

SILVER TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025			SKILL REQUIREMENTS	EXPECTATIONS
Day of the Week	Practice Times	Workout Type	<p>Minimum Distance: 500 FR non-stop 200 FR / BK 50 FLY / 50 BR</p> <p>25 Underwater Butterfly kick with fins</p>	<p>Training Attendance: Swimmers in this group are expected to attend every training practice on the schedule.</p> <p>Competition: SILVER Team Swimmers are expected to attend every swim meet on the calendar marked for Silver Team</p> <p>The coach will select all meet entries with input from the swimmer.</p>
MONDAYS	6:30 pm to 7:00 pm 7:00 pm to 8:00 pm	DRYLAND SWIM		
TUESDAYS	6:30 pm to 7:00 pm 7:00 pm to 8:00 pm	DRYLAND SWIM		
WEDNESDAY	6:30 pm to 7:00 pm 7:00 pm to 8:00 pm	DRYLAND SWIM		
THURSDAY	OFF		EDUCATION	TEAM TEAM TEAM
FRIDAY	6:30 pm to 7:00 pm 7:00 pm to 8:00 pm	DRYLAND SWIM	<p>Training: Technical Skills for All Strokes Detail Oriented Training Underwater Training Intro to Sprint Training Technical Training on Starts Technical Training flip & open Turns Strength & Conditioning Training Clock Management</p> <p>Competition: Enjoyment Increase knowledge of events Energy Endurance Efficiency throughout the swim meet</p> <p>TEAM TEAM TEAM</p> <p>Nutrition Training: Healthy Eating Recommendations</p> <p>Stress Management: Enjoying the sport and the competitions</p>	<p>Time Management: 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</p> <p>Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life</p> <p>Outside the water, be it with family, friends, and teammates</p> <p>Mental Training: The Utilization of Goal Setting Believing in Oneself Overcoming Failure Hard Work Mentality Focus Mentality</p> <p>TEAM TEAM TEAM</p> <p>Emotional Training: Understanding Life through the sport: its Successes, Failures, Training, Desires, Etc</p> <p>Encourage and Lead your Teammates by example</p>
SATURDAY	9:00 am to 11:00 am	SWIM		<p>Character Development</p> <p>Personal: Respect Responsibility Discipline Determination Desire (+) Attitude Leadership Organization Focus Humility</p> <p>Social: Communication Teamwork Empathy Friendship Learning how to follow Learning how to lead Online Behavior Respect for one another Respect for others belongings</p> <p>TEAM TEAM TEAM</p>
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.				