

## Junior Silver

The Junior Silver squad is designed to prepare our swimmers for the transition into our Junior Gold squad, and all swimmers in Junior Silver are encouraged to join a NSW Swimming registered club, and set swimming based goals.

As a reminder, the program is set up as:

*Monday and Tuesday* – Freestyle and Backstroke

*Wednesday and Thursday* – Butterfly and Breaststroke

*Friday and Saturday* – Individual Medley and racing skills (starts and turns)

This session breakdown is very important when planning your child's sessions for the week. The recommended starting point for Junior Silver is 3 sessions per week in order to ensure exposure to all 4 competitive strokes and skills, and also prepare them for the longer 1.25 hour sessions in Junior Gold.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Silver	4-5PM	7-8AM	4-5PM	7-8AM	4-5PM	8:00-9:00AM