



AGE GROUP SILVER 2

ADVANCED 11-13

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	11-13 Age is determined by the age of the swimmer on the first day of season-ending championship meet
Description	This group is primarily for the advanced swimmers who are 11-12 years old. Examples of skills learned in this group: increasing aerobic training, more complex practice sets and reading the pace clock.
Skills Needed	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> 8x100 Free on 1:40 8x100 Non-Free on 1:55/2:05 8x100 Kick on 2:10
Practices	70% minimum to be considered for placement in National Age Group
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