

Welcome to Silver Squad

Please find below key squad information and a summary of what swimmers in Silver Squad are working towards.

Lead Coach: Katerina Naqvi/ Chanel French

Training Sessions: Swimmers should typically aim to attend 3/4 sessions per week.

Monday	Tuesday	Wednesday	Friday	Saturday	Sunday
	Eltham Centre	Greenwich Centre	Greenwich Centre	Colfes	Greenwich Centre
	19:30 - 20:30	*19:15-20:30	18:30-19:30	07:00 - 08:00	Land Training 15:00-16:00 Swimming 16:00 - 17:00

* Includes Pre pool warm up - 15 minutes prior to pool training

Training Accessories

Mesh Kit Bag and Water bottle	Training snorkel	Swim Hat and Goggles
Standard Kickboard	Foam Pull Buoy	Short Blade Training Fins

Promotion Criteria: Promotion to **Gold Squad** will be at the Lead coaches recommendation, swimmers will need to achieve the following, and any exceptions will be at the discretion of the coaching team/Head Coach

Aims and Objectives for swimmers in Silver Squad Swimmers are aiming to complete the Swim England Club Award Stage Four

, achieve the time standard criteria and compete in open competitions and league competitions as directed by the lead coach.

Swimmer Expectations

- Swimmers are expected to arrive on time to complete a 5 minutes pre swim RMAP warm up, on poolside where this is possible with the pool operator
- Shower before entering the pool
- Have all their kit ready for use at the start of each session
- Encourage each other as part of the squad
- Pay attention to coaching feedback and briefings
- Show an interest in their training and keep a record of their PBS and Monitoring sets
- Swimmers to spend 5 minutes at the end of the session stretching
- Abide by the Greenwich Royals Code of Conduct
- Never have mobile phones out in any changing room.

Time and Skill Standards for Promotion

Award		Requirements	
Silver Award Times (Open Meets and Club Championships)	50m Freestyle	41.00	Silver Award
	100m Freestyle	1:31.00	Silver Award
	200m Freestyle	3:20.80	Silver Award
	100m IM	1:43.60	*Silver Award
	200m IM	3.44.60	Silver Award
	50m Breaststroke	52.70	Silver Award 2 of the 3 form strokes at 50m are required in a gala
	50m Backstroke	47.50	
	50m Butterfly	45.70	
	50m Breaststroke	1:00.40	Bronze Award 3rd form stroke at 50m is required in a gala
	50m Backstroke	54.50	

	50m Butterfly	52.40	Silver Award Must have swum all 3 form strokes in a gala, and achieved 2 of the 3 Times
	100m Breaststroke	1:55.40	
	100m Backstroke	1:41.40	
	100m Butterfly	1:39.40	Silver Award Must have swum 2 of the 3 form strokes, and achieved time in one
	200m Breaststroke	4.05.00	
	200m Backstroke	3.39.40	
	200m Butterfly	3.37.70	
Competitive Swimming (Internal Trials)	Competitive Swimming Award – Stage 10	http://www.swimming.org/learntoswim/asa-learn-to-swim-awards-8-10	
Club Awards	Swim England Swimming Club Awards Stage 4	https://www.swimming.org/swimengland/swim-england-club-awards/	
Distance Award	1500m	http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/	
Training Sessions	A minimum of 3 sessions per week is required to gain promotion (Avg over 3 mths)		
Training Sets	Specific training sets suitable for transition to Gold Squad		
Competitions	Annual Club Championships		Minimum of 4 open meets in year
League Gala’s	Attendance at league gala’s when selected		
Typical Squad Age	Girls 9 - 12 (± 1yr)		Boys 9 - 12 (± 1yr)
Parent Involvement*	Actively help out as an official, time keeper or team manager, or in a volunteer role to help with the running of the club		

*100IM may not needed if has 200 and/or 400IM due to limited availability of races.

*Parent Involvement

Greenwich Royals is heavily dependant on volunteers to run internal events such as the club champs, team galas and any potential home gala events in the future. Without You, this is not possible. As your swimmer progresses through the squads we ask that one parent, joins our group of much needed volunteers who support the club and our swimmers. Please visit our [volunteer section](#).

Competitions

Silver Squad swimmers are expected to compete in the **Club Championships**, and attend 'Open Meets', selected by their coach, throughout the year.

A full and current list of competitions, endorsed by the club's coaches, is available on the home page of the Greenwich Royals website: <https://uk.teamunify.com/Home.jsp?team=lgrsc> under events & gala's.

The Club also participates in a number of swimming leagues. Further details can be found at: https://uk.teamunify.com/SubTabGeneric.jsp?team=lgrsc&_stabid_=153418. It is a privilege for swimmers to be selected to represent their club at league galas, so every effort should be made by selected Silver Squad swimmers to attend.