



"GO CUDAS-CHEER LOUD-RACE HARD"

BRONZE

Focus:

-Introduction to Competitive Swimming

Requirements:

1. Swimmers must be able to complete 25 yds. of beginner Freestyle
2. Swimmers must be able to complete 25 yds. of beginner Backstroke
3. Swimmers must be able to complete a 15 second back float

Goals:

1. To learn:
 - a. Proper lane etiquette
 - b. Legal swim technique in all four competitive strokes
 - c. How to read a pace clock
 - d. Starts and streamlines in all four competitive strokes
 - e. Beginner turns in all four competitive strokes
 - f. Understanding swim sets and completing properly
2. To attend:
 - a. 60% of all scheduled practices
 - b. 90% of all Team Essl Meets
 - c. 2 US Swim Meets
3. To compete in the following events: (at a swim meet)
 - a. 25-50 yd. Freestyle
 - b. 25-50 yd. Backstroke
 - c. 25-50 yd. Breaststroke
 - d. 25-50 yd. Butterfly
 - e. 100 yd. IM and Freestyle
4. To complete the following sets:
 - a. 12x25 Freestyle and Backstroke on 1:00
 - b. 12X25 Breaststroke and Butterfly on 1:15
 - c. 6x50 Freestyle and Backstroke w/turns 1:30
 - d. 6x50 Breaststroke and Butterfly 1:45