



*“GO CUDAS-CHEER LOUD-RACE HARD”*

### SILVER

#### Focus:

-Stoke Technique and Endurance Training

#### Requirements:

1. Swimmers must have achieved, or have the ability to achieve all BRONZE goals.
2. Swimmers must be 9 or older
3. Swimmers must have four legal strokes with starts and turns

#### Goals:

1. To build endurance in all four competitive strokes as well as IM
2. Introduce different types of training
3. To refine:
  - a. Swimming techniques in each of the four competitive strokes.
  - b. Starts, turns and finishes in each of the four competitive strokes
4. To attend:
  - a. 75% of all scheduled practices
  - b. 90% of all Team Essl Meets
  - c. 4 or more US Meets
  - d. 2 Championship Meets
5. To compete in the following events: (at a US swim meet)
  - a. 100s in each of the four strokes, as well as, IM
  - b. 200 yd. Freestyle, IM and Main Stroke
  - c. 500 yd Freestyle
  - d. 400 IM
6. To complete the following sets:
  - a. 12x50 Freestyle :50
  - b. 12x50 Main Stroke 1:00
  - c. 10x100 Freestyle 1:45
  - d. 10x100 Main Stroke 2:00
  - e. 10x100 IM 2:00
  - f. 5x200 Freestyle 3:30
  - g. 5x200 IM 4:00