



## Silver Group

Coach: Ryan

### Requirements:

Swimmers in this group are between the ages of 14-18 and are either involved in multiple activities making it difficult for them to meet the strict attendance requirements for the Gold Group or do not have a desire to compete in USA Swimming meets. Emphasis will be on a balance of technique, fundamentals, and yardage. Swimmers who are interested in competitive swimming but do not have previous swim team experience and may need work developing proper stroke technique and endurance will start out in this group before moving to the Gold Group.

### Training/Yardage:

1.5 Hours/ 3-5 days a week. 2,500-5,000 yards

### Basic Goals:

- Develop swimmers' stroke technique and endurance without placing an emphasis on measuring their progress through competition
- Develop an appreciation for swimming as a fun, beneficial form of exercise swimmers can continue into adulthood.

### Equipment:

Fins\*, Kickboard\*, Waterbottle, Practice suit,

\*Provided by Duke City Aquatics but swimmers may also purchase their own