

Greater Pensacola Aquatic Club

Blue Training Group

Location:	Pensacola State College & The University of West Florida
Group Emphasis:	The Blue Training Group consists of the club's intermediate level age group swimmers. This group is 80% instructional and 20% conditioning. The main focus of this group is general skill and technique development. Swimmers will learn the importance of correct body and head position, a strong consistent kick for all strokes, the importance of streamlining, basic drills for each stroke as well as improved turns and starts. Coaches will instruct proper workout habits and behavior, lane etiquette and clock reading.
Practices Offered:	Five Practices per week with a maximum duration of 60 minutes.
Equipment Needs:	Practice suit (one piece for females), goggles, a kickboard, a pull buoy, fins, and a mesh training bag.
Age Requirements:	The group primarily consists of athletes 7 to 11 years of age and older (12 to 13 year old) beginning swimmers.
Attendance and Work Ethic:	There is no attendance requirement for this group. Swimmers must be able to listen and follow directions.
Competition Requirements:	It is recommended that swimmers compete in all meets that are hosted by GPAC, as well as to participate on GPAC's summer league swim teams.
Important Reminders:	<p>Please be aware of the following items.</p> <ul style="list-style-type: none">• 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.
Performance Requirements:	<p>For admittance to the Blue Training Group swimmers must have the ability to do the following:</p> <ol style="list-style-type: none">1. Regularly attends all 3 practices offered to the White Training Group2. Can complete a legal 25 yard swim of each competitive stroke3. Can complete a legal 100 yard Individual Medley4. Can consistently complete a proper streamline, on their stomach, until their head is under the Backstroke flags5. Can consistently complete the following training sets:<ol style="list-style-type: none">a. 4 x 50 Freestyle on 1:15b. 4 x 50 Kick on 1:30c. Two of the following three set<ol style="list-style-type: none">i. 4 x 25 Butterfly on :50ii. 4 x 25 Backstroke on :45iii. 4 x 25 Breaststroke on :50