

## Silver Group:

The focus of this group is on the continued development of good stroke technique, turns, and starts. In addition to stroke mechanics, there will be an increased amount of aerobic training.

### Requirements:

- 9 – 14 years of age
- Able to swim legal technique in all four strokes with a proper and legal turn
- Achieved at least one or more of his/her age group's B time or better
- Coaches' recommendation
- 8 & Under swimmers can be promoted to this group if they have achieved three or more 9–10 year old USA Swimming BB times, have demonstrated on a daily basis the desire and ability to perform at a higher level and have shown the maturity to work with older swimmers.

### Test Set:

- 500 free 9:00 or better
- 5X100 IM on 2:00
- 10X25 kick on :40

### Goals:

- Focus on technical training and competitive experience
- Target US Swimming National Age Group Motivation Time Standard A in multiple events

### Expectations:

- Pay attention to instructions during practice
- Focus on learning and working technical drills
- Have a good work ethic and be willing to challenge self
- Learn time management between school, swim, family, and social activities
- Have positive attitude and encourage teammates during practice and meets
- Learn to be a leader on and off the deck
- Work with pace clock
- Promote a good and healthy lifestyle with healthy diet and sleep
- Set goals for advancement to the next level

### Practice Attendance:

- Minimum of 3 practices per week

### Meet Attendance:

- Minimum of 6 meets per year; encouraged to commit to all team meets
- Mandatory attendance at Championship meets