

Greater Pensacola Aquatic Club

Senior Blue Training Group

Location:	The University of West Florida.
Group Emphasis:	The Senior Blue Training Group consists of the club's senior swimmers. This group is 40% instructional and 60% conditioning. Swimmers in this group are active in their school, community, and other sports and do not wish to commit to a regimented training schedule. Skill development will continue to be refined with an increased emphasis on aerobic and anaerobic training.
Practices Offered:	Five Practices per week with a maximum duration of 120 minutes. Summer workouts may be longer in duration.
Equipment Needs:	Practice suit (one piece for females), goggles, a kickboard, a pull buoy, hand paddles, fins, a swim snorkel and a mesh training bag. Swimmers are encouraged to use a drag suit.
Coaching and Accountability:	The swimmer learns to take responsibility for their performance. The swimmer is able to learn from and listen to their coach during their practice in or out of the pool. The swimmer demonstrates an understanding of sportsmanship, respect for competitors, and respect of their teammates regardless of ability level. The swimmer takes pride in being a member of GPAC and demonstrates knowledge of their coaches and teammates while supporting GPAC by participating in team cheers and cheering on teammates during practice and at swim meets.
Age Requirements:	The group primarily consists of athletes 13 to 18 years of age. Members of this group are typically in high school, however swimmers who are in eighth grade may be considered.
Attendance and Work Ethic:	There is no attendance requirement for this group. Swimmers must begin to understand the correlation between attendance and achievement. Swimmers will be expected to put forth effort in training and they must be able and willing to listen and follow directions.
Stroke and Skill Requirements:	Swimmers understand the following: <ol style="list-style-type: none">1. The relationship between distance per stroke, stroke rate, and swimming speed.2. Proper stroke mechanics and drills used to refine each stroke.3. Proper turn and start mechanics.
Psychological Skills:	The swimmer understands proper meet and practice behaviors, which includes controlling emotions and proper release of those emotions through verbal and physical actions. Swimmers shall also have a basic understanding of goal setting.
Competition Requirements:	Swimmers are encouraged to compete in all meets that are hosted by GPAC. Additionally, swimmers may participate in travel meets at their choosing.

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Important Reminders:

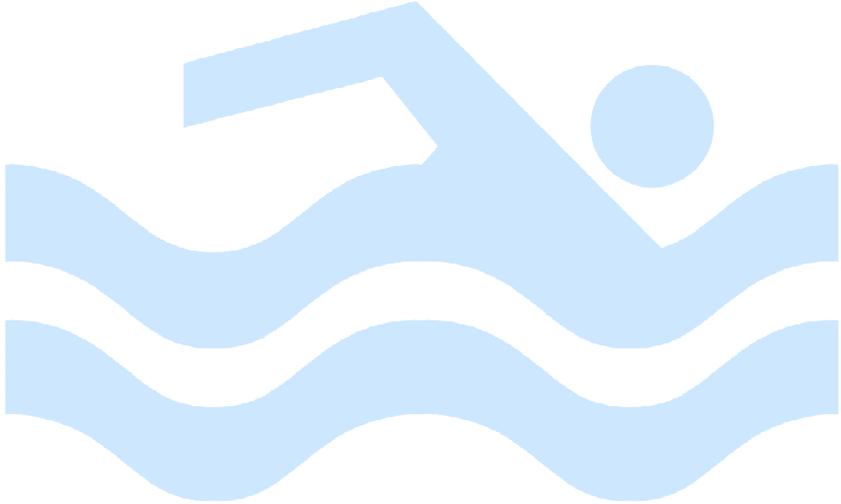
Please be aware of the following items.

- 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:

For advancement to the Senior Blue Training Group swimmers must have the ability and show the desire to do the following:

1. Can legally swim 50 yards of each competitive stroke
2. Can do a basic turn for each stroke
3. Can perform a proper streamline, on their stomach, until their head is under the Backstroke flags



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