



Silver 2 Group

The Silver 2 group is for swimmers ages 10-12 years old. The goal of this group is to continue their development as a year-round competitive swimmer. The primary focus will be on continuing development of proper stroke technique while gaining an understanding of the purpose of drills and practice sets. Silver 2 swimmers will also work on progressive short- and long-term goals with their coach.

Practice & Meet Commitment

Silver 2 Group workouts are offered 5 days a week. Workouts are 1-1.5 hours on weekdays and Saturdays. For best results we recommend swimmers attend at least 3 practices per week. Silver 2 group will also utilize dry land training as part of their regular practice training. Dry land will focus on whole body coordination, core strength, and flexibility. Swim meets are a key part of the growth of the Silver 2 group swimmer. . All meets are posted on the SPA website under the “Meets” tab and are typically 1-2 times per month. Silver 2 swimmers are encouraged to attend as many meets as possible including the championship meet for which they qualify each season.

Group Expectations

Swimmers placed in Silver 2 will be able to:

- Complete 6 x 50 Free on 1:15 interval
- Complete 6 x 50 Kick on 1:40 interval
- Show a commitment to swimming and the team through regular and stable practice/meet attendance.

Swimmers in Silver 2 are expected to:

- attend 3-5 practices per week.
- work toward achieving “B” and “BB” National Motivational Times as well as Gulf Age Group time standards.
- compete in Gulf Championship meets in December, February and July.

Next Steps

From Silver 2 swimmers will be placed in the Silver 1 group as they progress.

Training Equipment - Required

- Mesh Equipment Bag
- Goggles (two pairs)
- Pull Buoy
- Kick Board
- Fins
- Ylon Snorkel
- Practice Suit – No board shorts or two-piece suits
- Water Bottle
- Athletic Shoes and clothes for Dry Land

Competition Apparel - Required

- SPA Racing Suit
- SPA Swim Cap
- SPA T-shirt and/or SPA warm ups.