

Atlantic Coast Athletic Clubs

Green Training Group

Location:

- ACAC Albemarle Square
- ACAC Crozet

Group Emphasis:

- The Green Training Group consists of the club's more advanced age group swimmers. This group is 60% instructional and 40% conditioning. The main focus of this group is increased skill and technique development. Swimmers will focus on proper stroke mechanics in all four strokes as well as starts and turns. Swimmers will begin to understand the importance of correct body and head position, a strong consistent kick for all strokes, streamlining and more advanced drills for each stroke. Coaches will instruct proper workout habits and behavior, clock reading and lane etiquette. Beginning dryland exercises may be introduced to promote core strength and athleticism.

Practices Offered:

- Five (5) to Six (6) practices per week with a maximum duration of 90 minutes

Equipment Needs:

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

Coaching and Accountability:

- The swimmer must be able to learn from and listen to their coach during their practice in or out of the pool. The swimmer has a basic understanding of sportsmanship, respect for their competitors and for their teammates. The swimmer takes pride in being a member of ACAC and participates in knowing their coaches and teammates. Swimmers should also participate in team cheers and encouraging their teammates.

Age Requirements:

- The group primarily consists of athletes 9 to 14 years of age

Attendance and Work Ethic:

- There is no attendance requirement for this group. However, swimmers must now begin to understand the correlation between attendance and achievement.

Psychological Skills:

- The swimmer understands proper meet and practice behaviors, which includes controlling emotions and proper release of those emotions through verbal and physical actions. Swimmers shall also have a basic understanding of goal setting.

Competition Requirements:

- It is recommended that swimmers compete in state and local meets

Important Reminders:

- **Please be aware of the following items**
 - ACAC 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.

Performance Goals:

- For admittance to the Green Group, swimmers have the ability to do the following:
 - Regularly attends 4 of the 5 practices offered to the Blue Group
 - Has the ability to read simple intervals
 - Can constantly complete a proper streamline, on their stomach, until their head is under the Backstroke flags
 - Can complete the following training sets:
 - 8x50 Freestyle on 1:00
 - 8x50 Kick on 1:15
 - Two of the following 3 sets:
 - 4x50 Butterfly on 1:15
 - 4x50 Backstroke on 1:05
 - 4x50 Breaststroke on 1:10
 - 3x100 IM on 2:10