



Academy Bronze

There are two sessions per week available for swimmers in Academy Bronze, these should be swum in addition to your child's current swimming lessons to ensure they have three sessions available per week. Swimming more frequently will reinforce technique, improve strength and fitness, and will provide further opportunities to develop competitive swimming skills.

The aim is to give children the very best start on their journey as competitive swimmers, providing them with structure training programme in a supportive and nurturing environment.

Training Times and Fees

Monday	19:00 – 20:00	Highfield Hall Primary School
Sunday	16:15 – 17:15	Queens Park Leisure Centre

Monthly Training Fee: £40

Progression Criteria

Progression to Academy Silver is based on the achievement of the Swim England Club Awards Level 2, these are designed to help children to transition from swimming lessons into club and competitive swimming.

Before moving we would expect swimmers to be able to:

1. Complete a short training set (e.g 8 x 25 metres) on a prescribed turnaround time (e.g every 60 seconds), swimmers must be able to use the pace clock to set themselves off and maintain intervals.
2. Demonstrate the ability to push off underwater in a streamlined position and dolphin kick effectively for a minimum of 5 metres underwater.
3. Demonstrate the ability to push off underwater in a streamlined position and perform a "race legal" breaststroke pull-out.
4. Perform front crawl and backstroke single arm drills for 25 metres with non-pulling arm remaining by the side of the body, ensuring connectivity of body rotation into pulling and kicking actions.
5. Perform butterfly 3 Scull, 1 Pull Drill for 25 metres with snorkel if available, maintaining symmetrical arm and leg actions, and avoiding body rotation.
6. Perform breaststroke 2 Kicks, 1 Pull Drill for 25 metres, maintaining symmetrical arm and leg actions, and avoiding body rotation.
7. Demonstrate an effective approach, rotation and touch for front crawl and backstroke turns and an effective approach, rotation and touch for butterfly and breaststroke turns.
8. Demonstrate the ability to dive from poolside using a kneeling or track start position, hands enter the water first with arms and head in streamline position, maintain streamline underwater.
9. Perform a backstroke start from the wall, demonstrating correct drive sequence: hips, head, hands, and flight with hips at surface and arms squeezed against the head before entry.
10. Demonstrate appropriate hydration strategies at a minimum of four training sessions and show an understanding of when and what to eat in relation to a training session.

Swimmers are continually assessed during their time in Academy Bronze with squad moves usually taking place in January, April and September.

Kit List

To assist with swimmers' ongoing development, we recommend purchasing essential training equipment which will be used routinely in training sessions throughout all Academy Squad levels.

A full kit list along with a range of other useful information can be found in the [Swimmer Resources](#) section on our website.

