



SILVER 2



Silver 2 group is for swimmers ages 11 - 14 years old

Silver 2 swimmers will continue to fine tune strokes, turns, and starts with an increased emphasis on training. The purpose of the group is to gain more knowledge of the sport, learn to take ownership of their swimming and enjoy the process even when workouts get difficult. Swimmers goals are to achieve 11-12 TAGS and 13-14 STAGS.

Group Requirements

- Move from Silver 1 or complete a Saturday Evaluation
- Have previous USA Swimming and championship meet experience
- 75% Attendance required to attend meets
- Must be able to attend 1 swim meet per month
- 20x50s FR :45 | 10x50s Kick :55 | 10x100s IM 1:45

Mandatory Equipment

Swim Bag, Goggles, Kickboard, Fins, a Competitive Swimming Snorkel, Pull Buoy, Hand Paddles
Tennis shoes and comfortable gym clothes are needed for dryland

Group Information

Practice Length: Monday - Friday: 1:30 hours | Saturday: 2 hours

Swim Practice: Monday - Friday: 4:45pm or 7:15pm (M-F practice times are not interchangeable)
Saturday: 8:00am

Dryland Practice: 30 min. | Monday - Thursday: 6:30pm

Price : \$170 per month

WHAT DOES MY SWIMMER NEED TO MOVE TO GOLD?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen 2 times throughout the year. Once at the beginning of each season (August and March). In order to qualify for a move swimmers must complete the following:

ONE SEASON AWAY FROM 13-14 TAGS CUTS

Attend 1 swim meet per month throughout the season

Maintain 75% attendance throughout the season - including dryland

Test Sets: 20x50s Free @ :40 | 10x50s Kick @ :50 | 10x100s IM @ 1:30

Athletes who complete requirements will move to Gold
Athletes turning 15 the following season will move to Senior