



AGE GROUP SILVER 1

ADVANCED 9-10

The coaching staff has the final decision for all group assignments and retains the discretion to move (or not move) swimmers based upon their judgment and/or factors not listed.

OVERVIEW

Ages	9-10 Age is determined by the age of the swimmer on the first day of season-ending championship meet
Description	This group is for advanced swimmers who are 9-10 years old. Examples of skills learned in this group include: increased aerobic training, more complex practice sets and reading the pace clock.
Skills Needed	Mastery of front dive from a starting block and backstroke start Consistently legal execution of Individual Medley turns: Fly/Back, Back/Breast, Breast/Free Consistent underwater fishkicking off the wall after each turn Participation in at least two regular USA Swimming meets <u>Legal execution of the following sets in a practice:</u> 5x100 Free on 2:00 5x100 IM on 2:15 5x100 Kick on 2:30
Practices	Recommended 4 per week
Meets	Recommended every 4-6 weeks
Equipment Needed	Fins, kickboard, pull buoy, adult snorkel, paddles (one pair of complementary paddles provided)
LEAD COACH	
Head Age Group Coach Ryan Clausman	ryan.foxjet@gmail.com