

Atlantic Coast Athletic Clubs

Senior Green Training Group

Location:

- ACAC Crozet

Group Emphasis:

- The Senior Green Training Group consists of the club's senior swimmers. This group is 30% instructional and 70% 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 and national level within USA Swimming. Skill development will continue to be refined with an increased emphasis on more challenging aerobic and anaerobic training. A demanding dryland conditioning program is an integral part of practice.

Practices Offered:

- Six (6) practices per week with a maximum duration of 120-150 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 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 14 to 18 years of age. Members of this group are typically in high school, however swimmers who are in 8th grade may be considered.

Attendance and Work Ethic:

- The group is suggested to attend 5 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.

Stroke & Skill Requirements:

- Swimmers have a basic understanding the following:
 - o The relationship between distance per stroke, stroke rate, and swimming speed.
 - o Proper stroke mechanics and drills used to refine each stroke.
 - o Proper turn and start mechanics
 - o 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 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 Senior Green Group, swimmers have the ability to do the following:
 - o Regularly attends 5 of the 6 practices offered to the Junior 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 hips are under the Backstroke flags
 - o Can constantly complete the following training sets:
 - 10x100 Freestyle on 1:25
 - 10x100 Kick on 1:55
 - 30 minute swim for distance
 - Two of the following 3 sets:
 - 6x100 Butterfly on 1:50
 - 8x100 Backstroke on 1:35
 - 8x100 Breaststroke on 1:50
 - 6x200 IM on 3:05