

CUDA Silver Group

Swimmers have begun to grasp the four competitive strokes, continue to focus on stroke development, and begin to learn to use the clock. The largest emphasis in this group is stroke technique, an introduction to aerobic training, and fun! The Cudas offer five practices a week for the Silver Group. Each practice is at least an hour of water time and is taught by a professional swim coach. It is encouraged that swimmers in this group commit to consistently making at least three workouts per week.

Practices - 3 to 5 practices a week, for 1 hour.

Meets - Participation in monthly USA sanctioned swim meets (most occurring in the Denver Metro area) is encouraged.

Age: The age range for Silver Group swimmers is 7-11 years old.

Minimum requirements: Silver Group swimmers should be able to complete the following sets.

10 x 100 Free @ 1:55

8 x 100 IM @ 2:20

Group Size: Silver Group ranges in size from 20-30 athletes per practice.

Equipment: is used to promote proper technique in different areas. The following pieces of equipment are used or introduced in Silver Group:

- Water bottle
- Kickboards
- Fins
- Goggles
- Swim Cap (long hair)