

SILVER GROUP REQUIREMENTS

Members of this group must be able to:

- Have successfully completed all four individual strokes legally in a meet
- Do a legal Backstroke flip-turn
- Do a legal Breaststroke pullout
- Complete 400 yards of Freestyle in 7 minutes or less
- Complete 100 yards of Butterfly without stopping
- Able to complete 4 x 50s of each stroke legally
- Do at least 3 underwater dolphin kicks off starts/turns for Butterfly & Backstroke
- Execute all open- and transition-turns
- Use the pace clock independently
- Successfully complete: 6 x 100 Freestyle @ 2:00
4 x 100 IM @ 2:15
- Be at least 9 years of age.
- Attend at least 4 practices per week
- Attend at least 4 meets per year

