

Silver:  
Seasonal Plan

September:

Welcome back. This month we will be getting our group familiar with each other and begin building our base of skills and fitness for the competitive season using drills, games, equipment, and dry-land (out of water exercises I.e. cross-training).

October:

As we near our first swimming meet of the season and our fitness levels rise we will increase our volume of yardage to about 3000-4500 yards a day. With this increase we will still maintain our dominant focus on correct techniques of all four strokes. Our swim meet preparations will include weekly timed swims, relay starts, streamlines, and doing racing correct turns. For the swim meets October 17<sup>th</sup> – 18<sup>th</sup> and 30-Nov. 1<sup>st</sup>, remember to sign up for some events you have never swum.

November:

There are two swim meets in November. One is to be determined (TBD). The other is an Age Group Invite, a qualifying meet. Check to see if you qualify for this meet and sign up. If you don't qualify go to the TBD meet. For the swimming meet, make sure you are signing up for events you like but also events you have not yet swum.

Our swimming will not see an increase in yardage. We'll maintain an average of 3000-4500 yards everyday. Using drill, games, swims, and equipment, the skill work will be more refined and race focused on all four strokes. There will be more weekly timed swims, focusing on the 200 I.M and streamlines.

December:

Again there are two possible swimming meets this month. Divisional Championships are December 5-6. If you are qualified sign up for the Age Group Championships December 17-20.

~~Our focus of training this month will be directed towards swimming the 500 freestyle and maintaining streamlines off the walls. There will be a timed 500 freestyle every week this month and one coach's challenge to ask swimmers to do the 500 backstroke or breaststroke (fly?). It will be great!~~

After our mid-season Championship meet we will go into our Holiday Training schedule where our focus will be long aerobic swims. It will be tons of fun!

January:

After our Holiday break we are going to pick up right where we left off. Averaging about 3000-4500 yards a day, we will focus on all four strokes, weekly timed swims, relays, starts, and turns. Our next swimming meet, The January Challenge, is on the 16<sup>th</sup>-17<sup>th</sup>. Remember to swim some events you have not swum.

February:

Our swimming meet this month is on the 6<sup>th</sup> and 7<sup>th</sup>. Use this as an opportunity to swim the events you haven't yet. Next month is our last meet and is a Championship meet where we will swim only our best events.

The focus this month is to maintain our volume and use our gained fitness to swim the same volume faster with more rest in between swims. We will be doing relays, practicing our turns, and doing weekly timed swims and comparing them to earlier timed swims in the season.

March:

There are three swim meets this month. Choose the meet that has the fastest time standards for which you are qualified

ESC Silver Group 2009-2010 Short Course Season- Revised 11/09  
and sign up for as many events as qualified or the maximum  
amount of entries allowed. This month will be geared toward peak  
performance at our last swim meet.

### Goals for Silver Group

- ✓ Achieve time standards higher than what you had last year
- ✓ Qualify for a faster Championship meet than last year or;
- ✓ Qualify for more events with faster times
- ✓ Write down and know the time standards you want to achieve
- ✓ Attend practice at least 4 times a week
- ✓ Swim every event at least once this year
- ✓ Learn how to read and use the pace clock during practice
- ✓ Know all the names of the swimmers in your group
- ✓ Streamline past the flags off every wall at practice and meets
- ✓ Know all your best times
- ✓ Bring a water bottle to practice and a snack for after practice

\*Fitness Swimmers: At the Silver level of swimming, to maintain and increase fitness, swimmers must attend practice at scheduled times. This is also an effort to assist the coaches in developing a program specifically for fitness swimmers to achieve their goals. We are designating Tuesdays, Thursdays, and Fridays as the specific days for fitness swimmers to attend.

ESC Silver Group 2009-2010 Short Course Season- Revised 11/09

September		1	2	3	4	5
6	7	8. Order team gear:	9 Order team gear	10 Order team gear	11 Order team gear	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30. <u>deadline</u> sign up for October Challenge			

October

				1. 6x200 on 8:00	2	3
4	5	6	7. 6x100 on 8:00	8.	9	10
11	12	13	14. 5x100 on 3:00	15.	16	17. October Challenge
18 October Challenge	19	20. <u>deadline</u> sign up for Monster Invite	21. 20x100 on 1:30-1:50	22.	23	24
25	26	27	28. 6x50 on 2:00	29.	30. Monster Invite	31. Monster Invite

November

1. Monster Invite	2	3. <u>deadline</u> sign up for Age Group Invite	4. T30 or 20x100 on 1:30-1:50	5.	6	7
8	9	10	11. 6x200 on 8:00	12.	13	14
15	16	17	18. 6x50 on 2:00	19.	20	21. Age Group Invite
22. Age Group Invite	23	24	25. <u>Thanks-</u> Deadline sign up Div. Champs AgeGroupChamps	26. <u>Giving-</u>	27. <u>break-</u>	28. <u>see-</u>
29. <u>training-</u>	30. <u>schedule-</u>	For-	<u>Specific-</u>	<u>Practice-</u>	<u>Times-</u>	

ESC Silver Group 2009-2010 Short Course Season- Revised 11/09

December

		1.1650 time-trial	2. <u>deadline</u> sign up for State Champs	3.	4.	5. Div. Champs
6.Div. Champs	7	8	9.	10. Age Group Champs	11. Age Group Champs	12. Age Group Champs
13. Age Group Champs	14.	15.	16.	17.	18.	19.
20.	21. Holiday training	22. Holiday training	23. Holiday training	24.	25	26.
27.	28.Holiday training	29.Holiday training 6x200 on 8:00	30.Holiday training	31.Holiday training		

January

					1.Off	2.
3.	4 <u>deadline</u> sign up for January Challenge	5.	6. 6x100 on 8:00	7.	8	9
10	11	12	13. 6x50 on 2:00	14.	15	16.January Challenge
17.January Challenge	18	19. 5x100 on 3:00	20. 6x200 on 8:00	21.	22	23
24	25. <u>deadline</u> Signup for Distance meets	26.	27. T30	28.	29. <u>deadline</u> Sign up for February Challenge	30

ESC Silver Group 2009-2010 Short Course Season- Revised 11/09

February

31	1	2	3	4.6x50 on 2:00	5	6. February Challenge
7 February Challenge.	8. 5x100 on 3:00	9	10	11.6x200 on 8:00	12	13
14.Distance meet	15	16	17. <u>deadline</u> signup for Age Group Invite	18.6x100 on 8:00	19	20
21.Distance meet	22	23	24. <u>deadline</u> sign up for Senior Sectionals	25.20x100 on 1:30-1:50 or 5x100 on 3:00	26.Age Group Invite	27. Age Group Invite
28. Age Group Invite						

March

	1	2	3. <u>deadline</u> sign up for Age Group Sectionals	4. <u>deadline</u> sign up for Div. Champs	5	6
7	8	9	10.Senior Sectionals	11. Senior Sectionals	12. Senior Sectionals	13 Senior Sectionals.
14. Senior Sectionals	15	16	17	18.Age Group Sectionals	19. Age Group Sectionals	20 Age Group Sectionals.
21. Age Group Sectionals	22	23	24	25	26	27. Div. Champs
28. Div. Champs	29	30	31			

ESC Silver Group 2009-2010 Short Course Season- Revised 11/09  
Bronze and Silver Vocabulary words

Backstroke	One of the four competitive racing strokes. Backstroke is swum as the first stroke in the Medley Relay and the second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd breast)
Breaststroke	One of the four competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter. (LSCs with 8-under divisions offer the 25 yd breast)
Butterfly	One of the four competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter (LSCs with 8-under divisions offer the 25 yard fly).
Cap	The latex or lycra covering worn on the head of swimmers.
Deck	The area around the swimming pool.
Dive	Entering the water head first. Diving is not allowed at meets during warm-ups except at the designated time, in specific lanes that are monitored by the swimmer's coach.
Drill	a portion of a stroke that is emphasized during a swim and or repeat, a specific movement to help a stroke
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped time."
Dry land	the exercises and various strength programs swimmers do out of the water. AKA: cross-training
Entry	An individual, relay team, or club's event list in a swim competition.
False Start	When a swimmer leaves the starting block before the starting horn or if the swimmer is moving after "take your mark". One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

ESC Silver Group 2009-2010 Short Course Season- Revised 11/09

False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall, at all pools, to tell backstrokers the wall is approaching.
Freestyle	One of the four competitive racing strokes. Freestyle (nicknamed Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, 200 yards/meter, 400 mtr/500 yd, 800 mtr/1000 yds, 1500 mtr/1650 yds (LSCs with 8-under divisions offer the 25 yd free).
Goals	The short- and long-range targets for swimmers to aim for.
Heats	A division of an event when there are too many swimmers to compete at the same time.
IM	Individual Medley. A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swum of each stroke. Distances offered: 100 yards, 200 yards/meters, 400 yards/meter.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Kick	The leg movements of a swimmer.
Kick Board	A flotation device mostly used for kicking by swimmers during practice.
Lane	The specific area in which a swimmer is assigned to swim. (ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from Right (lane 1) to Left (Lane 6). At ESC the end lanes are not numbered.
Lap	One length of the course
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.

## ESC Silver Group 2009-2010 Short Course Season- Revised 11/09

Pace Clock	The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warmups or swim practice.
Pull	The arm movement of a stroke
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. Not the group a swimmer is in but a PNS time standard of similar name.
Relays	A swimming event in which four swimmers participate as a team. Each swimmer completes an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.
Starting Blocks	The starting platforms located behind each lane.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
Submitted Time	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
Test-set	A swim set(s) done through-out the season, during practice, to indicate to coach and swimmer levels of fitness and skill.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
Uniform	The various parts of team clothing a swimmer wears at a meet. May include: parka, Warm-up jacket, team duffel bag, sweat pants, suits, hat, goggles, T-shirt, etc.
Warm-up	The practice and "loosening-up" session a swimmer does before the meet or their event is swum.
Yardage	The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.