

## 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**

**5:00 pm to 6:30 pm**

**DRYLAND**

500 FR non-stop

Bucket + Crossover  
Comprehension

Swimmers in this group are expected to attend every training practice on the schedule.

SILVER GROUP Swimmers are expected to attend every swim meet on the calendar marked for Silver Group

**5:30 pm to 6:30 pm**

**SWIM**

200 FR / BK

Competitive starts

**TUESDAYS**

**5:00 pm to 6:30 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.

**5:30 pm to 6:30 pm**

**SWIM**

25 Underwater Butterfly kick with fins

Swim meet etiquette

**TEAM TEAM TEAM**

### **EDUCATION**

Training:

Time Management:

### **Character Development**

**FRIDAY**

**5:30 pm to 6:30 pm**

**SWIM**

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:

**SATURDAY**

**9:00 am to 11:00 am**

**SWIM**

Detail Oriented Training

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

Respect

Communication

Underwater Training

Responsibility

Teamwork

Intro to Sprint Training

Discipline

Empathy

Technical Training on Starts

Determination

Friendship

Technical Training flip & open Turns

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

Desire

Learning how to follow

Strength & Conditioning Training

Mental Training:

(+) Attitude

Learning how to lead

Clock Management

The Utilization of Goal Setting

Leadership

Online Behavior

Competition:

Believing in Oneself

Organization

Respect for one another

Enjoyment

Focus

Respect for others belongings

Increase knowledge of events

Hard Work Mentality

Humility

**TEAM TEAM TEAM**

Energy Endurance Efficiency throughout the swim meet

Focus Mentality

**TEAM TEAM TEAM**

**TEAM TEAM TEAM**

Nutrition Training:

Emotional Training:

Healthy Eating Recommendations

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

Stress Management:

Encourage and Lead your Teammates by example

Enjoying the sport and the competitions

### **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.