# STROKE 2

## BNSC Training Groups (Group Charter)

**Season / Year: Summer Long Course Season 2026**
**Last Updated: April, 2026**
**Primary Location(s): 4 Seasons and NCHS**
**Head Stroke Development Coach: Jenna**

## Purpose of This Group

Stroke 2 is designed to help swimmers become more consistent, more legal, and more efficient across all four strokes while continuing to build confidence in practice and meets. This group strengthens the technical foundation swimmers need before moving into more demanding training and racing expectations.

## Who This Group Is For

**Swimmers in Stroke 2 should:**

- Have a basic understanding of all four strokes, even if every stroke is not yet fully legal
- Regularly use legal turns in practice and at meets with minimal reminders
- Be willing and able to safely dive from the blocks
- Be able to complete practice with a level of focus and physical readiness that supports more structured repetition and skill development

### Main Focus

Legality, efficiency, and consistency. The focus is helping swimmers build reliable technique and apply corrections more independently so they are prepared for more challenging training without losing form.

### What We Work On

**While in Stroke 2, swimmers continue developing the basics of competitive swimming, including:**

- Swimmers work toward becoming fully legal in all four strokes
- Swimmers improve flip turns, open turns, finishes, and streamlines
- Swimmers are introduced to IM transitions and more intentional race skills

- Swimmers begin learning how to hold technique together through longer swims and more structured sets

The priority is building legal, repeatable skills and helping swimmers feel more confident using them in both practice and meets.

### Typical Training Commitment

- Typical practice length: 1 hour 15 minutes
- Recommended weekly frequency: 2–3x/week
- Current schedule: See the Season Packet.

## Practice Snapshot

Stroke 2 practices focus on legality, efficiency, and consistency while continuing to reinforce strong fundamentals. A typical practice begins with a more traditional warmup that may include easy swimming, kicking, and drills. This portion is still instructional, but swimmers are expected to settle in more independently and begin connecting good habits across multiple lengths.

Next, coaches usually focus on one or two key technical skills within a stroke, turn, or transition. At this stage, repetition is still intentional: swimmers need repeated opportunities to make corrections, recognize patterns, and build technique that holds up more consistently.

The main set in Stroke 2 is typically a structured way to repeat skills within short, age-appropriate swimming sets. Practices may mix stroke and freestyle, use simple focus-based repeats, or introduce slightly longer efforts while maintaining quality. Practices usually end with something fast or challenging that still reinforces skills, followed by a short cooldown/reset. Starts and turns are typically built into practice throughout the season, with more specific refinement as swimmers become more consistent.

### Recommended attendance:

For steady progress at this level, 2–3 practices per week is a strong target. Inconsistent attendance often makes it harder for swimmers to hold on to technique changes, develop legal habits, and build continuity from one practice to the next.

### Required Equipment:

All swimmers are expected to have their own:

- Kick Board

- Pull Buoy
- Fins

Equipment should be brought to every practice to ensure practices can be completed correctly.

## Meet Participation

- Typical meet participation: 1–3 meets per season
- Meet participation is designed to help swimmers practice legality, confidence, and skill application in a meet setting.
- Swimmers are encouraged to attend meets when the Head Stroke Development Coach deems they are physically and emotionally ready.

**At the Stroke 2 stage, meets are primarily about learning how to compete:**

- building familiarity with meet routines
- practicing warm-up habits and listening skills
- racing legally and applying skills under pressure

**What success looks like at meets:**

- the swimmer participates in warm-up and follows instructions
- strokes, turns, and finishes become more consistently legal
- the swimmer races with effort, confidence, and improving attention to detail

**How Meet Events Are Chosen:**

Meet events are selected by the coaching staff based on each swimmer's practice performance, current readiness, developmental needs, and the level of challenge that best supports long-term growth. Event selections are made to help swimmers build skills, confidence, and race experience, not simply to prioritize favorite events or short-term results. Families should understand that meet lineups are a coaching decision made with the swimmer's overall development in mind.

**Relay Expectations:**

Relay participation is part of team competition and is expected when a swimmer is assigned to a relay by the coaching staff. Relay lineups are determined by coaches based on team needs, swimmer readiness, event strategy, and the overall goals of the meet. Swimmers should not expect relay placement based on friendships or personal preference. Choosing relay lineups is a coaching decision made in the best interest of both swimmer development and the team as a whole.

**Family support focus:**

- help swimmers arrive on time and prepared
- keep feedback simple: “Did you try the skill your coach asked for?”
- understand that one off swim, an add, or a DQ is normal and not a crisis

## What Success Looks Like in Stroke 2

**Success in this group includes:**

- increasing legality and consistency in all four strokes
- improved turns, finishes, and wall skills with fewer reminders
- demonstrated effort, focus, and coachability during practice
- applying corrections more consistently in both practice and meets

### Progress Updates

**Progress Updates (Cadence):**

Summer includes one formal goal-setting conversation at the start of the season. Additional progress communication may occur as needed based on the swimmer, group, and season flow.

Goal Setting: Swimmers are encouraged to focus on simple goals such as:

- “I can make my strokes more legal and consistent”
- “I can improve my turns, streamlines, and finishes”
- “I can apply coach feedback without needing as many reminders”

In Stroke 2, goal setting is simple and collaborative. Coaches talk with swimmers about what they want from swimming this season, such as becoming more legal, trying new events, improving technique, building confidence, or preparing for the next group, and document goals in a coach-managed system.

**Check-ins you can expect:**

- Start-of-season goal conversation (coach-led)

**How progress is evaluated in this group:**

Progress is measured through skill development, listening/coaching response, legality, readiness, and confidence, not just times.

### Moving to the Next Group (Readiness)

**Before moving to Stroke 3, swimmers should:**

- be legal in 100–200 freestyle and backstroke
- be legal in 25–50 breaststroke and butterfly, with distance depending on age and readiness

- regularly perform legal turns, finishes, and streamlines in practice and at meets
- be able to complete a full 1 hour 15 minutes practice with little to no extra breaks
- actively improve skills based on coach feedback
- follow directions the first time, most of the time
- be mentally mature enough to socially and behaviorally fit in with Stroke 3 swimmers

Final readiness decisions are made by the coaching staff using the swimmer's technical skills, consistency, physical readiness, emotional readiness, behavior, and overall fit within the expectations of the next group, as outlined in the BNSC program handbook.

## Coaches' Roles

For the summer season, Jenna will oversee the Stroke 1, Stroke 2, and Stroke 3 groups and serve as the primary coaching lead for those training groups. She will handle day-to-day coaching matters, group-level questions, and training-related concerns within the stroke progression. The Head Coach will continue to oversee the full program and will address any matters that require escalation beyond the stroke group level.

Stroke 2 may also have assistant or junior coaches working with the group throughout the season. These individuals serve in a coaching support role and are to be treated with respect. High-level questions, concerns, or program issues should not be directed to assistant or junior coaches. Those matters should be shared through the official BNSC email, shared text line, or during a scheduled meeting with Coach Jenna or Coach Brynna.

## Communication

All official BNSC communication must go through the club's shared team email and shared team text line, not personal phone numbers, personal email addresses, or social media messages unless families are specifically directed otherwise by BNSC.

- Official Team Email - admin.bnsc@gmail.com
- Official Team Textline - (XXX) XXX-XXXX
    - Families should use the official team text line only between 8:00 a.m. and 8:00 p.m.

For Stroke 2 swimmers, parents will often still take the lead in communication, though swimmers may begin taking more ownership in simple conversations when appropriate. Questions should stay focused on the swimmer's attendance, skill progress, meet readiness, wellness concerns, and next-step questions. Families should include the swimmer's name, group, and a clear question, and allow up to 48 business hours for a response. Parents should not approach coaches during active practice or begin training, placement, or racing discussions on deck or in the stands, since coaches must stay focused on safety and instruction. For non-urgent concerns after a meet, families should wait at least 24 hours before reaching out so conversations can happen thoughtfully and productively. If a conversation needs more than a quick answer, it should move to a scheduled meeting through the official communication system. If a training-related concern requires escalation beyond the group level, it will move through the club's coaching pathway, with final decision-making authority resting with the Head Coach on all training-related matters.

**How to Support Success (Shared Expectations)**

Swimmers: Come ready to listen, stay focused, and apply corrections with effort and consistency.

Parents: Reinforce effort, legality, and learning, not just times.

Coaches: Prioritize strong fundamentals, consistent corrections, and confidence-building through repetition.