

Bronze: Seasonal Plan

September:

Welcome back. This month we will be getting our group familiar with each other and learning the fundamentals of practice; showing up on time ready to swim, gaining confidence in the water, working with our teammates during practice, and learning how to prepare for competition through drills, swims, using equipment, and out of water exercises (dry-land aka: cross-training).

October:

As we near our first swimming meet we will continue building confidence in the water and doing a little more swimming, with emphasis on correct technique. Also, we will be practicing a lot of fun relays to prepare for Team relays at our first meet.
Swimming meet October 16th -17th

November:

With our first meet under our belts we will continue to perfect our strokes and turns. We will look to hone our skills, build our fitness, and develop more coordination through games, drills, and swims. Remember to swim new events at the swim meet this month. Swimming meet TBD

December:

This month we go to our mid-season Championship meet. We still want to swim some new events but also do some events that we know we are really good at. After our big meet we will go into our Holiday training; where we will focus on drills, games, and coordination. Swimming Meet December 5th -6th

January:

Fresh off our Holiday break, we are going to get right after it with some great practices to raise our skill and fitness level and be even more confident in the water. For our swim meet this month the challenge is to do some of the longer distance events. You can do it! Swimming Meet January 16th -17th

February:

Sticking with this program we will be in great shape to swim any events we haven't already at our swimming meet this month. Swimming Meet February 6th -7th

March:

This month we will focus on our last meet of the season; Divisional Championships. We are going to have lots of relays, team cheering competitions, and making sure we are swimming with correct technique. Swimming Meet March 27-28

ESC Bronze Group 2009-2010 Short Course Season- Revised 11/09

September		1	2	3	4	5
6	7	8. Order team gear:	9 Order team gear	10 Order team gear	11 Order team gear	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30. <u>deadline</u> sign up for October Challenge			

October

				1. 6x200 on 8:00	2	3
4	5	6	7. 6x100 on 8:00	8.	9	10
11	12	13	14. 5x100 on 3:00	15.	16	17. October Challenge
18 October Challenge	19	20. <u>deadline</u> sign up for Monster Invite	21. 20x100 on 1:30-1:50	22.	23	24
25	26	27	28. 6x50 on 2:00	29.	30. Monster Invite	31. Monster Invite

November

1. Monster Invite	2	3. <u>deadline</u> sign up for Age Group Invite	4. T30 or 20x100 on 1:30-1:50	5.	6	7
8	9	10	11. 6x200 on 8:00	12.	13	14
15	16	17	18. 6x50 on 2:00	19.	20	21. Age Group Invite
22. Age Group Invite	23	24	25. <u>Thanks-</u> Deadline sign up Div. Champs AgeGroupChamps	26. <u>Giving-</u>	27. <u>break-</u>	28. <u>see-</u>
29 <u>training-</u>	30 <u>schedule-</u>	For-	<u>Specific-</u>	<u>Practice-</u>	<u>Times-</u>	

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December

		1.1650 time-trial	2. <u>deadline</u> sign up for State Champs	3.	4.	5. Div. Champs
6.Div. Champs	7	8	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21. Holiday training	22. Holiday training	23. Holiday training	24.	25	26.
27.	28.Holiday training	29.Holiday training	30.Holiday training	31.Holiday training		

January

					1.	2.
3.	4 <u>deadline</u> sign up for January Challenge	5.	6. 6x100 on 8:00	7.	8	9
10	11	12	13. 6x50 on 2:00	14.	15	16.January Challenge
17.January Challenge	18	19. 5x100 on 3:00	20. 6x200 on 8:00	21.	22	23
24	25. <u>deadline</u> Signup for Distance meets	26.	27. T30	28.	29. <u>deadline</u> Sign up for February Challenge	30

February

31	1	2	3	4.6x50 on 2:00	5	6. February
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						Challenge
7 February Challenge.	8. 5x100 on 3:00	9	10	11.6x200 on 8:00	12	13
14.Distance meet	15	16	17. <u>deadline</u> signup for Age Group Invite	18.6x100 on 8:00	19	20
21.Distance meet	22	23	24. <u>deadline</u> sign up for Senior Sectionals	25.20x100 on 1:30-1:50 or 5x100 on 3:00	26.Age Group Invite	27. Age Group Invite
28. Age Group Invite						

March

	1	2	3. <u>deadline</u> sign up for Age Group Sectionals	4. <u>deadline</u> sign up for Div. Champs	5	6
7	8	9	10.Senior Sectionals	11. Senior Sectionals	12. Senior Sectionals	13 Senior Sectionals.
14. Senior Sectionals	15	16	17	18.Age Group Sectionals	19. Age Group Sectionals	20 Age Group Sectionals.
21. Age Group Sectionals	22	23	24	25	26	27. Div. Champs
28. Div. Champs	29	30	31			

Bronze and Silver Vocabulary words

Backstroke	One of the four competitive racing strokes. Backstroke is swum as the first stroke in the Medley Relay and the second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd breast)
Breaststroke	One of the four competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd breast)
Butterfly	One of the four competitive racing strokes. Butterfly (nicknamed FLY) is swum as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions offer the 25 yard fly).
Cap	The latex or lycra covering worn on the head of swimmers.
Deck	The area around the swimming pool.
Dive	Entering the water head first. Diving is not allowed at meets during warm-ups except at the designated time, in specific lanes that are monitored by the swimmer's coach.
Drill	a portion of a stroke that is emphasized during a swim and or repeat, a specific movement to help a stroke
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped time."
Dry land	the exercises and various strength programs swimmers do out of the water. AKA: cross-training
Entry	An individual, relay team, or club's event list in a swim competition.
Event	A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
False Start	When a swimmer leaves the starting block before the starting horn or the swimmer is moving after "take your mark". One false start

will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall, at all pools, to tell backstrokers the wall is approaching
Freestyle	One of the four competitive racing strokes. Freestyle (nicknamed Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, 200 yards/meter, 400 mtr/500 yd, 800 mtr/1000 yds, 1500 mtr/1650 yds (LSCs with 8-under divisions offer the 25 yd free).
Goals	The short- and long-range targets for swimmers to aim for.
Heats	A division of an event when there are too many swimmers to compete at the same time.
IM	Individual Medley. A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swum of each stroke. Distances offered: 100 yards, 200 yards/meters, 400 yards/meter.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Kick	The leg movements of a swimmer.
Kick Board	A flotation device mostly used for kicking by swimmers during practice.
Lane	The specific area in which a swimmer is assigned to swim. (ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6). At ESC the end lanes are not numbered.
Lap	One length of the course
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done

from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.

Pace Clock	The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warmups or swim practice.
Pull	The arm movement of a stroke
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. Not the group a swimmer is in but a PNS time standard of similar name.
Relays	A swimming event in which four swimmers participate as a team. Each swimmer completes an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
Season	USA Swimming is broken into two "seasons" every year, culminating with a Championship meet at the end of each. From September-March is Short Course season in which swimmers compete in yards. April-August is Long Course in which swimmers compete in meters.
Starting Blocks	The starting platforms located behind each lane.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
Submitted Time	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
Uniform	The various parts of team clothing a swimmer wears at a meet. May include: parka, Warm-up jacket, team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.

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Warm-up	The practice and "loosening-up" session a swimmer does before the meet or their event is swum.
Yardage	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.