



Academy Silver

There are three sessions per week available for swimmers in Academy Silver, these should continue to be swum in addition to your child's current council or swim school lessons to ensure they have four sessions available per week. Increasing training frequency will ensure that swimmers continue to build on the techniques, strength and fitness developed in Academy Bronze.

The aim for swimmers in Academy Silver is to prepare them to have the correct level of technical and physical skills needed to race in team and individual swimming competitions.

Training Times and Fees

Tuesday	19:00 – 20:00	Highfield Hall Primary School
Saturday	07:30 – 08:30	Queens Park Leisure Centre
Sunday	17:45 – 18:45	Queens Park Leisure Centre

Monthly Training Fee: £45

Progression Criteria

Progression to Academy Gold is based on the achievement of the Swim England Club Awards Level 4, these are designed to help children to transition from swimming lessons into club and competitive swimming.

Before moving we would expect swimmers to be able to:

1. Complete a R.M.A.P poolside warm-up containing two exercises in each section.
2. Complete a post pool stretching routine using a minimum of four key stretches.
3. Complete a short training set (e.g 8 x 50 metres) on a prescribed turnaround time (e.g every 90 seconds), swimmers must be able to maintain a specified pace (e.g 60 seconds) and use the pace clock to set themselves off and maintain intervals.
4. Set one process goal relating to improving stroke technique, demonstrating the ability to evaluate their own improvement.
5. Swim 50 metres of each stroke (25 metres butterfly) demonstrating effective breathing and timing and commencing with the correct push-off from the wall, underwater phase and transition to stroke.
6. Swim 100 metres Individual Medley commencing with the correct push-off from the wall, underwater phase and transition to stroke with race legal touch turns.
7. Perform a legal and efficient and turn on each of the four strokes from 10 metres into and 10 metres away from the wall.
8. Perform a legal and effective sequence of movements for each of the three individual medley transition turns.
9. Perform a track start and backstroke start using the starting blocks and a relay takeover arm swing and step from poolside.
10. Perform a single step relay takeover from the side of the pool into 25 metres front crawl swim.

Swimmers are continually assessed during their time in Academy Silver with squad moves usually taking place in January, April and September.

Additional Information

Swimmers in Academy Silver who are aged 9 years and over may be selected to take part in team or individual swimming competitions, this is essential for development, and we strongly encourage all children to take part if selected.

A guide to entering competitions along with a range of other useful information can be found in the [Swimmer Resources](#) section on our website.

