

PATRIOT AQUATIC CLUB

Group Expectations and Information

LIL PATRIOT RED	
AGE RESTRICTIONS	5th Grade and under
DISTRICT RESTRICTIONS	IN DISTRICT ONLY
GOALS	The goals of this group are to work on proper technique and drill progression for each stroke. They will also begin basic aerobic training, kicking development, and racing skills.
TRAINING EXPECTATIONS	Swimmers should be able to perform a legal 100 IM and 25 of each stroke. Also introduction to team drill progression.
SKILL DEVELOPMENT	Development emphasis will be to train consistently in 25 -50's of stroke, 50-100's of Free and 100 IM. While focusing on underwaters, turns and stroke technique.
PRACTICE SCHEDULE	5 Times/Week, 1 Hour
DRYLAND	Dynamic Stretch, Stroke simulation
GROUP STROKE REQUIREMENTS	50 yards of Freestyle with bilateral breathing, 25 Yards of Backstroke, 25 yards of Breaststroke and 25 yards of Butterfly.
EQUIPMENT	Swimsuit, Cap, Goggles, Fins, Kickboard, Snorkels, Water bottle
SWIM MEET EXPECTATIONS	Should attend all home meets. Must attend minimum of 3 meets per season.
TIME STANDARDS	USA Swimming B Standard Minimum
MEMBERS	30-40 Swimmers per season
ATTENDANCE REQUIREMENT	60% of all practices

JR PATRIOT RED

AGE RESTRICTIONS	6th – 8th Grade
DISTRICT RESTRICTIONS	IN DISTRICT ONLY
GOALS	The goal of this group is to improve the technique of all four strokes and to help swimmers get to a competitive level of swimming. Swimmers are working to achieve Regional level swim times.
TRAINING EXPECTATIONS	Working on more advanced steps in the drill progression. Also, working on anaerobic training, kicking strength/speed, and refining racing skills.
SKILL DEVELOPMENT	Learning how to train all 4 strokes, developing strong turns and underwaters and helping swimmers learn how to race.
PRACTICE SCHEDULE	5 Times/Week, 1 Hour 15 Minutes
DRYLAND	4x a week. Dynamic stretching and Body weight exercises working core, shoulder stability and leg strength
GROUP STROKE REQUIREMENTS	100 yards of Freestyle with bilateral breathing, 50 Yards of Backstroke, 50 yards of Breaststroke and 50 yards of Butterfly.
GROUP TIME STANDARD	USA SWIMMING B MINIMUM
EQUIPMENT	Swimsuit, Cap, Goggles, Fins, Kickboard, Snorkels, Water bottle
SWIM MEET EXPECTATIONS	Should attend all meet opportunities. Must attend minimum of 3 meets per season.
TIME STANDARDS	1 Regional Cut
MEMBERS	30-45 Swimmers per Season
ATTENDANCE REQUIREMENT	60% of all practices

LIL BLUE

AGE RESTRICTIONS	6th Grade & Under
DISTRICT RESTRICTIONS	IN DISTRICT Priority
GOALS	The goal of this group is to develop skills necessary to achieve Regional and State qualifying times. And to build endurance and strength for transition into the Jr Blue group.
TRAINING EXPECTATIONS	Start to master the team drill progression, quick efficient turns and strong, consistent underwaters. Develop the ability to train in all four strokes with proper technique.
SKILL DEVELOPMENT	Development emphasis will be to train consistently in 50-100's of stroke, 50-200's of Free and 100/200's IM. While focusing on underwaters, turns and stroke technique.
PRACTICE SCHEDULE	5+Times/Week, 1 Hour to 1 Hour 30 Minutes
DRYLAND	4 x a week. Dynamic Stretching, Basic Body Movements, Shoulder and Hip stability & strength, Muscular Endurance, Functional Movements (30-40 Minutes).
GROUP TRAINING REQUIREMENTS	100 yards of Free with bilateral breathing, 100 yards of Backstroke, 50 yards of Breast, 50 yards of butterfly, 100 yards IM with proper underwaters, turns & stroke technique
EQUIPMENT	Swimsuit, Cap, Goggles, Fins, Kickboard, Water bottle, Drag Socks, Body Position Board
SWIM MEET EXPECTATIONS	Should attend all meet opportunities. Must attend minimum of 3 meets per season. Expected to attend all Championship Meets
TIME STANDARDS	Multiple Regional times for multiple strokes and/or State cuts. COACHES DISCRETION.
MEMBERS	20-25 Swimmers Per Season
ATTENDANCE REQUIREMENT	70% of all practices

JR PATRIOT

AGE RESTRICTIONS	6th-8th GRADE
DISTRICT RESTRICTIONS	IN DISTRICT Priority
GOALS	The goal of this group is to develop skills to continue advancement at the state level while progressing to Futures and Jr National qualifying times.. Additionally, to build strength and endurance to have a smooth transition into the Elite and/or Patriot group.
TRAINING EXPECTATIONS	Training expectations include working towards mastering the team drills, continuing progression of competitive training in all four strokes as well as the 200 and 400 IM. There will be an emphasis on quick and efficient turns, breakouts and under waters, and fast finishes.
SKILL DEVELOPMENT	Development emphasis will be on training for the 50-200 of all four competitive strokes, 100-400 IM, and the 500 free. Additional emphasis will be placed on proper technique, under waters, break outs, and turns.
PRACTICE SCHEDULE	5+Times/Week 1 Hour 45 Minutes
DRYLAND	5 x a week. Beginning Basic Resistance & Strength Training (45-60 Minutes)
GROUP ENTRY TRAINING REQUIREMENTS	10 x 100 Perfect Free on 1:30, 8 x 100 IM on 1:40 100 yards of all 4 strokes with proper turns and underwater.
EQUIPMENT	Swimsuit, Cap, Goggles, Fins, Kickboard, Snorkels, Water bottle, Pull buoy
SWIM MEET EXPECTATIONS	Should attend all meet opportunities. Must attend minimum of 3 meets per season. Expected to attend all Championship Meets
TIME STANDARDS	Multiple regional times for multiple strokes and/or state cuts. COACHES DISCRETION.
MEMBERS	30 – 45 swimmers per Season
ATTENDANCE REQUIREMENT	60% of all practices

PATRIOT

AGE RESTRICTIONS	High School
DISTRICT RESTRICTIONS	IN DISTRICT Priority
GOALS	The goal of this group is to continue progression of training for higher level competitions in all four strokes, mastering team drills and strong underwaters.
TRAINING EXPECTATIONS	Training expectations include working towards mastery of advanced team drills, continued progression of training in all four competitive strokes with an emphasis on training individual event preferences. Significant attention will be placed on quick and efficient turns, underwaters and breakouts, as well as fast finishes.
SKILL DEVELOPMENT	Development will be focused on training all four strokes with an emphasis in individual event preferences. Proper turns, underwaters and breakouts, and fast finishes will be enforced.
PRACTICE SCHEDULE	5+ times a week 1 hour 45 minutes
DRYLAND	5 x a week. Advanced Resistance & Strength Training (60 Minutes)
GROUP ENTRY SKILL/TRAINING REQUIREMENTS	10x100 Perfect Free on 1:20, 8x100 IM on 1:30 100 yards of all 4 strokes with proper turns and underwater.
EQUIPMENT	Swimsuit, Cap, Goggles, Water bottle, Kickboard, Fins, Snorkel, Pull Buoy, Paddles, DragSox
SWIM MEET EXPECTATIONS	Should attend all meet opportunities. Must attend minimum of 3 meets per season. Expected to attend all Championship Meets
TIME STANDARDS	Must have a minimum of 1 Regional Cut. COACHES DISCRETION.
MEMBERS	NO LIMIT!
ATTENDANCE REQUIREMENTS	60 % of all practices

ELITE

AGE RESTRICTIONS	14 & Older and must be entering HS
DISTRICT RESTRICTIONS	No district restrictions!
GOALS	To form a group of individuals who have achieved high level success to train together to reach the highest level in the sport.
TRAINING EXPECTATIONS	Individuals must be prepared to train at a high level on a consistent basis. Continue to master the team drill progressions.
SKILL DEVELOPMENT	Skills in this group will be focused largely on specific race details along with basic stroke technique skills. These skills are underwater, breakouts, starts, turns, and also race strategies.
PRACTICE SCHEDULE	Fall/Winter/Spring = 6+Times/Week 1 Hour 45 Minutes, SUMMER 10 Times/Week
DRYLAND	4-5 days Advanced Resistance & Strength Training (60 Minutes)
GROUP TRAINING REQUIREMENTS	Must have a Futures cut (Individual or relay member) 10x100 Perfect Free on 1:20, 8x100 IM on 1:30 100 yards of all 4 strokes with proper turns and underwater.
EQUIPMENT	Swimsuit, Cap, Goggles, Water bottle, Kickboard, Fins, Snorkel, Pull Buoy, Paddles, DragSox
SWIM MEET EXPECTATIONS	<u>Required to attend all high level competitions and highest level championship meet that they are qualified for.</u>
TIME STANDARDS	Must have 1 FUTURES Cut and/or qualify on a relay that would compete at Futures level or higher. HEAD COACHES approval is required!
MEMBERS	20-25 Swimmers Per Season
ATTENDANCE REQUIREMENT	SPRING = 90%, SUMMER = 95%, * If the practice requirement is not meant, members will not be able to attend a meet beyond Senior State. Also, Elite Benefits will be waived!

UPDATED: 12/17/20