



SilverRay Program

Season Start-Up Info



To returning & new SilverRay Program members,

Welcome to the Strathcona County Swim Club's SilverRay program for the upcoming 2022/2023 swim season.

Last season, our SilverRay Program had a plethora of achievements and highlights in the pool. We had multiple Swim Alberta Provincial Trials & Championship qualifiers, Swim Alberta Provincial Trials & Championship medalists & finalists, 4 selections to Swim Alberta's Discover Camp, and a Swim Alberta Youth Recognition qualifier. This is quite the exciting group to be a part of within the SRAYS and we'll look to maintain this positive momentum in the upcoming season.

All swimmers will be within the ~12&UF/13&UM but will have varying weekly practice schedules which reflect their current ability level. As swimmers develop their strokes & swim skills and capacity to train, they will progress through the SilverRay program by having a practice added to their weekly schedule. This will be outlined within the document as well as portions of our coaching philosophy and appropriate athlete development strategies for SilverRay swimmers.

There is a lot of information within this document but it is important for all members to be as informed as possible. We hope this document gets members organized and excited for the upcoming swim season. Please take the time to read through the information package and please feel free to contact me with any questions you have regarding the content in the document or questions left unanswered at headcoach@silverrays.ca

See you at the pool!

A handwritten signature in black ink, appearing to read "Mark Chantaj".

Mark Chantaj
SRAYS Head Coach



SilverRay Program

“Learn to Train”



Emphasis on Technique & “Stroke Efficiency”

The SilverRay program will continue to focus on improving stroke technique of all 4 disciplines. Drills and stroke work will continue to focus on larger portions of the stroke such as head/body position, effective kicking & basic timing of the stroke while more detailed elements such as hand entry or an effective “catch” will be introduced to swimmers when it’s appropriate. Proper technique will always be at the forefront of everything we do within the SilverRay program.

Stroke efficiency will also be introduced via stroke counting to our swimmers. The swimmers will learn that swimming 25m of freestyle in 20 strokes is not as efficient as swimming a 25m in 19 strokes. The aim will always be to reach their maximum swimming speed while taking the minimum number of strokes; this will be taught using our “Mini-Max” drills. A saying SRAYS coaches will use with our SilverRay swimmers is *“We aren’t focusing on how fast you swim; we are focusing on how you swim fast”*.



Developing a strong & effective kick

Being able to kick on your front, back, side with a board or in a streamline position effectively is a big portion of the SilverRay program. SRAYS coaches will attempt to have 20% of every swim practice done via kick. We want to reward our strong kickers since we know how valuable a trait it is and will have swimmers attempt to achieve our “SRAYS Kick Awards”.

Age Category	Bronze Standard	Silver Standard	Gold Standard
9&U	50m = 0:50.0 or faster 100m = 1:50.0 or faster	50m = 0:48.0 or faster 100m = 1:45.0 or faster	50m = 0:46.0 or faster 100m = 1:40.0 or faster
10-11	50m = 0:46.0 or faster 100m = 1:42.0 or faster	50m = 0:44.0 or faster 100m = 1:38.0 or faster	50m = 0:42.0 or faster 100m = 1:34.0 or faster
12-13	50m = 0:42.0 or faster 100m = 1:33.0 or faster	50m = 0:40.0 or faster 100m = 1:30.0 or faster	50m = 0:38.0 or faster 100m = 1:27.0 or faster



SilverRay Program

"Learn to Train"



Developing Aerobic Capacity

Aerobic swimming (longer distances swam at slower speed) is the way SilverRay swimmers will be introduced to the concept of "training" during their week. They will progressively build up to higher volumes of aerobic swimming throughout the season while maintaining their best technique possible and holding consistent stroke counts. SRAYS coaches will attempt to run our 'Aerobic Sets' equal parts Freestyle and Backstroke.

Individual Medley Swimming

Every swimmer within the SilverRay program will swim all four strokes consistently throughout the season regardless what their strongest stroke, weakest stroke, favorite stroke or least favorite stroke is. The SRAYS coaching staff want all SilverRay swimmers to be committed to developing great technique and get excited about swimming all four strokes in practice and in swim meets.

At this young age, it's important to learn all strokes and keep every option open so these swimmers are provided as many opportunities for success in the future as possible. It's no different than young students learning every subject in school during elementary school years. As they get older moving into high school and post-secondary pursuits, they are provided more freedom to select courses that play to their interests & strengths.



Dry-Land Training

Swimmers will have a 30min sessions throughout the week either before or after their swim time. We will be focusing on developing athletic abilities such as flexibility, balance, agility, coordination, body awareness & general strength during these sessions. They will also be taught the proper techniques of certain body weight exercises such as an elbow plank, standing squat, lunge walk and push-ups.



Introduction Mental Training



SilverRay swimmers will be introduced to various topics throughout the swim season via group discussions on-deck or google forms they can complete online. The intention of all these activities is helping to develop a “mind of a champion”. More time will be spent this season with me addressing the group as a whole in an attempt to develop a very positive team culture and positive mindset within each swimmer.

Here is an example of an activity from the 2020/2021 season focusing on “Developing Self-Belief”
<https://forms.gle/nFHBhz4RNRLNdXpw6>

Topics that will be introduced or further explored to the swimmers this season will include

- Goal setting
- Building Confidence
- Developing a ‘Growth Mindset’
- Developing a strong work ethic
- Developing self-belief
- Being a supportive teammate
- Getting out of your comfort zone as a means to improve and reach your potential
- Hydration, Nutrition & Sleep





SilverRay Program Schedules



Schedule	Monday	Tuesday	Wednesday	Thursday	Friday <i>(female)</i>	Friday <i>(male)</i>	Saturday
Step-Up	Act 5:45-6:00p Swim 6:00-7:30p	Act 4:45 – 5:00p Swim 5:00-6:30p	Act 4:15 – 4:30p Swim 4:30 - 6:00p	Act 4:15-4:30p Swim 4:30-6:00p DL 6:15 – 6:45p	Act 5:45 – 6:00a Swim 6:00 – 7:30a Spin/Core 5:00 – 6:00p	Act 4:00 – 4:15p Swim 4:15 – 6:00p DL 6:15 – 6:45p	Act 10:00 – 10:15 Swim 10:15a – 12:15p Yoga 12:30 – 1:00p
SilverRay 3	Act 5:45-6:00p Swim 6:00-7:30p	Act 4:45 – 5:00p Swim 5:00-6:30p	Act 4:15 – 4:30p Swim 4:30 - 6:00p		Act 5:45 – 6:00a Swim 6:00 – 7:30a	Act 4:00 – 4:15p Swim 4:15 – 6:00p	Act 7:00 – 7:15a Swim 7:15 – 8:45a DL 9:00 – 9:30a
SilverRay 2	Act 5:45-6:00p Swim 6:00-7:30p		Act 5:45 – 6:00p Swim 6:00 – 7:30p		Act 5:45 – 6:00p Swim 6:00 – 7:30p	Act 4:00 – 4:15p Swim 4:15 – 6:00p	Act 7:00 – 7:15a Swim 7:15 – 8:45a DL 9:00 – 9:30a
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
SilverRay 1	Act 5:45-6:00p Swim 6:00-7:30p		Act 5:45 – 6:00p Swim 6:00 – 7:30p		Act 5:45 – 6:00p Swim 6:00 – 7:30p		

Act = Pre-Pool Activation (Pulse Raiser + Mobility + Strength + Power) held on-deck
 DL = Dryland training (Developing a variety of athletic abilities) held in 'Blue Room' off-deck
 Yoga = Stretching, Yoga & RAD ball recover session in Activity Room 3
 Spin/Core = 45min Spin Class + 15min Core in Spin studio

Attendance to all weekly swim practices, while not mandatory, is STRONGLY recommended for all SilverRay swimmers. Consistent practice attendance (i.e. 100% weekly attendance) is an influential metric SRAYS coaches use to determine whether it's appropriate for a swimmer to progress to a new schedule within the program. If a SilverRay 2 swimmer is struggling to consistently attend their 4 weekly swim practices, it does not make sense to add a 5th weekly practice to their schedule.



Swim Meet Calendar

September – January



Date	Meet (Host Club)	Notes	Location	Compulsory
Oct 22-23	PZDA (PPAC)		Spruce Grove	
Nov 5-6	Poppy Invitational (SRAYS)		Edmonton	*
Nov 18 – 20	KSC SC Invitational (KSC)	SU/SR3/SR2	Calgary	
Dec 2 -4	PCS X-Mas Cracker (PCSC)	HC Discretion	Victoria, BC	
Dec 9 – 11	Candy Cane Classic (EKSC)		Edmonton	
Dec 15 – 18	JP Fiset (OSC)	Qualifiers	Edmonton	
Jan 13 - 15	Blue Bears (EKSC)		Edmonton	
Jan 28 – 29	Swim AB Winter Festival (SRAYS)	Qualifiers	Sherwood Park	*
Jan 28 – 29	SilverFest (SRAYS)	SR2/SR1	Sherwood Park	*

HC Discretion: Swim AB Championship qualifiers (Swimmers to attend KSC SC Inv OR Xmas Cracker)

Qualifiers: swimmers need to achieve specific qualifying times in designated age categories to be eligible to attend

Attendance to all SRAYS hosted swim meets & Swim Alberta swim meets are compulsory for SilverRay swimmers. Be sure to mark these weekends in your calendars so your swimmer can optimize their racing opportunities.

Equipment

Goggles	This is an important piece of equipment; all swimmers need a pair (an extra pair is recommended).
SRAYS Swim Cap & SRAY T-shirt	We are a team and with all SRAYS swimmers wearing their caps in the pool & t-shirts during dryland we'll look like one.
Water bottle	Remaining hydrated is important during 90-120min practices. Being appropriately hydrated will not only benefit physical performance but also ability to concentrate & mood.
Junior Snorkel	These are important pieces of equipment that will be used very frequently. Please be sure to have your swimmers name on them so they can be returned if misplaced.
Junior Kick Board	
Junior Pull Buoy	
Mesh bag	Swimmers can keep all required pieces of equipment listed above in their mesh bag for safe keeping.

Please feel free to contact the SRAYS Equipment Manager at equipment@silverrays.ca with any SRAYS swim cap or SRAYS Team Gear inquiries.



COMMUNICATION IS KEY



PLEASE CHECK YOUR EMAIL ATTACHED TO YOUR 22/23 REGISTRATION

Throughout the season the SRAYS coaching staff will send out emails with information, reminders and any changes to the practice schedule/upcoming events. It'll be a useful practice to frequently check your email inbox, attached to the email address provided during registration, to remain informed with what is happening with the SRAYS.