

Group Descriptions:

Highland Park Aquatics Club is devoted to helping each swimmer develop to their full potential. As a result, HPAC offers 6 swim groups that accommodate our varying swimmers as they work to improve stroke techniques, endurance and race strategies.

Alongwith this, HPAC is committed to helping swimmers find a long-term love for the sport, which can be attained by appropriate social settings.

It should be noted that placement of any swimmer that swims for HPAC is at the complete discretion of the HPAC coaching staff.

The tasks outlined below are simply minimum requirements for consideration for each group. In addition to the tasks coaches will consider practice and meet attendance, social skills and attitude, leadership, and their own professional judgment when placing swimmers.

AGE GROUP PROGRAM:

Little Giants, Mighty Giants, Giants and Giants Elite

The HPAC Age Group Program is designed for both new and experienced swimmers ages 14 and younger. The 4 practice groups that make up the Age Group Program are the Little Giants, Mighty Giants, Giants and Giants Elite. Swimmers will be assigned to groups by the coaching staff and must follow the specific schedule for their group.

LITTLE GIANTS:

REQUIREMENTS:

Swim 25 yards of freestyle without stopping, demonstrating rhythmic breathing (ear in the water).

Swim 25 yards of backstroke without stopping demonstrating a good horizontal body position.

Be comfortable swimming in deep water (10+ Feet)

Our Little Giants are either new to a swim team or working to progress to the next level. The Little Giants group consists of swimmers from age 6-12. The group is primarily focused on developing correct stroke technique. Swimmers will continue to develop their freestyle and backstroke and learn the essential components of breaststroke and butterfly. The concept of racing starts and competitive turns will be introduced. Practice will last 45 minutes and will be offered four to five times per week. Little Giants are encouraged to attend swim meets.

MIGHTY GIANTS:

REQUIREMENTS:

Ability to complete a legal 100 IM and a legal 50 of each stroke

Demonstrated basic aerobic endurance during a tryout or in the Little Giants group

Mighty Giant swimmers have demonstrated the ability to swim all 4 competitive strokes and have acquired very basic aerobic endurance. The Mighty Giants group consists of swimmers from age 9-12. Further stroke technique development will still be the primary emphasis of all silver swimmers. Along with this, swimmers will begin competitive training. They will begin to use a pace clock and will be introduced to the concept of swimming "sets."

Mighty Giants will be offered five to six hour long practices per week. Mighty Giant swimmers should be competing in meets as much as possible.

GIANTS:

REQUIREMENTS:

Ability to complete a legal 200 IM and a legal 100 of each stroke

Demonstrated strong aerobic endurance during a tryout or in the Mighty Giants group

Demonstrated a connection between practice & swim meet performance

Giant swimmers have demonstrated the ability and willingness to begin more advanced competitive training with the specific goal of swim meet performance improvement. A Coach driven goal of the

Giants group is to work towards qualifying for and performing well at the ISI Regionals. Aerobic endurance must have been demonstrated in prior seasons or during a tryout. The Giants group consists of swimmers from age 9-14. Stroke technique is now a foundation for a Giant swimmer and they will begin to train energy systems that are essential in becoming great competitive swimmers. Giants will be offered five to six, 90 minute long practices per week. . Giant swimmers should be competing in meets as much as possible.

GIANTS ELITE:

REQUIREMENTS:

Ability to complete a legal 400 IM and a legal 200 of each stroke

Qualified for at least 2 regional events

Age 13-14 swimmers who have consistently demonstrated the ability to train at the Giants Elite level

Practice attendance requirement of 4.5 practices per week (on average) ***

Consistently demonstrated a high level of ability to meet challenges in the sport of swimming

*** Exceptions: Some exceptions may be approved on a case by case,

Speak with Coach Jory. This will be completely at the Coach's discretion.

Giants Elite swimmers must have qualified for ISI Regionals in at least 2 events, or are age 13-14 and have consistently demonstrated the ability to train at the Giants Elite level. A Coach driven goal of the Giants Elite group is to work towards qualifying for and performing well at the ISI Age Group Champs. The group will have a large emphasis on goal setting and striving for achievement.

The Giants Elite group consists of swimmers from age 11-14. Five to Six 105 minute practices will be offered per week. Giant Elite swimmers are required to attend on average 4.5 practices per week.

SENIOR PROGRAM:

SENIOR & SENIOR ELITE

The HPAC Senior Program is designed to meet the various goals and abilities of our 14 & Older swimmers.

SENIOR:

REQUIREMENTS:

Swimmers must be of High School Age 14+

(some 13 year olds may be placed in

the Senior program)

Practice attendance suggestion of 4-5 practices per week (on average) during the Spring, Fall and Winter seasons, and 5-6 practices per week (on average) during the Summer season

Consistently demonstrated a high level of ability to meet challenges in the sport of swimming

*** Practice Attendance Suggestion is in line with working towards moving to the Senior Elite group and/or performing well at the High School level

Swimmers who have performed at a high level in our Giants or Giants Elite Group and can perform all 4 strokes with proficiency may be moved to the Senior Group. In addition, all swimmers who have competed in at least one season on their HS team will automatically be eligible for the Senior Team. A Coach driven goal of the Senior Group will be to qualify and perform well at ISI Regionals & ISI State. Additionally, the group will further prepare swimmers for the Senior Elite Group and to compete at a higher level on the high school team. In addition to an increased focus on training, swimmers will constantly be working on further development of their stroke techniques while improving upon the energy systems needed for high level competitive swimming. Five to Six 120 minute training sessions will be held per week. In

addition, three 30 minute dryland sessions will be offered per week.

SENIOR ELITE:

REQUIREMENTS:

Qualified for at least 1 ISI State event or 4 ISI Regional events

Swimmers need to be able to perform the following 2 sets: 12 x 100 Free @ 1:20 and 8 x 100 IM @ 1:30 while maintaining proper swimming technique

Practice attendance requirement of 5.5 practices per week (on average) during the Spring, Fall and Winter seasons, and 7 practices per week (on average) during the Summer season

Consistently demonstrated a high level of ability to meet challenges in the sport of swimming

Consistently demonstrated hard work ethic

Consistently demonstrated the ability to work toward set & communicated goals

*** Exceptions: Some exceptions may be approved on a case by case, speak with Coach Jory. This will be completely at the Coach's discretion.

The Senior Elite Group is the highest level of training on HPAC.

A Coach driven goal of the Senior Elite Group is to qualify for and perform well at ISI State, Speedo Sectionals, Jr Nationals, Sr Nationals and High School State. Six to Seven 135 minute practices will be offered per week in the Spring, Fall and Winter season, and eight to nine 135 practices will be offered in the summer. In addition, three 30 minute dryland sessions will be offered per week.

ALL HPAC SWIMMERS ARE REQUIRED TO COMPETE IN END OF THE SEASON CHAMPIONSHIP MEETS IN WHICH THEY HAVE QUALIFIED FOR (REGIONALS, ISI STATE MEETS, AND OTHER NATIONAL LEVEL MEETS).