ALL Groups – Placement of swimmers in a particular group is at the Coaches discretion

**SILVER GROUP**

This group, consisting typically of middle and junior high age swimmers, serves as the bridge between the introductory groups and the higher-level performance training groups. The focus is on continued refinement of stroke mechanics, improvement of starts and turns and an increase in aerobic, anaerobic and interval training. Long-term and short-term goal setting will be introduced as swimmers begin competitive mental training.

**Qualifying Performance Standard:**

* Legally complete: 100 yd. of all strokes and the 200 IM.
* Minimum of four 11-12  “B” times in the various strokes / events
* at coach’s discretion

**Practice** **Attendance Expectation:**

At least 3-4 days per week, or 70% minimum for the month. 60-90 minutes

**Daily Expectations:**

* Workout yardage of 2,500 - 4,500 yds
* Better than average body control in freestyle and all strokeS
* continued stroke development of all strokes
* Sprinting and race techniques
* Endurance
* Strong kick development in all strokes
* Group Focus: training for IM and 200 stroke events.

 Athlete is capable of swimming sets 20-30 minutes on the following base intervals: (all are per 100)

* Free on 1.45
* Back on 2.00
* Fly/breast on 2.15
* Kick on 2.15
* IM on 2.00