

## Bronze Level

Bronze team: Ages 8-10

This Team will practice up to four times a week, 1.5 hrs - 2 hrs.

This is a traditional age group program.

The focus points for the Bronze team is proper technique for all four competitive strokes, streamlining, diving and flipturns. Athletes in this group will also focus on learning in a team environment including working independently, and using a pace clock.

Athletes in this group need to attend practice on a regular basis with close attention being paid to being on time.

Practice times: Mon and Wed 7:20p.m.- 8:30p.m.

Tues and Thurs 7:00p.m.-8:30pm.

Sat 9-11a.m.

Session #1 April 1- July 30th

Meets: May 6-8 Huntersville

June 10-12 Hickory "Y"

July 8-10 Shelby

July 15-17 Age Group champs (Charlotte) For kids who qualify

Cost: \$500.00 Training Fees

\$75.00 Registration (includes office and USA swimming registration)

+ Equipment (team suit, cap, and t-shirt required) and travel meet fees.

Bronze team members with siblings get 20% discount when joining the Team.