

Greater Pensacola Aquatic Club

Senior Training Group

Location:	The University of West Florida and The Club
Group Emphasis:	The Senior Training Group consists of the club's elite senior swimmers. This group is 20% instructional and 80% conditioning. Swimmers in this group strive to achieve time standards that will allow them to compete at a regional and national level within USA Swimming. Skill development will continue to be refined with an increased emphasis on challenging aerobic and anaerobic training. A demanding weight lifting and dryland conditioning program is an integral part of practice.
Practices Offered:	Nine Practices per week with a maximum duration of 180 minutes. This duration may include weights and dryland workouts.
Equipment Needs:	Practice suit (one piece for females), goggles, a kickboard, a pull buoy, hand paddles, fins, a swim snorkel and a mesh training bag.
Coaching and Accountability:	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 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 are expected to show support for GPAC and their teammates by participating in team cheers and cheering on teammates during practice and at swim meets.
Age Requirements:	The group consists of athletes 13 to 18 years of age. Members of this group are typically in high school, however high achieving swimmers who are in eighth grade may be considered.
Attendance and Work Ethic:	Swimmers are expected to attend all practices, meets, and other mandatory events as they are an example to the rest of the team and are held to a high standard. The swimmer can effectively communicate their commitment to their parents, coaches and teammates. Swimmers will also be able to take an active role in developing specific and attainable practice group goals.
Stroke and Skill Requirements:	Swimmers understand the following: <ol style="list-style-type: none">1. The relationship between distance per stroke, stroke rate, and swimming speed.2. Proper stroke mechanics and drills used to refine each stroke.3. Proper turn and start mechanics.4. How to pace each race
Psychological Skills:	Swimmers can 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 an 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.
Competition Requirements:	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.
- 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 Senior Training Group swimmers must have the ability and show the desire to do the following:

1. Attends 5 of the 6 practices offered to the Junior or Senior Green Training Groups per week.
2. IMX Score of 2000 or higher for their age group
3. Has the ability to read, understand and follow complex intervals (written test)
4. Can consistently complete a proper streamline, on their stomach, until their knees are under the Backstroke flags
5. Can consistently complete the following training sets:
 - a. 15 x 100 Freestyle swim on 1:15 (male) and 1:20 (female)
 - b. 10 x 100 Kick on 1:50
 - c. 2000 Swim in 24:00 (1:12 average ~ male) and 25:00 (1:15 average ~ female)
 - d. Two of the following three sets
 - i. 10 x 100 Butterfly on 1:40 (male) and 1:45 (female)
 - ii. 12 x 100 Backstroke on 1:25 (male) and 1:30 (female)
 - iii. 12 x 100 Breaststroke on 1:40 (male) and 1:45 (female)
 - e. One of the following two sets
 - i. 10 x 200 Freestyle on 2:30 (male) and 2:40 (female)
 - ii. 4 x 400 IM on 5:50 (male) and 6:10 (female)
6. Has achieved two of the following four standards.
 - a. USA "BB" Motivational time standards from their age group in 3 strokes
 - b. USA "A" Motivational time standard in 1 event for 15-16 Girls
 - c. USA "A" Motivational time standard in 1 event for 13-14 Boys
 - d. Southeastern Swimming Qualifying time standards from their age group in 2 strokes

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