SILVER TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025

Day of the Week	Practice Times	Workout Type
MONDAYS	6:30 pm to 7:00 pm	DRYLAND
	7:00 pm to 8:00 pm	SWIM
TUESDAYS	6:30 pm to 7:00 pm	DRYLAND
	7:00 pm to 8:00 pm	SWIM
WEDNESDAY	6:30 pm to 7:00 pm	DRYLAND
	7:00 pm to 8:00 pm	SWIM
THURSDAY	**OFF**	
FRIDAY	6:30 pm to 7:00 pm	DRYLAND
	7:00 pm to 8:00 pm	SWIM
SATURDAY	9:00 am to 10:00 am	SWIM

SILVER TEAM:

The silver Team is the second stage of our competitive teams. This group will begin to travel for swim meets around the state of Georgia and participate in all of our sanctioned swim meets that we host. Typical Ages in the Silver Team are kids between the ages of 13 years old & under.

Silver Team focus: is to continue to enjoy the development of their work ethic while enjoying training hard and smart to accomplish the time standards needed to make a divisional championship meet and/or the state meet for their age group.

We want to encourage this group to ask questions to the coaches during training. We understand that this requires some confidence, but this is why we believe in training character development skills through the sport of swimming. We encourage the swimmers to ask questions.

SKILL REQUIREMENTS

Minimum Distance:	Minimum Knowledge:
500 FR non-stop	Bucket + Crossover Comprehension
200 FR / BK	Competitive starts
50 FLY / 50 BR	Clock math (Keep it simple, don't overthink)
25 Underwater Butterfly kick with fins	Swim meet etiquette

EDUCATION

Training:	Time Management:
Technical Skills for All Strokes	Organizing School and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end
Detail Oriented Training	
Underwater Training	
Intro to Sprint Training	
Technical Training on Starts	
Technical Training flip & open Turns	Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life
Strength & Conditioning Training	
Clock Management	Outside the water, be it with family, friends, and teammates
Competition:	**Mental Training:**
Enjoyment	The Utilization of Goal Setting
Increase knowledge of events	Believing in Oneself
Energy Endurance Efficiency throughout the swim meet	Overcoming Failure
TEAM TEAM TEAM	Hard Work Mentality
Nutrition Training:	Focus Mentality
Healthy Eating Recommendations	***TEAM TEAM TEAM***
Stress Management:	**Emotional Training:**
Enjoying the sport and the competitions	Understanding Life through the sport: its Successes, Failures, Training, Desires, Etc
	Encourage and Lead your Teammates by example

EXPECTATIONS

Training Attendance:	Competition:
Swimmers in this group are expected to attend every training practice on the schedule.	SILVER Team Swimmers are expected to attend every swim meet on the calendar marked for Silver Team
Absences MUST be notified to the head coach via Email, Text, or phone call with knowledge of communication by the swimmer's parents.	The coach will select all meet entries with input from the swimmer.
	TEAM TEAM TEAM

Character Development

Personal:	Social:
Respect	Communication
Responsibility	Teamwork
Discipline	Empathy
Determination	Friendship
Desire	Learning how to follow
(+) Attitude	Learning how to lead
Leadership	Online Behavior
Organization	Respect for one another
Focus	Respect for others belongings
Humility	***TEAM TEAM TEAM***