



Teal Training Group

Location:

- Crozet Park

Group Emphasis

- The Teal Training Group consists of the club's intermediate-level age group swimmers. The group primarily consists of athletes 8 to 12 years of age. This group is 75% instructional and 25% conditioning. The focus of this group is skill and technique development. Swimmers will learn the importance of correct body balance, posture, and balance; a strong consistent kick for all strokes; the importance of streamlining and underwaters; advanced drills for each stroke and improved starts, turns, and finishes. Coaches will instruct proper workout habits and behavior, lane etiquette, and clock reading. Dryland will be introduced to improve flexibility and core strength.

Practices Offered:

- Six (6) practices per week with a duration of 75 minutes

Equipment Needs:

- Practice suit (one piece for females)
- Goggles
- TYR Youth Classic Kickboard
- TYR Youth Classic Pull Float (Pull Buoy)
- TYR Flexfins 2.0 Fins
- TYR Ultralite Snorkel 2.0
- Mesh Training bag

All Equipment can be found using our USA Team Store: [ACAC USA Team Store](#)
Or can be purchased using our team discount code on TYR.com (Code: TYRSWIMAXS)

Age Requirements:

- The group primarily consists of athletes 8 to 12 years of age.

Attendance and Work Ethic:

- The group is suggested to attend 3 of the 5 practices offered. However, swimmers must now begin to understand the correlation between attendance and achievement.
- Swimmers must be able to listen and follow directions

Psychological Skills:

- The swimmer understands proper meet and practice behaviors, which include 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**
 - o ACAC always focuses on the athlete's long-term development
 - o These are the guidelines we use to structure all of our swim groups. All group testing and advancement are done at the coach's discretion and with the Head Coach's approval.

Performance Goals:

- For admittance to the Teal Group, swimmers must have the ability to do the following
 - o Complete a legal 50-yard swim of freestyle and backstroke and a legal 25-yard swim of breaststroke and butterfly
 - o Can complete a legal 100-meter Individual Medley in less than 2:20
 - o From the wall can consistently complete a streamline glide, on their stomach, until their entire body is past the Backstroke flags
 - o Can constantly complete the following training sets:
 - 4x50m Freestyle on 1:30
 - 4x50, Kick on 2:00
 - Two of the following 3 sets:
 - 4x25m Butterfly on 0:50
 - 4x25 Backstroke on 0:45
 - 4x25 Breaststroke on 0:50