

## Silver Squad

**\$102.90 / month**

This squad is for the swimmers that successfully completed the test set in the Bronze squad or have joined the program and can successfully complete the test set with good form. The objectives in this squad are to continue to build on the swimmers technique whilst teaching them about different training sets and preparing them to compete. Emphasis on technique whilst further developing their ability to swim fast is the challenge that will face these children.

Target is for swimmers to make 3 sessions per week.

Swimming sessions:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7.00-8.00am
	5.30-6.30pm		6.00-7.00pm	4.00-5.00pm		

This squad is about being part of the swim team, learning to set goals and working towards those goals.

### Promotion to the GOLD Squad

**Test set would involve completing the following sets**

16 x 50 on the 60

3 x 100 Backstroke on 2.30

3 x 100 Breaststroke on 2.40

2 x 50 Butterfly On 1.30

**Swimmers are expected to compete in the following events over winter**

**Monthly Time Trials – the first Wednesday in the month**

**All 4 winter JX meets**

**Kick Board Challenge – to be advised**

### Equipment Required in the Silver Squad

Goggles, Flippers – Large , Pull Buoy

Swimmers should always have drink bottle filled and on hand .