

Junior Silver (Scroll down for Junior Gold)

Focus:

Continued Skill Development and Aerobic Base Training

Requirements:

Swimmers must complete 80% of Junior Gold Placements Sets

Swimmers must be 8-11 years of age

Swimmers must swim 200 yards continuous legal freestyle, and backstroke

Swimmers must swim 100 yards continuous legal butterfly, and breaststroke

Goals:

Continued learning in the following areas:

Proper lane etiquette

Legal swim technique in all four competitive strokes

Use of the pace clock

Understanding swim sets and completing properly

To refine:

Swimming technique in each of the four competitive strokes.

Starts, turns and finishes in each of the four competitive strokes

Streamlines in all four competitive strokes

To attend:

3 Swim Meets

1 Championship Meet

75% Practice Attendance

To compete in the following events at Coach's discretion:

500 Freestyle

200 Freestyle

200 IM

100 IM

100 All Strokes

50 All Strokes

To achieve:

9 – 10 Silvers Qualification Standards

To complete the following sets:

10 x 25 @ 30 Freestyle

10 x 25 @ 30 Backstroke

10 x 25 @ 40 Butterfly

10 x 25 @ 40 Breaststroke

7 x 50 @ Kick 1:05

6 x 50 @ 1:00 Freestyle

6 x 50 @ 1:00 Backstroke

4 x 50 @ 1:15 Breaststroke

4 x 50 @ 1:10 Butterfly

5 x 100 @ 1:40 Freestyle

5 x 100 @ 1:50 Backstroke

5 x 100 @ 2:00 IM

3 x 100 @ 2:15 Breaststroke

3 x 100 @ 2:15 Butterfly

3 x 200 @ 3:30 Freestyle

3 x 200 @ 4:30 IM

Junior Gold

Focus:

Skill Refinement and Aerobic Base Training

Requirements:

Swimmers must complete 80% of Junior Gold Placements Sets

Swimmers must be 10 – 13 years of age

Goals:

Actively set, and track goals

To introduce dry land training

Continued learning in the following areas:

Proper lane etiquette

Legal swim technique in all four competitive strokes

Use of the pace clock

Understanding swim sets and completing properly

To refine:

Swimming technique in each of the four competitive strokes.

Starts, turns and finishes in each of the four competitive strokes

Streamlines in all four competitive strokes

To attend:

5 Swim Meets

2 Championship Meet

75% Practice Attendance

To compete in the following events:

500 Freestyle

400 IM

All 200s

All 100s

All 50s

To achieve:

9 – 10 Junior Olympic Qualification Standards

11 – 12 Silvers Qualification Standards

11 – 12 Junior Olympics Qualification Standards

To complete the following sets:

10 x 25 @ 25 Freestyle

10 x 25 @ 25 Backstroke

10 x 25 @ 30 Butterfly

10 x 25 @ 30 Breaststroke

7 x 50 @ 55 Kick

6 x 50 @ 50 Freestyle

6 x 50 @ 55 Backstroke

6 x 50 @ 1:00 Breaststroke

6 x 50 @ 1:00 Butterfly

7 x 100 @ 1:30 Freestyle

7 x 100 @ 1:45 Backstroke

7 x 100 @ 1:45 IM

3 x 100 @ 2:00 Breaststroke

3 x 100 @ 2:00 Butterfly

3 x 200 @ 3:15 Freestyle

3 x 200 @ 3:30 Backstroke

3 x 200 @ 3:45 Butterfly

3 x 200 @ 4:15 Breaststroke

3 x 200 @ 4:00 IM

3 x 500 @ 8:00

3 x 400 @ 7:30 IM