

Atlantic Coast Athletic Clubs

Blue Training Group

Location:

- ACAC Albemarle Square
- ACAC Crozet

Group Emphasis:

- The Blue Training Group consists of the club's intermediate level age group swimmers. This group is 80% instructional and 20% conditioning. The main focus of this group is general skill and technique development. Swimmers will learn the importance of correct body and head position, a strong consistent kick for all strokes, the importance of streamlining, basic drills for each stroke as well as improved turns and starts. Coaches will instruct proper workout habits and behavior, lane etiquette and clock reading.

Practices Offered:

- Five (5) practices per week with a maximum duration of 60 minutes

Equipment Needs:

- Practice suit (one piece for females)
- Goggles
- Kickboard
- Pull Buoy
- Fins
- Mesh Training bag

Age Requirements:

- The group primarily consists of athletes 7 to 11 years of age.

Attendance and Work Ethic:

- There is no attendance requirement for this group
- Swimmers must be able to listen and follow directions

Competition Requirements:

- It is recommended that swimmers compete in state and local meets, however it is not required.

Important Reminders:

- **Please be aware of the following items**
 - o ACAC always focuses on the athlete's long-term development
 - o 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.

Performance Goals:

- For admittance to the Blue Group, swimmers must have the ability to do the following
 - o Can complete a legal 25 yard swim of each competitive stroke
 - o Can complete a legal 100 yard Individual Medley
 - o Can constantly complete a proper streamline, on their stomach, until their head is under the Backstroke flags
 - o Can constantly complete the following training sets:
 - 4x50 Freestyle on 1:15

- 4x50 Kick on 1:30
- Two of the following 3 sets:
 - 4x25 Butterfly on 0:50
 - 4x25 Backstroke on 0:45
 - 4x25 Breaststroke on 0:50