

Greater Pensacola Aquatic Club

Senior Green Training Group

Location:	The University of West Florida.
Group Emphasis:	The Senior Green Training Group consists of the club's senior swimmers. This group is 30% instructional and 70% conditioning. Swimmers in this group strive to advance to the Senior Training Group and to achieve time standards that will allow them to compete at a regional and national level within USA Swimming. Skill development will continue to be refined with an increased emphasis on more challenging aerobic and anaerobic training. A demanding weight lifting and dryland conditioning program is an integral part of practice.
Practices Offered:	Six Practices per week with a maximum duration of 180 minutes. This duration may include weights and dryland workouts. Summer workouts may be longer in duration.
Equipment Needs:	Practice suit (one piece for females), drag suit, goggles, a kickboard, a pull buoy, hand paddles, fins, a swim snorkel and a mesh training bag.
Coaching and Accountability:	The swimmer learns from and listens to their coach during their practices regardless of the setting. The swimmer can apply their coach's instruction and they take responsibility for their performance. Swimmers demonstrate an understanding of sportsmanship, respect for competitors, and respect for their teammates regardless of ability level. The swimmer takes pride in being a member of GPAC and should know their coaches, teammates and competitors. Swimmers shall show support for GPAC and their teammates by participating in team cheers and cheering on teammates during practice and at swim meets.
Age Requirements:	The group consists of athletes 14 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:	The group is expected to attend 5 of the 6 practices offered. The swimmer can communicate their commitment to their parents, coaches and teammates. Swimmers will also be able to participate in developing specific and attainable practice group goals.
Stroke and Skill Requirements:	Swimmers have a basic understanding 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.4. How to pace each race
Psychological Skills:	Swimmers can develop a pre-race routine, which includes the ability to visualize a race from start to finish and develop race focal points for concentration. Swimmers shall also have a basic understanding of goal setting and the difference between short-term goals and long-term goals. The swimmer also understands proper meet and practice behaviors, which includes controlling emotions and proper release of those emotions through verbal and physical actions.
Competition Requirements:	Swimmers are expected to compete in all meets that are hosted by GPAC. Swimmer should also begin to compete in out of town meets at least twice per season. Additionally, if a swimmer qualifies for higher level meets they are expected to compete in those meets.

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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 Green Training Group swimmers must have the ability and show the desire to do the following:

1. Attends 5 of the 6 practices offered to the Junior or Senior Blue Training Groups per week.
2. IMX Score of 1500 or higher for their age group.
3. Has the ability to read, understand and follow more complex intervals (written test).
4. Can consistently complete a proper streamline, on their stomach, until their hips are under the Backstroke flags
5. Can consistently complete the following training sets.
 - a. 10 x 100 Freestyle swim on 1:20 (male) and 1:25 (female)
 - b. 10 x 100 Kick on 1:55
 - c. 30 minute swim for distance
2200 (1:21 average ~ male) / 2100 (1:26 average ~ female)
 - d. Two of the following three sets
 - i. 8 x 100 Butterfly on 1:45 (male) and 1:50 (female)
 - ii. 10 x 100 Backstroke on 1:30 (male) and 1:35 (female)
 - iii. 10 x 100 Breaststroke on 1:45 (male) and 1:50 (female)
 - e. 6 x 200 IM on 2:55 (male) and 3:05 (female)
6. Has achieved one of the following two standards.
 - a. USA "BB" Motivational time standards from their age group in at least 2 strokes
 - b. Southeastern Swimming Qualifying time standard from their age group in 1 event

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