



# SILVER 1



Silver 1 group is for swimmers ages 9 - 12 years old

The focus of Silver 1 is to continue to develop stroke mechanics while introducing a broader aerobic base. Swimmers are training to become highly developed swimmers, developing more advanced race strategies, learning about nutrition, goal setting & dedication. Silver 1 also introduces swimmers to the fundamentals of dryland. Silver 1 athletes are expected to attend at least 3 meets per season with the goal of making STAGS or TAGS at the end of the season.

## Group Requirements

- Move from Bronze 2 or complete a Saturday Evaluation
- Have USA Swimming meet experience
- Prepared to train longer distance practices while maintaining proper technique
- 20x50s FR :55 | 10x50s Kick 1:05 | 6x100s IM 2:00

## 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: 1:15 hours | Saturday: 1 hour

Swim Practice: Monday - Friday: 4:30pm or 7:15pm (M-F practice times are not interchangeable)  
Saturday: 10:00am

Dryland Practice: 30 min. | Wednesday: 5:45pm or 6:45pm | Saturday: 9:30am

Price : \$160 per month

## WHAT DOES MY SWIMMER NEED TO MOVE TO SILVER 2?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen two 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 EITHER 13-14 STAGS OR 11-12 TAGS CUTS**

**Attend at least three swim meets during the season**

**Maintain 75% attendance throughout the season**

**Test Sets: 20x50s Free @ :45 | 10x50s Kick @ :55 | 10x100s IM @ 1:45**

Athletes who complete requirements move to Silver 2

Athletes turning 13 the following season who have not met requirements move to Varsity