



## **Bronze Group**

The Bronze group is the entry level into the RAYS competitive swim structure for swimmers age 12 & under. This group serves as a transition from our developmental program (White, Red or Blue) or from Summer League to our more experienced competitive swim groups. As a Bronze swimmer they will be taught fundamental techniques for all four strokes, starts and turns. With more practice you will see noticeable improvement in many aspects of your child's swimming: their "feel for the water", their stroke technique, their general comfort with teammates, and their overall physical conditioning. We will introduce them to competitive swimming situations in practice and help prepare them for meets and competitions. Our ultimate goal is to develop lifelong swimmers while also making sure they have as much fun as possible.

### **Practice**

Bronze group workouts are offered 5 days a week for 1.5 hour per practice. For best results we recommend swimmers attend at least 3 practices per week in order to maintain "feel for the water" and continued development of technique.

### **Swim Meets**

Swim meets are a great way to track your swimmers progress and for swimmers to see how their work is paying off. The meet schedule is posted on the RAYS website under the "Meets" Tab and are typically twice a month, with one at the JRSSC and one being an away meet. Though it is not required we strongly recommend that swimmers compete in every meet possible.

### **Group Expectations**

To enter the Bronze Group you must...

- Be able to do freestyle and backstroke and understand the fundamentals of both breaststroke or butterfly.
- Be approved by an age group coach for admission into the group after a swim evaluation.

## **Training Equipment - Required**

- Goggles (two pairs)
- Fins
- Snorkel
- Pull Buoy
- Swim Cap
- Practice Suit
  - Boys: Speedo or Jammer. No Board Shorts or swim trunks
  - Girls: Must wear a one piece suit

## **Competition Apparel - Required**

- Racing Suit
- RAYS Swim Cap
- RAYS T-shirt