



Silver Group



Silver is the 3rd group in our Age Group track. When joining Silver, athletes should be able to start from the blocks, be consistently legal in all 4 competitive strokes, and correctly use flip turns and open turns with the appropriate strokes through practice and competitions.

Required Equipment:

- Goggles
- Swimsuit
- Cap
- Kickboard
- Pull buoy
- Snorkel
- Fins
- Paddles
- Tennis Shoes
- Athletic clothing for dryland
- Water bottle

NORMAL PRACTICE SCHEDULE 8/16/21 – 12/17/21				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 – 8:00PM	7:00 – 8:30PM	6:30 – 8:00PM	7:00 – 8:30PM	7:00 – 8:30PM

* Schedules are subject to change based on pool availability. Please consult the team calendar and weekly newsletter for the most up-to-date schedule.

Group Goal:

Silver group provides an opportunity for our swimmers to build the competitive mindset while developing their endurance and aerobic capacity. This group focuses heavily on technique driving home the importance of swimming correctly to build speed. The dryland workouts at the silver level are based in developing flexibility, mobility, range of motion, and injury prevention. Silver Athletes are expected to attend all home meets as well as 75% of away meets.

Practice Expectations:

Silver Athletes are expected to maintain above 70% attendance throughout the season. As we will be implementing a more robust Warm Up To Swim, timeliness will be crucial to athlete success.

Required Meets:

Round Rock (10/24/21 – 10/26/21)
 TXLA Fall Kick Off (TBA)
 Belton Fall Classic (11/12/21 – 11/14/21)

Arena Southern Slam (1/7/22 – 1/9/22)
 LSC/USA Championship Meets (TBA)