

## 2018-19 Portland Aquatic Club Training Groups

- PAC has updated the training groups for 2018-19 in order to address the popularity of the program and simplify the group movement process, while continuing to encourage our swimmers to be the best they can be, "Trusting the Process," and being the best teammate they can be!
- Locations: Developmental training groups (Bronze, Silver, Gold, Senior) are offered at PAC's site pools: Columbia, Mt. Scott, and SWCC. PAC's Elite Group trains exclusively at Dishman, and the Crossover Groups swim at Dishman 1- 3 times a week and the site pools for the remainder.
- PAC's Developmental Groups focus on stroke technique while building speed and endurance, as well as sportsmanship, team building, enjoying the process, all while having fun. Also, dryland will be introduced to swimmers in the fall and spring.
- PAC's Crossover groups train at both their site pools and Dishman, and are designed as a developmentally appropriate transition to Elite, both in the pool and outside of the pool in meetings and dryland work.
- PAC's Elite Group is the highest Group PAC offers. Swimmers are expected to attend all sessions in and out of the pool. Swimmers will be divided by event focus or stroke specialty 1-3 times/ week.

<b>Groups</b>	<b>GOALS/ FOCUS</b>	<b>AGE</b>	<b>MINIMUM REQUIREMENTS</b>	<b>MEETS/ PRACTICES</b>	<b>HOURS</b>
<b>Elite</b>	<b>National level competition, Sectionals, Sr &amp; Age Group Zones, Age Group Regionals. IMX</b>	13+	Multiple OSI State LCM times, Winter Sectionals or Age Group Regionals. Injury free and coaches' recommendation.	2-3 meets every two months. 6- 11 practices/ week with 85% attendance. 4000- 7000 yards per practice.	14- 22 hours (more hours during winter & summer)
<b>Crossover 3</b>	<b>OSI State, Age Group Regionals, Zones, All- Stars. Elite Group. IMX</b>	11+	Multiple OSI State times in respective age group and/ or at least one AGR time. Injury free and coaches' recommendation.	2-3 meets every two months. 6 practices/ week (3 at Elite Site). Additional in summer and holidays. 80% attendance. 3500- 6500 yards per practice.	13+ hours (more in winter & summer)
<b>Crossover 1</b>	<b>OSI State, Age Group Regionals, Zones, All- Stars, Crossover 3 and/ or Elite Group. IMX</b>	11+	At least one OSI State time in an IMX event or multiple times in non- IMX events. Injury free and coaches' recommendation.	2-3 meets every two months. 6 practices/ week (Saturday with Elites). Additional in summer and holidays. 80% attendance. 3200- 5500 yards per practice.	10+ hours (more in winter & summer)
<b>Senior</b>	<b>High School Meets, Districts, HS State, OSI State. Stroke Development. IMR/ IMR</b>	14+	Capable of interval training all strokes while continuing to improve technique and times.	3 meets every season, 3 or 5 practices/ week plus dryland as set by coach. 2500- 4500 yards per practice	4.5- 8.5 hours
<b>Gold</b>	<b>OSI State, All-Stars, Zones, Crossover Groups. Stroke Development, IMX/ IMR Fun!</b>	10- 14	IMR/ IMX completed, OSI B times in 1+ IMX events. Capable of interval training while maintaining proper technique.	2- 3 meets every two months. 3 or 5 days per week plus dryland as set by coach. 1500- 3500 yards per practice.	4.5- 8.5 hours
<b>Silver</b>	<b>Stroke Development, IMX/ IMR, OSI State, Preparation for Gold Group. Fun!</b>	8-12	Ability to swim all four strokes and 200 Freestyle. Interval training and one year of swimming encouraged.	2- 3 meets every three months. 3 practices/ week. 900- 2500 yards per practice.	4.5 – 5.5 hours
<b>Bronze</b>	<b>Stroke Development. IMR, Fun! Preparation for Silver Group</b>	7-9	Ability to swim 50 yards of all four strokes. Strongly recommended: Blue Makos or PPR summer swimming.	1-2 meets every three months. 2 practices/ week. 600- 1500 yards per practice.	3 hours