



5 hours of pool time plus 45 minutes land training each week

8-13 years approximately

### Objectives

- Swimmer's strokes are still being developed with focus on the fundamentals
- Aiming to gain both training and competitive experience in longer distance events up to and including 100m and 200m events.
- Be able to swim all four competitive strokes and complete their respective starts, finish and turns at a legal standard
- Swimmers at this level are to aim to work towards achieving county consideration qualification times

### Swimmer standards

- Be able to complete 800m – 2000m training sessions (with intervals between sets)
- Swim a 10 x 100m front crawl set on the required time as set by the current silver squad coach
- Swim front crawl with a good kicks per stroke (KPS) rate
- Swim backstroke with a good KPS rate
- Swim butterfly full stroke with correct pull, kick and breathing timing
- Swim breaststroke with a technically correct stroke
- Demonstrate a good standard of starts, turns and finishes on all four strokes
- Competent in using the clock to set themselves off between repetitions

### Attendance

- This squad requires a gradual increase in training capacity as swimmers become older and more advanced, therefore a silver-squad swimmer needs to attend a minimum of 75% or 3.5h of the 5h of swim sessions provided each week

### Competition aims

- Be racing/competing regularly
- Compete in the Club Championships in events up to and including 200m races
- Regularly attend club-designated L3 competition
- **At least 4** open galas should be attended in a season, with times being set across all 50m / 100m events
- Build towards county consideration qualifying times
- Successfully complete a 100m or 200m individual medley
- Improve confidence at competitions through growing familiarity with competition environments and organisation

### Working towards

- Towards the end of their time in Silver Squad, a swimmer should be maintaining good technical and endurance performances, while demonstrating competence with the technicality of sessions being provided by the coach
- Aiming to get feet to flags, before starting the breakout phase
- Taking an interest in the importance of hydration and nutrition, and how this can affect their performance both at training and competitions.
- Mature silver-squad swimmers will have an appreciation of their Swim England rankings at different strokes and will begin to appreciate progression to a county and early regional standard

*Subject to the club's general training requirements.*

*All squad moves are at the discretion of the coaching team.*