

# Atlantic Coast Athletic Clubs

## Junior Training Group

### **Location:**

- ACAC Albemarle Square
- ACAC Crozet

### **Group Emphasis:**

- 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.

### **Practices Offered:**

- Six (6) practices per week with a maximum duration of 105 minutes

### **Equipment Needs:**

- Practice suit (one piece for females)
- Goggles
- Kickboard
- Pull Buoy
- Hand Paddles
- Swim Snorkel
- Fins
- 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 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 ACAC and should know their coaches, teammates and competitors. Swimmers shall show support for ACAC and their teammates by participating in team cheers and cheering on teammates during practice and at swim meets.

### **Age Requirements:**

- The group primarily consists of athletes 11 to 14 years of age

### **Attendance and Work Ethic:**

- The group is suggested 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.

### **Psychological Skills:**

- 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.

**Competition Requirements:**

- Swimmers are suggested to compete in competition at the rate of at least one competition per month and should expect to compete in all meets offered for their group. Additionally, if a swimmer qualifies for higher level meets they are expected to compete in those meets.

**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 Junior Group, swimmers have the ability to do the following:
  - o Regularly attends 4 of the 5 practices offered to the Green Group
  - o Has the ability to read, understand and follow more complex intervals
  - o Can constantly complete a proper streamline, on their stomach, until their head is under the Backstroke flags
  - o Can complete the following training sets:
    - 6x100 Freestyle on 1:35
    - 6x100 Kick on 2:10
    - 1000 yard timed swim
    - Two of the following 3 sets:
      - 8x50 Butterfly on 1:05
      - 8x50 Backstroke on 0:50
      - 8x50 Breaststroke on 1:00 □ 3x200 IM on 3:20