

CASC Bronze Elite 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 8-9 years

All promotions will be at the coach's discretion