



Mini O's Bronze Skills

Bronze 30min sessions over 10wks, 10hrs total

Main skills to cover:

- Flutter kick
 - Holding at top of board until relative technique is achieved
 - Holding at bottom of board blowing bubbles breathing forward
 - Holding at bottom of board bringing arm down to breathe to the side
 - On back with board at chest
 - On back with board at knees
- Streamline form
- Proper push off - 2 feet
- Floats - front & back ensuring to keep whole body at surface
- Breath control
 - Bobs at breaks - exhale under, inhale above
 - Flutter kick w/ head under, full exhale before lifting head
- Freestyle
 - One hand on bottom of the board, other hand down, breathing to side
 - Sidekick w/ one arm up one down
 - Full stroke breathing every 3
- Backstroke
 - Body position kick - arms down (keep hips at surface)
 - Body position kick w/ popcorn drill
 - Full stroke push off and touch on back
- Dives
 - Jump ins to get comfortable going off the edge
 - Sitting dives from edge/block (as long as permitted at the pool)

Skills will be rated on a scale of 1-3

1 - Attempted: Swimmers attempted the skill but were unable to perform it effectively.

2 - Completed: Swimmers executed the skill correctly, demonstrating proper technique.

3 - Mastered: Swimmers performed the skill proficiently, showing a high level of competence