

## Silver Shark Lane Description 2023-2024

\*While these points are important to each lane, it is ultimately up to the coach on which group swimmers are likely to see the most success in. There are other factors coaches take into consideration when determining lanes for swimmers such as; age, are they ready, could they benefit from a longer period of time in another group, etc.

### Group details:

- **Minnows**
  - Learn basics of freestyle (arms, legs, head, rhythm)
  - Learn basics of backstroke (arms, legs, head, rhythm)
  - Be able to blow bubbles out under water
  - Introduction to streamline and body position
  - Be able to swim 50m without stopping
  - Stronger kick/swim without fins
  - Can use pool equipment
- **Bronze**
  - Strong constant kick (flutter)
  - Continue to refine freestyle and backstroke skills (rhythm)
  - Learn basics of breaststroke (arms, legs)
  - Learn basics of fly (arms, legs)
  - Intro into all strokes with turns (proper touch turns and flip turns)
  - Can do streamline off of wall
  - Able to dive and backstart in proper form
  - Races: 25s and 50s (mostly freestyle and backstroke, breaststroke later in the year)
  - Can use pool equipment
  - Recommended requirements to move up from Minnows:
    - Able to swim at least a 50 without stopping
    - Know/ good understanding of freestyle and backstroke
- **Silver**
  - Enhance free and back technique (arms, legs, head, rhythm), racing 50-100s
  - Fly and breast legal for racing 25s to 100s (arms, legs, head)
  - Proper, legal turns and streamlines off the wall
  - Continue proper dive and backstart form
  - New races for times by end of the year: 50- 100 breast, 25 fly, 200 free, 200 back, 100 IM
  - Can use pool equipment
  - Recommended requirements to move up from Bronze:
    - Legal technique for free and back, able to swim up to 100m without stopping
    - Able to do flip turns
    - Able to dive
    - Wanting to swim competitively and attend swim meets
    - Bonus: have been introduced to breast kick and fly kick

- **Sterling Silver**
  - Refine fly (arms, legs, rhythm, head)
  - Refine breast (arms, legs, rhythm, head)
  - Enhance free and back skills (hand entry, rhythm, breathing)
  - Be able to dive off the blocks in proper form
  - Races: 200 Free, 200 Back, 200 IM, 200 Breast, 50 fly
  - Requirements to move up from Silver:
    - Show dedication in the sport, attending 40% of swim meets offered, coming to practice often (3 times a week, October to June)
    - Strong technique in free, back, breast
    - Good knowledge in fly
  - Equipment needed for purchase:
    - Fins
    - Board
    - Pull buoy
    - Snorkel
  
- **Gold**
  - Continue to refine stroke skills
  - Strengthen and improve fly
  - Fast and efficient turns, underwater and dives
  - Attend 50% of swim meets offered for gold
  - Learn elements of the race
  - New races: 400 free, 200 IM
  - Requirements to move up from Sterling Silver:
    - Show dedication in the sport, attending 50% of swim meets offered, coming to practice often (5 times a week, October to June)
  - Equipment needed:
    - Fins
    - Board
    - Pull buoy
    - Paddles
    - Snorkels
  
- **Platinum**
  - Race all distances at least once a season once they are 14 years old
    - Including 200 fly, 400 IM, 400 free, 800 free, 1500 free
  - Racing all events 50s to 200s of all strokes & IMs, multiple times a season (*exception for 200 fly, unless swimmer requests it*)
  - Fast and efficient turns, underwater and dives
    - Maximize UW up to 15m
  - Intro to sports psychology / mental health - during April camp
    - Mental prep before a race
    - Visualization, imagery
  - Intro to sports nutrition, how to eat well to swim better / faster
  - Intro to balancing school with swimming - you know you have these swim times or swim meets coming up, how to ensure you still do well at school
  - Participate in relays often, create that team atmosphere and pride of being on a relay

- Attend strength training, mandatory training similar to a swim practice
  - Tuesday morning, 1h strength after school
- Attend 75% or more of swim meets
- Requirements to move up from Gold:
  - Show dedication in the sport, attending 75% of swim meets offered, coming to practice often (6 times a week, October to July)
- Equipment needed:
  - Fins
  - Board
  - Pull buoy
  - Paddles
  - Snorkel
- **Masters**
  - Learn basics of freestyle, backstroke, breaststroke, fly
  - Refine skills and technique for more developed swimmers
  - Monthly challenges
  - Encourage swimmers to attend a swim meet
  - Group atmosphere for organized exercise with a coach
  - Beginner lane to fast lane
  - Practice 3x a week
- **Sport 4 Life**
  - Become confident in the water
  - Basic fundamental swimming skills
  - Anaerobic activity
  - Practice 2x a week