

NHCP Club

Gold Training Group

Group Focus:	The Gold Training Group consists of the club's most advanced and accomplished age group swimmers. This group is 25% instructional and 75% conditioning. Swimmers in this group strive to advance to the Sr 1 Training Group and to achieve time standards that will allow them to compete at a regional and state level in USA swimming. All previous technique work will be continued and advanced with an increased emphasis on more challenging aerobic and anaerobic training. A dryland conditioning program is a part of the practice to promote core strength and athleticism.
Practices Offered:	Five practices a week for 105 minutes. Yardage range 3600-4700
Equipment Needed:	2x Practice suit (one piece for girls, no board, or baggy shorts for boys). Water bottle, 2x Goggles, 2x cap, kickboard, hand paddles, pull buoy, snorkel, fins, and mesh bag. All equipment must be properly fitted.
Coaching and Accountability:	The swimmer must be able to listen to and learn from the coaches both in and out of the water regardless of the setting. Swimmers start to take responsibility for their performance. Demonstrate sportsmanship, respect for coaches, teammates, officials, and competitors no matter what the level. There is a level of NHCP pride and encouragement for all their teammates. Swimmers should take responsibility for their attendance and understand the correlation of long-term effort, attention to details and hard work to results. Swimmers should start to develop long term goals and the use of short-term goals to achieve the former.
Age Requirements:	This group consists of athletes 11 to 14 years of age. A 10-year-old swimmer may be part of this group providing they have the physical and mental maturity to perform as if they were in the 11/12 age group with incoming coach's and head coach's approval. Bouncing off the bottom, screaming, cutting corners and cheating is not a sign of the maturity needed for this group.
Attendance/Work Ethic:	The group is expected to attend 4 of the 5 practices offered. They can communicate their commitment to their coaches, parents, and teammates. Swimmers will also be able to participate in the developing specific and attainable practice group goals.
Stroke and Skill Requirement:	Swimmers have the basic understanding of the following: <ul style="list-style-type: none">• The relationship between distance per stroke, stroke rate and swimming speed• Proper mechanics and drills used to refine each stroke• Proper turn and start mechanics• How to pace each race
Psychological Skills:	Swimmers begin to develop a pre-race routine, which includes the ability to visualize a race from start to finish and develop focal points for concentration. Swimmers will also have a basic understanding of goal setting, both short term and long term. The swimmer also understands the proper meet and practice behaviors, which includes controlling emotions and the proper release of those emotions through verbal and physical actions.
Competition Requirement:	Swimmers are expected to compete in at least one meet a month . In addition, they should compete in the NHCP large team meets as well as all the higher level meets that a swimmer qualifies for. BB/A meets, MAC, MRC travel meets etc.
Important Reminders:	Please be aware of the following items. <ul style="list-style-type: none">• NHCP always focuses on the athlete's long-term development.• There 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 are used for the basis of promotion criteria. LCM will be converted.• Test sets will be conducted early and late in each season/session to measure individual improvement and to serve as a baseline for group performance

- Moves occur before a season starts. Swimmers may be training at this training level for a few years.
- We do not move swimmers based on friendship groups, carpool, pool locations or family schedules. It is based on each swimmer's readiness and maturity level.

Performance Requirement:

For admittance to the Gold Training Group, swimmers must have the ability and show the desire to do the following:

1. Regularly attend and DO practices offered to the Silver Training Group. Sitting on the side of the pool is not demonstrative of a swimmer's readiness to move to the next level.

2. Has the ability to read, understand and follow more complex intervals and sets

3. Should have an understanding and a use of flip turns in practice

4. Can consistently perform a proper streamline. On their stomach until their hips are under the Backstroke flags. No breathing off walls

5. T30 2000

6. 10 x 100 free 1:35

7 10 x100 IM hold best average 140-150

8. 10 x 50 kick free:60

Swimmers not able to maintain the minimum standards once in the Gold training group will be asked to return to silver.