



TO: Silver groups Parents and Swimmers

FROM: Coaching Staff

RE: Silver Expectation Levels

To help you understand what our expectations will be we have developed these guidelines. We will use these to help us determine what group you will swim in. These are not rules and they can be adjusted to suit your individual needs and goals in swimming. These guidelines will assist us in promotions from group to group and setting the direction in each group.

- 1) Swimmers will have the desire to improve his/her swimming.
- 2) Swimmers will want to attend more than three workouts offered.
- 3) Goals are set by striving for Silvers and Junior Olympic times.
- 4) You should be learning to be a leader in workouts (lead lanes) and in stretching and dry land exercises.
- 5) You should encourage yourself and others to work harder. You will have a positive attitude about swimming.
- 6) You should be able to make 10 x 50 on 1:00 and 6 x 100 Free on 1:40.
- 7) You should be able to legally perform all four competitive strokes.
- 8) You should be willing to learn about yourself and your potential capabilities by accepting and working towards achieving the challenges set before you.
- 9) Swimmers will adjust to the conditions that surround them (leaky goggles, cold water, lane etiquette, and reading the clock).
- 10) You should know your body's operating habits (eating, sleeping habits).