

# CASC Bronze Squad

**Coached by** Theresa Browne

**Coaching Hours** 3.5

**Attendance** A minimum of 2 sessions is advised

**Coach: Swimmer  
Ratio** 1:30

## **Promotion Criteria**

- To be able to perform all four strokes to a competitive level
- Must be able to perform all four starts to a satisfactory level
- Must be able to perform all four turns to a competitive level
- Must be able to show good streamline technique
- To show good knowledge of using the pace clock
- Will normally be aged 7-8 years

All promotions will be at the coach's discretion