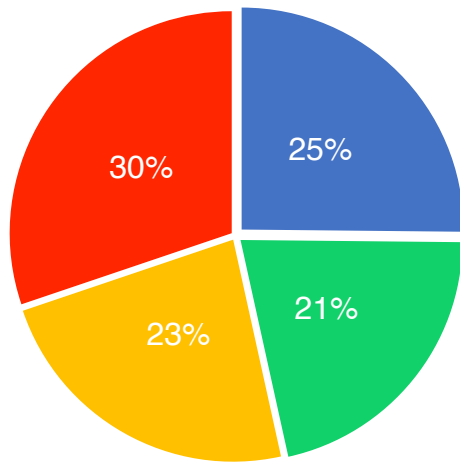


# Silver Group

■ fundamentals ■ skill/drill ■ kick ■ aerobic advancement



## **Fundamentals**

- Introducing efficiency training
- Advanced body alignment training
- Increased underwater skill development in all strokes.
- Further implementation of the IM base training model.
- Learning to employ self-initiated focus and listening skills.
- Increased aerobic expansion training
- Increased effort and performance expectations.
- Expectations on sets, intervals, and drills become standardized.
- Volume: 1800 – 3200 Yards

## **Skill/Drill**

- Advanced drilling skills
- Breathing patterns
- Efficiency and Distance per stroke sets
- Underwater skill development
- Endurance development
- Challenge sets/Test sets

## **Kicking**

- Flutter kick on/off a board.
- Flutter kick body positions stability drills.
- Butterfly kick on/off a board.
- Increased number of kicks off of all walls during practice.
- Breaststroke kick strengthening drills.
- Kicking test sets

## **Advancement Eligibility from Silver to Gold:**

- Performs 4 underwater butterfly kicks off all walls while swimming backstroke and butterfly.
- Shows elevated engagement in one's own goals.
- Demonstrates a necessary level of value and ambition towards the sport.
- Takes initiative in practice by challenging themselves to meet expectations.
- Shows interest in working with their coach to establish seasonal goals.
- Shows honest efforts daily.
- Understands the impact of missed practices when taking time off during the season.
- Competently performs flip turns while wearing a snorkel.

Meets FST's (5) standards for group advancement:

1. Age (10-14)
2. Commitment
3. Ability (Times, Strokes, and Practice Performance)
4. Maturity
5. Coaches' discretion