

## BRONZE SQUAD TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Rest	Swim 6:40am - 8:00am	Rest	Swim 6:40am - 8:00am	Rest	
Afternoon	Swim 5:00pm - 6:15pm	Swim 5:00pm - 6:15pm	Rest	Swim 5:00pm - 6:15pm	Swim 5:00pm - 6:15pm	Rest

## BRONZE SQUAD EXTRA INFORMATION

COMPETITIVE SQUADS	SESSIONS PER WEEK	CRITERIA
Bronze Squad	3 – 5 sessions per week strongly recommended.	<p>General</p> <ul style="list-style-type: none"> <li>• Non-disruptive, motivated and aiming to develop as a competitive swimmer.</li> </ul> <p>Club</p> <ul style="list-style-type: none"> <li>• Must be in a member of a swimming club and regularly attend club nights.</li> </ul> <p>Training</p> <ul style="list-style-type: none"> <li>• Able to swim 100m FS, BK and BRST correctly and efficiently.</li> <li>• Able to swim FS and BK with good body position, kick and breathing.</li> <li>• Able to swim BRST with a correct kick.</li> <li>• Have a working understanding of butterfly.</li> </ul>