



## **Silver Group**

The Silver group is the second progressive step in our age group program after Bronze or transitioning from Manta Blue or HS Performance for swimmers ages 11-14 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 and fundamental stroke technique. To assist the swimmers competitive growth we will also add a more advanced aerobic training element. We hope to increase swimmer IQ in this group as we teach them interval training, basic energy systems (aerobic/anaerobic work), reading a pace clock, and understanding the purpose of drills and practice sets. This group will also begin to utilize dry land training as part of their regular practice training. Dry land will be mostly core strength and flexibility through stretching focused.

### **Practice**

For the Silver Group workouts are offered 6 days a week. Workouts are 1 hour and 45 minutes in length and will include dry land activities in addition to those practices to help build strength and flexibility. For best results we recommend swimmers attend at least 4 practices per week with the hope of making 5 or more practices per week.

### **Swim Meets**

Swim meets are a great way to track your swimmers progress and for swimmers to see how their work is paying off. The meet schedule is posted on the RAYS website under the "Meets" Tab and are typically twice a month with one at home and one away. Though it is not required we recommend that swimmers compete in every meet possible.

### **Group Expectations**

To enter the Silver Program you must...

- Be at least 11 years old, but no older than 14 to enter the group
- Attain coach approval from an age group coach after an evaluation or observation through bronze practices or developmental practices
- Show a commitment to training through regular and stable practice attendance.

### **Training Equipment - Required**

- Goggles (two pairs)
- Pull Buoy
- Strokemaker Paddles
- Fins
- Snorkel
- Swim Cap
- Practice Suit: No board shorts or two piece suits

### **Competition Apparel - Required**

- Racing Suit
- RAYS Swim Cap
- RAYS T-shirt