



SilverRay Program

Season Start-Up Info



To SilverRay Program members,

I would like to enthusiastically welcome you to the Strathcona County Swim Club ("SRAYS") and SilverRay program for the upcoming 2021/2022 swim season.

Last season, our SilverRay Program (*and 12&U cohort*) were such an enthusiastic and eager to learn group of swimmers. We have zero doubt it will continue to be a fantastic program within our swim club for the 21/22 season.

While all swimmers will be within the same age demographic (~12&UF/13&UM) within this program, swimmers will have varying weekly practice schedules which reflect their current ability level. As swimmers develop their strokes & swim skills and capacity to train, they will progress through the program and have a weekly practice added to their schedule. This will be outlined within the document as well as portions of my coaching philosophy and appropriate athlete development strategies for our SilverRay swimmers.

There is a lot of information within this document but it is important for all members to be as informed as possible. We hope this document gets members organized and excited for the upcoming swim season. Please take the time to read through the information package and please feel free to contact me with any questions you have regarding the content in the document or questions left unanswered at headcoach@silverrays.ca

See you at the pool!

A handwritten signature in black ink, appearing to read "Mark Chantaj".

Mark Chantaj
SRAYS Head Coach



SilverRay Program

“Learn to Train”



Emphasis on Technique & “Stroke Efficiency”

The SilverRay program will continue to focus on improving stroke technique of all 4 disciplines. Drills and stroke work will continue to focus on larger portions of the stroke such as head/body position, effective kicking & basic timing of the stroke while more detailed elements such as hand entry or an effective “catch” will be introduced to swimmers when it’s appropriate. Proper technique will always be at the forefront of everything we do within the SilverRay program.

Stroke efficiency will also be introduced via stroke counting to our swimmers. The swimmers will learn that swimming 25m of freestyle in 20 strokes is not as efficient as swimming a 25m in 19 strokes. The aim will always be to reach their maximum swimming speed while taking the minimum number of strokes; this will be taught using our “Mini-Max” drills. A saying SRAYS coaches will use with our SilverRay swimmers is *“We aren’t focusing on how fast you swim; we are focusing on how you swim fast”*.

Developing a strong & effective kick

Being able to kick on your front, back, side with a board or in a streamline position effectively is a big portion of the SilverRay program. SRAYS coaches will attempt to have 20% of every swim practice done via kick. We want to reward our strong kickers since we know how value a trait it is and will have swimmers attempt to achieve our “SRAYS Kick Awards”.

Age Category	Bronze Standard	Silver Standard	Gold Standard
9&U	50m = 0:50.0 or faster 100m = 1:50.0 or faster	50m = 0:48.0 or faster 100m = 1:45.0 or faster	50m = 0:46.0 or faster 100m = 1:40.0 or faster
10-11	50m = 0:46.0 or faster 100m = 1:42.0 or faster	50m = 0:44.0 or faster 100m = 1:38.0 or faster	50m = 0:42.0 or faster 100m = 1:34.0 or faster
12-13	50m = 0:42.0 or faster 100m = 1:33.0 or faster	50m = 0:40.0 or faster 100m = 1:30.0 or faster	50m = 0:38.0 or faster 100m = 1:27.0 or faster

Developing Aerobic Capacity

Aerobic swimming (longer distances swam at slower speed) is the way SilverRay swimmers will be introduced to the concept of “training” during their week. They will progressively build up to higher volumes of aerobic swimming throughout the season while maintaining their best technique possible and holding their stroke count. SRAYS coaches will attempt to run our ‘Aerobic Sets’ equal parts Freestyle and Backstroke.



SilverRay Program

"Learn to Train"



Individual Medley Swimming

Every swimmer within the SilverRay program will swim all four strokes consistently throughout the season regardless what their strongest stroke, weakest stroke, favorite stroke or least favorite stroke is. The SRAYS coaching staff want all of its SilverRay program swimmers to be committed to developing great technique and get excited about swimming all four strokes at every practice and swim meet this upcoming season.

At this young age, it's important to learn all strokes and keep every option open so these swimmers are provided as many opportunities for success in the future as possible. It's no different than young students learning every subject in school during elementary school years. As they get older moving into high school and post-secondary pursuits, they are provided more freedom to select courses that play to their interests & strengths.

Dry-Land Training

Swimmers will have a 30min sessions throughout the week either before or after their swim time. We will be focusing on developing athletic abilities such as flexibility, balance, agility, coordination, body awareness & general strength during these sessions. They will also be taught the proper techniques of certain body weight exercises such as an elbow plank, standing squat, lunge walk and push-ups.





Introduction Mental Training



SilverRay swimmers will be introduced to various topics throughout the swim season via group discussions on-deck or google forms they can complete online. The intention of all these activities is helping to develop a “mind of a champion”. More time will be spent this season with me addressing the group as a whole in an attempt to develop a very positive team culture and positive mindset within each swimmer.

Here is an example of an activity from the 2020/2021 season focusing on “Developing Self-Belief”
<https://forms.gle/nFHBhz4RNRLNdXpw6>

Topics that will be introduced or further explored to the swimmers this season will include

- Goal setting
- Building Confidence
- Developing a ‘Growth Mindset’
- Developing a strong work ethic
- Developing self-belief
- Being a supportive teammate
- Getting out of your comfort zone as a means to improve and reach your potential
- Hydration, Nutrition & Sleep





SilverRay Program Schedules



Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step-Up & Perf Dev	Act 5:45-6:00p 6:00-7:30p	5:00-6:30p DL 6:30-7:00p	DL 5:15-5:45p 5:45-7:00p	Act 4:15-4:30p 4:30-6:00p	Act 4:15-4:30p 4:30-6:30p	7:00-8:30a DL 8:30-9:00a
SilverRay 3	Act 5:45-6:00p 6:00-7:30p	5:00-6:30p DL 6:30-7:00p	DL 5:15-5:45p 5:45-7:00p		Act 4:15-4:30p 4:30-6:30p	7:00-8:30a DL 8:30-9:00a
SilverRay 2	Act 5:45-6:00p 6:00-7:30p		DL 5:15-5:45p 5:45-7:00p		Act 4:15-4:30 4:30-6:30p	7:00-8:30a DL 8:30-9:00a
SilverRay 1	Act 5:45-6:00p 6:00-7:30p		DL 5:15-5:45p 5:45-7:00p		Act 4:15-4:30 4:30-6:30p	

Act = Pre-Pool Activation (Pulse Raiser + Mobility + Strength + Power)
DL = Dryland training (Developing a variety of athletic abilities)

All SilverRay program swimmers will practice together with the same coaches on-deck every practice. Practice frequency will increase for swimmers as they develop their stroke technique, swim skills, positive training habits and are ready for the “next puzzle piece” to be added to their training regime.

Swimmers will not be in lanes solely with teammates on the same schedule. Swimmers will be placed in lanes for swim sets which reflect their current ability level for the task at hand. We take pride in operating as a team and working together to achieve our goals and reaching our potential.

Weekly Template

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke Technique Turns	IM Development Pull Tech & Stroke Counting	Stroke Technique Kick Set	Work-Out w/ SRAYS “Performance Squad”	Fly Technique Racing Skills RELAYS!	Aerobic Free/Back Kick Set

Please note this is an example template meant to illustrate what is focused on in practice is relative to which SilverRay groups are in the pool.

Attendance to all weekly swim practices, while not mandatory, is STRONGLY recommended for all SilverRay swimmers. Consistent practice attendance (i.e. 100% weekly attendance) is a very influential metric SRAYS coaches use to determine whether it’s appropriate for a swimmer to progress to a new schedule within the program. If a SilverRay 2 swimmer is struggling to consistently attend their 4 weekly swim practices, it does not make sense to add a 5th weekly practice to their schedule.



Equipment & SRAYS Team Gear



Mesh bags

SilverRay swimmers will be required to maintain a mesh bag with their required pieces of equipment. Contents of a fully prepared SilverRay mesh bag would include:

Mesh bag <https://team-aquatic.com/collections/bags>

JR Snorkel <https://team-aquatic.com/collections/equipment-snorkels>

JR Kick Board <https://team-aquatic.com/collections/equipment-kickboards>

JR Pull Buoy <https://team-aquatic.com/collections/pull-buoys>

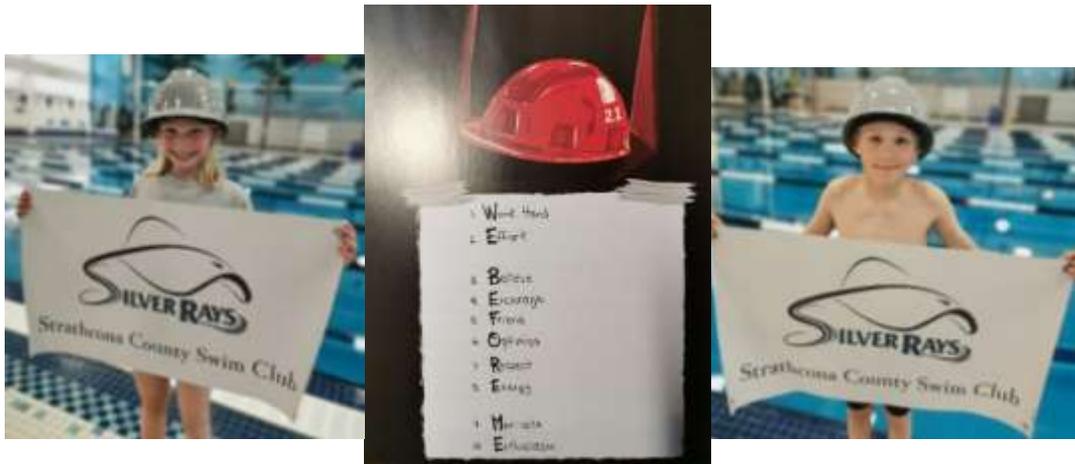
Extra SRAYS swim cap equipment@silverrays.ca

Extra pair of goggles

Water bottle

Skipping rope

Hard Hat Award Initiative



The Mini Rays will participate in the Strathcona County Swim Club's "HARD HAT AWARD" initiative. Using the acronym "WE BEFORE ME", swimmers will strive to be a great teammate throughout the season.

The SRAYS coaching staff is committed to encouraging all swimmers to be a respectful, positive & uplifting influence on their teammate. We will all work together, swimmers & coaches, to ensure the environment we create at the pool allows swimmers to enjoy themselves, feel a part of the team and reach their full potential.

"Hard Hat Award" recipients will get their picture taken wearing the hard hat and it will be posted on our social media pages to let everyone know how awesome of a teammate they've been!

If all swimmers are striving to be the best teammate possible, I'm more than optimistic about how amazing the 2021/2021 swim season will be for Mini Rays & the Strathcona County Swim Club.