

## Junior Silver – 2025-2026

**Squad Coach:** David Tshuma

**Pool Time:** 3 hrs

Silver Timetable				
Day	Pool	Time	Hours	Lanes
Tuesday	Atherton	18:30-19:30	1	3
Friday	LAC	17:00-18:00	1	1
Sunday	East Ham	15:15-16:15	1	2

**Attendance Requirement:** Swimmers must attend the 3 sessions a week. Any excused absences need to be reported to the squad coach via email prior.

### **Session Preparation:**

1. Swimmers must arrive on poolside at least 10 minutes before sessions or competition warm-ups to complete a pre-pool warm-up. This includes at least three "Raise, Mobilise, or Activate" exercises and one "Prime" exercise.
2. Late arrivals (more than 10 minutes past the scheduled start time) will not be permitted to swim unless prior notice and a valid reason are communicated to the squad coach.

**Session Participation:** Swimmers are required to fully complete all training sessions, including warm-ups and swim-downs, to the best of their ability. Repeated failure to complete sets without valid reason will result in a review of the swimmer's suitability for the squad.

**Age Range:** Swimmers must be between 7 and 11 years old at the end of the year.

**Code of Conduct:** All swimmers must adhere to the code of conduct ([click here](#))

**Competition Participation:** Attendance at all Level 3 Home galas and Level 4 Time Trials. Any absences must be communicated to the squad coach in advance.

**Required Equipment:** Swimmers must have:

- Kickboard
- Fins
- Pull buoy
- Water Bottle
- Club Hat ([Hat Form](#))
- Goggles

**Health Notification:** The squad coach must be informed of any extended absences due to injury or illness.

**Technical Standards:**

1. Complete a basic set of **8 x 25m freestyle & 8 x 25m backstroke @ 50 & 6 x 25m Breaststroke, 4 x 25m Butterfly @ 60**. Swimmers must be able to self-start at 5-second intervals, using a pace clock.
2. Perform **4 x 25m ½ length sprints of each Stroke (Fly, Back, Breast, Front)**. Pushing off in streamline each time.
3. Perform a basic tumble turn and a legal touch turn.

**Coach's Discretion:** All criteria are subject to the coach's discretion.