

## Welcome to Silver Squad 2024/25

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

Lead Coach: **Katerina Naqvi**

**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	19:30-19:30	19:30-20:30	06:30 - 07:30	16:00 - 17:00

## 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

Award		Requirements	
Silver Award Times (Open Meets and Club Championships)	50m Freestyle	41.00	Mandatory
	100m Freestyle	1:31.00	Mandatory
	200m Freestyle	3:20.80	Mandatory
	100m IM	1:43.60	*Mandatory
	200m IM	3.44.60	Mandatory
	50m Breaststroke	52.70	50M Form Strokes Mandatory 3 from 4 must have Bronze for 4th
	50m Backstroke	47.50	
	50m Butterfly	45.70	
	50m Breaststroke	1:00.40	3rd form stroke at 50 m Bronze in a Gala
	50m Backstroke	54.50	
	50m Butterfly	52.40	
	100m Breaststroke	1:55.40	Mandatory - Two from Three Must have swam for 3rd
	100m Backstroke	1:41.40	
	100m Butterfly	1:39.40	
	200m Breaststroke	4.05.00	Must have swum the 3 form strokes in a gala, and achieved Silver time for one and bronze for the another
	200m Backstroke	3.39.40	
	200m Butterfly	3.37.70	
Competitive Swimming (Internal Trials)	Competitive Swimming Award – Stage 10	<a href="http://www.swimming.org/learntoswim/asa-learn-to-swim-awards-8-10">http://www.swimming.org/learntoswim/asa-learn-to-swim-awards-8-10</a>	
SE Club Awards			
Distance Award	1500m	<a href="http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/">http://www.swimming.org/learntoswim/asa-rainbow-distance-awards/</a>	
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		

\*100IM Unless completed 200 and 400IM In a gala

## \*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, if possible, joins our group of much needed volunteers who support the club and our swimmers. Please visit our [volunteer section](#).**

## Competitions

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&\\_stabilid\\_=153418](https://uk.teamunify.com/SubTabGeneric.jsp?team=lgrsc&_stabilid_=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.