



BRONZE 2



Bronze 2 group is for swimmers ages 8 - 12 years old

The focus of Bronze 2 is to continue to develop stroke mechanics with an increased emphasis on interval training and aerobic swimming. Swimmers are introduced to goal setting and race strategies. They are expected to attend at least 2 meets per season with the goal of making STAGS or Jr STAGS at the end of the season.

Group Requirements

- Move from Bronze 1 level or complete a Saturday Evaluation
- Know all of their turns & a breaststroke pullout
- Know their backstroke start and how to dive off of the blocks
- 20x50s FR 1:20 | 10x50s Kick 1:20 | 3x100s IM :20 rest

Mandatory Equipment

Swim Bag, Goggles, Water Bottle, Kickboard, Fins, a Competitive Swimming Snorkel, Pull Buoy and Hand Paddles (please have your swimmer get sized before purchasing)

Group Information

Practice Length: 1 Hour

Practice Days: Monday - Friday and Saturday

Group Times: Monday-Friday: 3:45pm, 4:45pm, 6:15pm or 7:45pm (M-F practice times are not interchangeable) | Saturday: 10:00am

Price : \$150 per month

WHAT DOES MY SWIMMER NEED TO MOVE TO SILVER 1 OR VARSITY?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen 4 times throughout the year. Once at the beginning of each season and once in the middle of each season. August, November, March and June. In order to qualify for a move swimmers must complete the following:

Attend at least two swim meets during the season

Maintain 50% attendance throughout the season

Test Sets: 20x50s Free @ :55 | 10x50s Kick @ 1:05 | 6x100s IM @ 2:00

Athletes 12&Under who complete requirements move to Silver 1

Athletes who will be turning 13 the following season and complete requirements move to Varsity

Athletes who will be turning 13 the following season and have not met requirements will move to the Jr. Varsity Group