

Silver Squad

Overview

Silver squad is a group that is targeted at a “train to train” and “train to compete” focus with swimmers in the group consisting predominantly of swimmers aged 13+ years. This group continues to centre around refining technique and skill and focusing on endurance, power and speed elements to achieve optimal competitive performance and increased intensity. Medley swimming: i.e. training all four strokes, will be front and centre in this group.

This group is encouraged to compete in 50m-200m events distances. Sessions will emphasise aerobic development, stroke length and coordination.

Guidelines for inclusion

Inclusion in the Silver Squad program either from Bronze Squad or externally, it is at the discretion of GASC coaches. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Silver Squad program are listed below:

- Swimmers are usually aged between 11+ years old.
- Swimmers must demonstrate proficiency in all four competitive strokes and racing skills (starts, turns & finishes).
- It is recommended that for optimal improvement and ultimate promotion to Gold Squad, swimmers should attend four sessions per week.
- Swimmers should bring goggles, short fins, front facing snorkel, small paddles and a water bottle to each session.
- Swimmers are encouraged to compete at race meets and time trials.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM- 7:05AM 3:45PM- 4:45PM	4:45PM- 6:30PM	6:00AM- 7:05AM 3:45PM- 4:45PM	4:45PM- 6:30PM	6:00AM- 7:05AM 3:45PM- 5PM	9:00AM- 10:30AM

Silver Squad sessions are predominately 60+ minutes in duration. Silver sessions are offered nine sessions during the week to train.

Program Structure

The Silver Squad program is planned with a view to preparing swimmers for competition, and to improve fitness and general wellbeing. Sessions will include a variety of technique, skill, endurance, power and speed elements to achieve optimal competitive performance. The Silver Squad program aims primarily to teach/coach swimmers, but also to challenge them, prepare them for competition. Silver Squad members are encouraged to compete at race meets and time trials.

The Silver Squad will swim approximately 2.2km-3.5km per session.

Promotion to next Squad

Silver squad swimmers may be promoted to the Gold Squad at the discretion of the GASC coach.

Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability - completing the session comfortable.