

Greater Pensacola Aquatic Club

Green Training Group

Location:	Pensacola State College & The University of West Florida
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 to Six Practices per week with a maximum duration of 90 minutes. Swimmers who achieve a SCY Southeastern Swimming Standard will be allowed to swim on Saturday mornings.
Equipment Needs:	Practice suit (one piece for females), goggles, a kickboard, a pull buoy, hand paddles, fins, and a 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 GPAC 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:	Swimmers are highly encouraged to compete in all meets that are hosted by GPAC as well as to participate on GPAC's summer league swim teams. Additionally, swimmers should also begin to compete in out of town meets at least twice per season.
Important Reminders:	Please be aware of the following items. • GPAC 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. • Short Course Yards (SCY) times are used for the basis of advancement criteria. Long Course Meters (LCM) times will be converted using the conversion tool on www.usaswimming.org. • Group testing occurs three (3) times per calendar year at your swimmer's pool. Testing begins during the second half of March, July and November. • Group advancement occurs for qualified swimmers, space permitting, by participating in one (1) month of adjustment practices in April, August or December. Once the swimmer has completed the adjustment month they are a member of the new group as of the first day of the next month; May, September and January.

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Performance Requirements:

For admittance to the Green Training Group swimmers must have the ability to do the following:

1. Regularly attends 4 of the 5 practices offered to the Blue Training Group
2. Has the ability to read simple intervals (written test)
3. Can consistently complete a proper streamline, on their stomach, until their head is under the Backstroke flags
4. Can consistently complete the following training sets:
 - a. 8 x 50 Freestyle on 1:00
 - b. 8 x 50 Kick on 1:15
 - c. 500 Swim in 8:45 (1:45 average)
 - d. Two of the following three sets
 - i. 4 x 50 Butterfly on 1:15
 - ii. 4 x 50 Backstroke on 1:05
 - iii. 4 x 50 Breaststroke on 1:10
 - e. 3 x 100 IM on 2:10
5. Has achieved a one of the following two standards.
 - a. USA "B" Motivational time standards from 11-12 age group in 2 strokes
 - b. USA "BB" Motivational time standard from their age group in 1 event

