

## Welcome to Bronze Squad 2024/25

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

Lead Coach: **Kai Hughes**

**Training Sessions:** Swimmers should typically aim to attend 3/4 sessions per week.

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
	Eltham Centre	Greenwich Centre	Eltham Centre	Colfes	Greenwich Centre
	19:30 - 20:30	19:30-19:30	19:15-20:15	06:30 - 07:30	16:00 - 17:00

### Training Accessories

Mesh Kit Bag and Water bottle	Training snorkel	Swim Hat and Goggles
Standard Kickboard and 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

Award		Requirements	
Bronze Award Times (Open Meets and Club Championships)	50m Freestyle	47.00	Mandatory
	100m Freestyle	1:44.30	Mandatory
	200m Freestyle	3:20.80	Mandatory
	100m IM	1:58.60	Mandatory *either 100 or 200
	200m IM	4:17.20	
	50m Breaststroke	1:00.40	Mandatory Two of the 3 form strokes, and within 4 seconds of the 3rd
	50m Backstroke	54.50	
	50m Butterfly	52.40	
	100m Breaststroke	2:12.00	Must have made at least 1 one time and swum a second, at a licensed meet.
	100m Backstroke	1:56.00	
	50m Butterfly	1:53.80	
	200m Breaststroke	4:40.40	Bonus events one from three as a timed swim.
	200m Backstroke	4:11.10	
	200m Butterfly	4:09.20	
	400 Free	8:04.70	Bonus events At the coaches Discretion not Required at Club Champs
	400m IM	9:03.7	
	800m Free	16:45.30	
Competitive Swimming (Internal Trials)	Competitive Swimming Award – Stage 9	<a href="#">Learn to Swim Stages 8-10   Swim England Learn to Swim Programme (swimming.org)</a>	
	Competitive Start Award	<a href="#">Swim England Competitive Start Awards (swimming.org)</a>	
SE Club Awards	Stage 3	<a href="#">Swim England Club Awards   Buy Progressive Awards For Your Club (swimming.org)</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>	
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 (± 1yr)		Boys 8 - 11 (± 1yr)
Parent Involvement*	Actively help out as an official, time keeper or team manager		

\*100IM Unless completed 200 and 400IM In a gala

## \*Parent Involvement

**Greenwich Royals is heavily dependent 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](#).**

## Competitions

A full and current list of competitions, endorsed by the club's coaches, is available on the home page of the Greenwich Royals website: <https://uk.teamunify.com/Home.jsp?team=lgrsc> under events & gala's.

The Club also participates in a number of swimming leagues. Further details can be found at:

[https://uk.teamunify.com/SubTabGeneric.jsp?team=lgrsc&\\_stabid\\_=153418](https://uk.teamunify.com/SubTabGeneric.jsp?team=lgrsc&_stabid_=153418). It is a privilege for swimmers to be selected to represent their club at league galas, so every effort should be made by selected Silver Squad swimmers to attend.