

Greater Pensacola Aquatic Club

White Training Group

Location:	Pensacola State College & The University of West Florida
Group Emphasis:	The White Training Group consists of the club's beginning level age group swimmers. This group is 90% instructional and 10% 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 consistent kick for all strokes, the importance of streamlining, basic drills for each stroke as well as the basics of starts and turns. Coaches will instruct proper workout habits and behavior along with lane etiquette.
Practices Offered:	Three Practices per week with a maximum duration of 45 minutes.
Equipment Needs:	Practice suit (one piece for females), goggles, kickboard, fins and a mesh training bag.
Age Requirements:	The group primarily consists of athletes 5 to 9 years of age and older (9 to 12 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, however it is not required. Additionally, swimmers are highly encouraged 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 White Group swimmers must have the ability to do the following:</p> <ol style="list-style-type: none">1. Can complete a legal 25 yard Freestyle swim2. Can complete a legal 25 yard Backstroke swim3. Can complete a legal Breaststroke kick4. Complete a proper streamline, on their stomach, until their hands are under the Backstroke flags