

SILVER TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025

SKILL REQUIREMENTS

EXPECTATIONS

Day of the Week **Practice Times** **Workout Type**

Minimum Distance:

Minimum Knowledge:

Training Attendance:

Competition:

MONDAYS

6:30 pm to 7:00 pm

DRYLAND

500 FR non-stop

Bucket + Crossover
Comprehension

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

7:00 pm to 8:00 pm

SWIM

200 FR / BK

Competitive starts

TUESDAYS

6:30 pm to 7:00 pm

DRYLAND

50 FLY / 50 BR

Clock math (Keep it simple, don't overthink)

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.

7:00 pm to 8:00 pm

SWIM

25 Underwater Butterfly kick with fins

Swim meet etiquette

TEAM TEAM TEAM

THURSDAY

OFF

EDUCATION

Training:

Time Management:

Character Development

FRIDAY

6:30 pm to 7:00 pm

DRYLAND

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

Personal:

Social:

7:00 pm to 8:00 pm

SWIM

Detail Oriented Training

Respect

Communication

SATURDAY

9:00 am to 11:00 am

SWIM

Underwater Training

Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life

Responsibility

Teamwork

Intro to Sprint Training

Outside the water, be it with family, friends, and teammates

Discipline

Empathy

Technical Training on Starts

Mental Training:

Determination

Friendship

Technical Training flip & open Turns

The Utilization of Goal Setting

Desire

Learning how to follow

Strength & Conditioning Training

Believing in Oneself

(+) Attitude

Learning how to lead

Clock Management

Overcoming Failure

Leadership

Online Behavior

Competition:

Hard Work Mentality

Organization

Respect for one another

Enjoyment

Focus Mentality

Focus

Respect for others belongings

Increase knowledge of events

TEAM TEAM TEAM

Humility

TEAM TEAM TEAM

Energy Endurance Efficiency throughout the swim meet

Emotional Training:

TEAM TEAM TEAM

Understanding Life through the sport: its Successes, Failures, Training, Desires, Etc

Nutrition Training:

Healthy Eating Recommendations

Stress Management:

Enjoying the sport and the competitions

Encourage and Lead your Teammates by example

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.