

# JUNIOR SQUAD SILVER

## AIMS

To provide a fun environment for swimmers to progress their fitness and skill

To improve stroke technique, turns and dives

To increase general fitness

Introduction to racing through involvement in in-house events

Junior Squad Silver swimmers can swim up to 2 sessions per week. Each session is 1 hour and will cover 1000m-1500m

## PROMOTION CRITERIA

Silver Squad promotions occur at the end of every month. To be considered for promotion from Silver to Gold, there are a number of challenge sets and event times that swimmers will need to make. These are as follows:

- Medley challenge set: 2x (3x50m Medco) on 1.30
- Freestyle challenge set: 6x50m Freestyle on 1.10
- Kick challenge set: 8x25m Freestyle Kick on 40
- Swim 400m Freestyle at an event and make the distance
- Make the time for 50m Freestyle at an event (as per table)
- Make the time for 50m of another stroke other than Freestyle at an event (as per table)

Event	9 years and under	10 years and over
50m Bf	54.50	53.00
50m Bk	54.50	53.00
50m Brs	58.50	57.00
50m Fs	50.50	49.00