

# NHCP Swim Club

## Silver Training Group

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| <b>Group Focus:</b>                 | The Silver Training Group consists of the club's intermediate level age group swimmers. This group is 40% instructional and 60% conditioning. The main focus of this group is increased skill and technique development with a healthy dose of conditioning and work. Swimmers will focus on proper stroke mechanics in all four strokes as well as starts and turns. Learn the importance of correct body and head position, more advanced drills for each stroke, a strong consistent kick for each stroke, a strong stream-line. Coaches will instruct proper work habits and behavior along with practice, lane etiquette and clock reading. Beginning dryland may be introduced to promote core strength and athleticism.  |
| <b>Practices Offered:</b>           | Four practices a week for 90 minutes. Yardage range 2600-3500   |
| <b>Equipment Needed:</b>            | Practice suit (one piece for girls, no board or baggy shorts for boys). Water bottle, 2x Goggles, 2x caps, rhino snorkel, fingertip AND appropriately sized hand paddles. Kick board, pull buoy, fins and mesh bag. Must bring to all practices   |
| <b>Coaching and accountability:</b> | The swimmer must be able to listen to and learn from the coaches both in and out of the water. Must be coachable and work on forming good work habits. There is a basic understanding of sportsmanship, respect for coaches, teammates, officials and competitors. There is a level of NHCP pride and encouragement for all their teammates.  |
| <b>Age requirements:</b>            | This group consists of athletes 10 to 13 years of age. A 9 year old swimmer may be part of this group providing they have the physical and mental maturity to perform as a 9/10 year old. Walking on the bottom, cutting corners and cheating indicate that a swimmer is not ready for this group.  |
| <b>Attendance/work ethic:</b>       | There is no attendance requirement for this group. It is expected that swimmers attend 4 practices a week to maintain the minimum test set requirements of this level. Swimmers must be able to listen and follow directions. At this point it is expected that swimmers understand the relationship of attendance and achievement.   |
| <b>Competition requirement:</b>     | Meets are highly encouraged. It is recommended that swimmers compete in all meets hosted by NHCP. Additionally, we encourage the kids to take advantage of the meets provided both larger and novice meets geared for swimmers looking to achieve C times in a new age group or to try a new event that they have never swum.   |
| <b>Important Reminders:</b>         | <b>Please be aware of the following items.</b> <ul style="list-style-type: none"><li>• NHCP always focuses on the athletes long term development</li><li>• There are the guidelines that we use in the structuring of all of our swim groups. All group testing and advancement is done at the coach's discretion and is only done with the Head Coach's approval</li><li>• Short Course yards are used for the basis of promotion criteria. LCM will be converted</li><li>• Test sets will be conducted early and late in each season/session to measure individual improvement and to serve as a baseline for group performance</li><li>• <b>Moves occur before a season starts.</b> Mid-season moves are disruptive to the group and the swimmer. A swimmer moving to another group mid-season is expected to be at the current level of the group. This rarely happens.</li></ul> |
| <b>Performance Requirement:</b>     | <i>For admittance into the Silver Training Group swimmers must have the ability to do the following:</i>  |

1. Regularly attend practices offered to the Bronze Training. Must be legal in all 4 competitive strokes and turns and USE turns in
3. Must know how to dive headfirst with the feet entering last.
4. Should be able to perform a T30 yardage range of 1450
5. 10 x 100 Free on 2:00 holding 1:40-1:45
6. Must be comfortable in the deep end of a pool
7. Should have an understanding and a use of flip turns in practice
8. Can consistently perform a proper streamline. On their stomach until their head is under the Backstroke flags.

### **Performance maintenance**

Test sets are run throughout the season. These are to gauge progression. set new levels and take the pulse of those who may be ready for the next training level. If swimmers are unable maintain the minimum group requirements, then they need to up their attendance or effort/focus during the set. Swimmers who continually perform under the group minimum requirements will need to start attending Bronze practices to be able to get back up to speed and re-qualify for the Silver training group. There is no financial adjustment if this occurs.