

Atlantic Coast Athletic Clubs

White Training Group

Location:

- ACAC Albemarle Square
- ACAC Crozet

Group Emphasis:

- The White Training Group consists of the club's beginning level age group swimmers. This group is 90% instructional and 10% 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 consistent kick for all strokes, the importance of streamlining, basic drills for each stroke as well as the basics of starts and turns. Coaches will instruct proper workout habits and behavior along with lane etiquette.

Practices Offered:

- Four (4) practices per week with a maximum duration of 45 minutes

Equipment Needs:

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

Age Requirements:

- The group primarily consists of athletes 5 to 9 years of age beginning swimmers.

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 White Group, swimmers must have the ability to do the following
 - o Can complete a legal 25 yard freestyle swim
 - o Can complete a legal 25 yard backstroke swim
 - o Complete a proper streamline, on their stomach, until their hands are under the Backstroke flags