at this stage of the progressive pathway will be encouraged to begin attending more than one session per week and will undertake some longer swims.

The requisite skills that swimmers should have achieved are as follows:

- Ability to swim the four competitive strokes
- Individual medley swimming
- Capable of basic floating and sculling practice to aid swimmers 'feel' for the water.

Continuous Swimming: Holding stroke pattern without stopping.

100m Frontcrawl with recognised breathing pattern.

100m Backstroke with good timing and kicking pattern

100m Breaststroke with relevant whip action kick and circular arm action.

50m Butterfly with over the surface recovery of the arms

100m Individual Medley

Swimming Curriculum for Bronze

- Continued consolidation of technique on all four competitive strokes.
- Further develop individual medley swimming and the associated turning techniques.
- Introduction to Racing Starts.
- Introduction to even paced steady swimming.
- Continued development of kicking; introducing side kicking on the long axis.
- Introduction to interval type training and variations including use of the pace clock.
- Introduction to the SAS 'Pre-pool' mobility routine.
- Continued practice of sculling to refine 'feel' and encourage correct movement patterns.
- Introduction to basic swimming speed for distances of 2m, upto 5m

Indicators for progression to Silver

The following is intended to be indicative of the generic competencies that an athlete will display in order to be considered for a progressive move. This is not exhaustive and some additional criteria will be applied. All squad moves will take place at the discretion of the Head Coach.

Technique and Skills

- Four competitive strokes
- Knowledge and execution of competitive starts and turns.

Continuous Swimming: Holding stroke pattern and relevant skill.

300m Frontcrawl with a bilateral breathing pattern.

200m Backstroke with good timing and breathing

200m Breaststroke with simultaneous whip action kick and the relevant arm action.

200m Individual Medley

2 x 50m Butterfly with 15seconds rest and simultaneous arm recovery over the water.

Kicking Practices:

Breaststroke	- Prone & Supine with simultaneous action.
Frontcrawl	- With correct body position on a board.
Backstroke	- Supine in streamline position.
Butterfly	- Both prone & supine with arms at side.

Sculling:

- Knowledge and demonstration, with good technique, of at least four different sculling actions (e.g. prone/ supine; head/ feet first)

SAS

BRONZE

Training Competencies

- Further consolidation of all previous competencies.
- Improved use of the pace clock to include maintenance of rest over of multiple swims.
- Further utilisation of equipment to include Finger Paddles & Fins.
- Capable of performing the SAS Pre-Pool mobility routine.

Additional Criteria:

Attendance

Training hours

Have attended competitions not including Club Championships and SAS League