

# Greater Pensacola Aquatic Club

## Junior Training Group

<b>Location:</b>	The University of West Florida and The Club.
<b>Group Emphasis:</b>	The Junior Training Group consists of the club's most advanced and accomplished age group swimmers. This group is 40% instructional and 60% conditioning. Swimmers in this group strive to advance to the Senior Training Group and to achieve time standards that will allow them to compete at a regional level within USA Swimming. All previous technical instruction will be continued and advanced with an increased emphasis on more challenging aerobic and anaerobic training. A dryland conditioning program is a part of practice to promote core strength and athleticism.
<b>Practices Offered:</b>	Six Practices per week with a maximum duration of 120. This duration may include dryland workouts. Saturday practices may be 150 minutes.
<b>Equipment Needs:</b>	Practice suit (one piece for females), goggles, a kickboard, a pull buoy, hand paddles, fins, a swim snorkel and a mesh training bag.
<b>Coaching and Accountability:</b>	The swimmer learns from and listens to their coach during their practices regardless of the setting. The swimmer can apply their coach's instruction and they start to take responsibility for their performance. Swimmers demonstrate an understanding of sportsmanship, respect for competitors, and respect for their teammates regardless of ability level. The swimmer takes pride in being a member of GPAC and should know their coaches, teammates and competitors. Swimmers shall show support for GPAC and their teammates by participating in team cheers and cheering on teammates during practice and at swim meets.
<b>Age Requirements:</b>	The group consists of athletes 10 to 14 years of age. *10 year old swimmers may be considered for this group providing they can perform as if they were in the 11-12 age group
<b>Attendance and Work Ethic:</b>	The group is expected to attend 4 of the 6 practices offered. The swimmer can communicate their commitment to their parents, coaches and teammates. Swimmers will also be able to participate in developing specific and attainable practice group goals.
<b>Stroke and Skill Requirements:</b>	Swimmers have a basic understanding the following: <ol style="list-style-type: none"><li>1. The relationship between distance per stroke, stroke rate, and swimming speed.</li><li>2. Proper stroke mechanics and drills used to refine each stroke.</li><li>3. Proper turn and start mechanics.</li><li>4. How to pace each race</li></ol>
<b>Psychological Skills:</b>	Swimmers begin to develop a pre-race routine, which includes the ability to visualize a race from start to finish and develop race focal points for concentration. Swimmers shall also have a basic understanding of goal setting and the difference between short-term goals and long-term goals. The swimmer also understands proper meet and practice behaviors, which includes controlling emotions and proper release of those emotions through verbal and physical actions.
<b>Competition Requirements:</b>	Swimmers are expected to compete in extensive competition at the rate of at least one competition per month and should expect to compete in all meets offered for their group. Swimmers are expected to compete in all meets that are hosted by GPAC. Additionally, if a swimmer qualifies for higher level meets they are expected to compete in those meets.

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## Important Reminders:

Please be aware of the following items.

- GPAC always focuses on the athlete's long term development.
- These are the guidelines that we use in the structuring of all of our swim groups. All group testing and advancement is done at the coach's discretion and is only done with the Head Coach's approval.
- Short Course Yards (SCY) times are used for the basis of advancement criteria. Long Course Meters (LCM) times will be converted using the conversion tool on [www.usaswimming.org](http://www.usaswimming.org).
- Group testing occurs three (3) times per calendar year at your swimmer's pool. Testing begins during the second half of March, July and November.
- Group advancement occurs for qualified swimmers, space permitting, by participating in one (1) month of adjustment practices in April, August or December. Once the swimmer has completed the adjustment month they are a member of the new group as of the first day of the next month; May, September and January.

## Performance Requirements:

For advancement to the Junior Training Group swimmers must have the ability and show the desire to do the following:

1. Attends 4 of the 5 practices and occasional Saturday practices offered to the Green Training Group per week.
2. IMX Score of 2000 or higher for their age group.
3. Has the ability to read, understand and follow more complex intervals (written test).
4. Can consistently complete a proper streamline, on their stomach, until their hips are under the Backstroke flags
5. Can consistently complete the following training sets.
  - a. 10 x 100 Freestyle swim on 1:40
  - b. 10 x 50 Kick on 1:05
  - c. 1000 Swim in 15:00 (1:30 average)
  - d. Two of the following three sets
    - i. 8 x 50 Butterfly on 1:05
    - ii. 10 x 50 Backstroke on :50
    - iii. 10 x 50 Breaststroke on 1:00
  - e. One of the following two sets
    - i. 3 x 200 Freestyle on 3:15
    - ii. 3 x 200 IM on 3:30
6. Has achieved one of the following two standards.
  - a. USA "BB" Motivational time standards from their age group in at least 2 strokes  
\*10 year olds must achieve this level as if they were in the 11-12 age group.
  - b. Southeastern Swimming Qualifying time standard from their age group in 1 event  
\*10 year olds must achieve this level as if they were in the 11-12 age group.

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