

# GREENWICH ROYALS



## Welcome to Bronze Squad

Please find below key squad information and a summary of what swimmers in Bronze Squad are working towards.

**Lead Coach: Kai Hughes**

**Training Sessions:** Aim to attend 2/3 sessions per week,

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Eltham Centre	Greenwich	Eltham Centre			Eric Liddell
	19:30-20:30	19:30 - 20:30	19:30 - 20:30			Land Training 17:00-17:50 Swimming 18:00-19:00

## Training Accessories

	Mesh Kit Bag	Water Bottle	Swim Hat and Goggles
Standard Kickboard	Training Snorkel	Foam Pull Buoy	Short Blade Training Fins

**Promotion Criteria:** Promotion to **Silver Squad** will be at the Lead coaches recommendation, swimmers will need to achieve the following, and any exceptions will be at the discretion of the coaching team/Head Coach

**Aims and Objectives for swimmers in Bronze Academy** Swimmers are aiming to complete the Swim England Club Award Stage Three, achieve the time standard criteria and compete in open competitions and league competitions as directed by the lead coach.

## Swimmer Expectations

- Swimmers are expected to arrive on time to complete a 5 minutes pre swim RMAP warm up, on poolside where this is possible with the pool operator
- Shower before entering the pool
- Have all their kit ready for use at the start of each session
- Encourage each other as part of the squad
- Pay attention to coaching feedback and briefings
- Show an interest in their training and keep a record of their PBS and Monitoring sets
- Swimmers to spend 5 minutes at the end of the session stretching
- Abide by the Greenwich Royals Code of Conduct
- Never have mobile phones out in any changing room.

## Time and Skill Standards for Promotion

Award		Requirements	
Bronze Award Times (Open Meets and Club Championships)	50m Freestyle	47.00	Bronze Award
	100m Freestyle	1:44.30	Bronze Award
	200m Freestyle	3:20.80	Swum in a gala
	100m IM	1:58.60	Bronze Award One of the 100m IM or 200m IM
	200 IM	4:17.20	
	50m Breaststroke	1:00.40	Bronze Award
	50m Backstroke	54.50	Two of the 3 form strokes, and within 4 seconds of the 3rd
	50m Butterfly	52.40	
	100m Breaststroke	2:12.00	Must have swum at least 2 form strokes, at a licensed meet, but only need to attain one of the times
	100m Backstroke	1:56.00	
	100m Butterfly	1:53.80	
Starts (Internal Trials)	Competitive Start Award	<a href="http://www.swimming.org/learntoswim/asa-competitive-start-awards/">http://www.swimming.org/learntoswim/asa-competitive-start-awards/</a>	

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Competitive Swimming (Internal Trials)	Competitive Swimming Award – Stage 9	<a href="http://www.swimming.org/learntoswim/asa-learn-to-swim-awards-8-10">http://www.swimming.org/learntoswim/asa-learn-to-swim-awards-8-10</a>
<b>Club Awards</b>	Swim England Swimming Club Awards Stage 3	<a href="https://www.swimming.org/swimengland/swim-english-and-club-awards/">https://www.swimming.org/swimengland/swim-english-and-club-awards/</a>
Distance Award	800m	<a href="http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/">http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/</a>
Events Swum at Open meets	50m Fly, back, breaststroke and butterfly; 100m free, 100 IM and 2 form strokes; Encouraged to swim 200 free, 200 IM and one 200 form stroke	
Training Sessions	A minimum of 2 sessions per week is required to gain promotion (Avg over 3 mths)	
Training Sets	Specific Training sets suitable for transition to silver squad	
Competitions	Annual Club Championships	Minimum of 3 Open Meets in year
League Gala's	Attendance at League Gala's when selected	
Typical Squad Age	Girls 8 - 11 ( $\pm$ 1yr)	Boys 8 - 11 ( $\pm$ 1yr)
Parent Involvement*	Actively help out as an official, time keeper or team manager or in a volunteer to help with the running of the club	

## \*Parent Involvement

**Greenwich Royals is heavily dependant on volunteers to run internal events such as the club champs, team galas and any potential home gala events in the future. Without You, this is not possible. As your swimmer progresses through the squads we ask that one parent, if possible, joins our group of much needed volunteers who support the club and our swimmers. Please visit our [volunteer section](#).**