

# Silver Group

Swimmers have begun to grasp the four competitive strokes, continue to focus on stroke development, and begin to learn to use the clock. The largest emphasis in this group is stroke technique, an introduction to aerobic training, and fun! The Cudas offer five practices a week for the silver group. Each practice is at least an hour of water time and is taught by a professional swim coach. It is encouraged that swimmers in this group commit to consistently making at least three workouts per week. Participation in monthly USA sanctioned swim meets (most occurring in the Denver Metro area) is encouraged. Championship meets for this group include Districts, Silver State and JO's.

**Age-** The age range for silver group swimmers is 7-10 years old.

**Minimum requirements-** Silver group swimmers should be able to complete a legal 100 IM in a meet as well as 300 continuous freestyle yards.

**Group Size-** Silver group ranges in size from 22-28 athletes per practice

**Equipment:** The following pieces of equipment are required for red group:

- Goggles
- Practice swimsuit
- Cap for those with long hair
- Fins
- All other equipment used will be coach provided

## Move Up Requirements

1. Consistently performs all flip turns and “basics” (streamlines/ kickouts/ alternate breathing)
2. Displays proper form and technique of all four strokes
3. Attends 75% of practices (15/ month)
4. Move-up set:
  - 10 x 100 Free @ 1:55
  - 8 x 100 IM @ 2:20