



Welcome to the 2025-2026 swim season with Elizabethtown Aquatic Club! The coaching staff and board look forward to a fun and successful season!

Please use this Season Overview as you prepare for and navigate the season. While it's lengthy, it is a comprehensive source of EAC information and will likely answer most questions that come up.

Team Website

Use the EAC website, www.eacgators.com, powered by SportsEngine to access the following team information: calendar, events, coaching staff, USA Swimming information, documents, useful links, and extended season opportunities.

Season Start Date and Practice Group Schedule

- Practice Start Date: Monday, September 15th
- The EAC schedule is subject to change due to factors such as weather or pool availability. Any updates will be communicated via email and reflected on the team calendar.
- We will practice on Sunday evenings again this year. Sunday practices will be routine for Group 1 swimmers beginning in September and select dates for Group 2 & 3 swimmers.

Practice Schedule	Sun (select Sundays)	Mon	Tue	Wed	Thu	Fri	Sat
Group 1	5:00-6:00		6:15-7:15			6:00-7:00	
Group 2	6:00-7:00	6:00-7:15		6:00-7:15	6:15-7:15	7:00-8:00	
Group 3	7:00-8:00	7:15-8:45	7:15-8:45	7:15-8:45	7:15-8:45	8:00-9:00	

Practice Details

- EAC shares the college pool with Elizabethtown College and Elizabethtown Area High School swim teams and will not use it during their home meets. When unavailable, practices will shift to the Masonic Patton pool. Any schedule changes will be noted on the team calendar and communicated in the weekly email update.
- Tuesday, Friday, and Sunday practices are open for parents to observe in the natatorium. All other practices are closed to parents.
- Evening practices begin shortly after college practice ends. Swimmers should arrive no more than 15 minutes early and wait in the hallway until 5 minutes before their start time. Following this procedure allows EAC to maintain our current schedule.
- An EAC coach will meet swimmers/parents at the natatorium bottom doors 5 minutes before the first practice each evening to escort swimmers to the stands. Swimmers should be ready to begin practice promptly.
- Unless a coach grants permission, locker rooms are off-limits to EAC swimmers. The restroom on the pool deck will be available for swimmers if needed.



Practice Groups

In addition to a general description of practices, EAC coaches refer to the [USA Swimming American Development Model \(ADM\)](#) in determining practice group skills and expectations. ADM focuses on development in and outside the pool within the four following pillars:

1. Competence
2. Character
3. Confidence
4. Connection

Using the ADM helps to develop a more rounded swimmer and also helps prevent rushing a 'fast swimmer' to a more difficult practice group at a young age, which may lead to a poor fit, frustration or burnout. Conversely, it may be best for a swimmer who may keep up in a faster group to be more well-rounded in other strokes or character, confidence, and connection before moving up.

For more details on the practice group descriptions, see EAC Practice Group Details at the end of this document.

Code of Conduct

- EAC swimmers are expected to show respect to coaches, teammates, and the facility at all times. As guests of the college, swimmers should demonstrate respectful behavior on campus and during all team activities.
- Any swimmer discipline will follow the procedures outlined in the Swimmer Code of Conduct document, published on the team website.
- Swimmers may enter the pool deck only when a coach is present.
- Parents should not enter the pool deck without a coach's permission or unless there is an emergency.
- Swimmers must walk, keep their voices at a reasonable level, and refrain from climbing over or sitting on the railings between the bleachers and the pool deck.

EAC Coaches

- EAC coaches for the 2025-2026 season are Head Coach Isaac Greene, Coach Alex Shubert, Lead USA Coach Josh Peters, USA Dev Coach Nikki Doran, Coach Vanessa Andes, Coach Layne Sherk, and Coach Jake Houck.
- Our coaches invest a great deal of time, heart, and energy to create a successful club. They are dedicated to making our children better swimmers.
- Please take a moment to remind your swimmer(s) of the importance of coming to practice ready to give their best effort and to focus on the instructions and guidance they receive.

Contacting Coach Isaac, EAC Head Coach

- If you have a question or need to contact the coaching staff, your point of contact is Coach Isaac. Please email him at ike.greene@gmail.com.



- Depending on the content of your concern and when it is a non-emergency, consider waiting 24 hours and taking time to reflect on the situation before emailing. This suggestion isn't meant to discourage contacting Coach Isaac but to encourage thoughtful communication rather than an emotional reaction.
- In your email, please specify if you prefer a response by email, phone call, or a meeting. Parents should not come to the pool deck during practice unless there is an immediate safety concern, as coaches will be focused on practice during scheduled practice times.
- We encourage swimmers to communicate directly with their practice coach. When needed, talking with Coach Isaac is also appropriate. Swimmers are welcome to contact Coach Isaac through email if desired. While not required, it is a good practice to include parents.
- If you have a time-sensitive issue or an immediate safety concern, please call or text Crystal Hirst, EAC President, at 717-371-8806.

Practice Videos

- EAC coaches may use SportsEngine software to record videos for swimmer development purposes. Only coaches, the swimmer, and the account owner will have access to videos of a swimmer.
- Parents/guardians may opt their swimmer(s) out of development videos by emailing the EAC president at admin@eacgators.com with a clear opt-out request including the swimmer's full name before the season begins. Parents should watch for a reply to confirm that their request has been received.

Gator Guides

- If your family is new to EAC, you'll be paired with a Gator Guide, an experienced swim parent who can answer questions and share helpful tips as you navigate your first season.
- Please watch for an email from EAC or contact Crystal Hirst at admin@eacgators.com with any questions regarding Gator Guides.

Frosty Frolic Invitational – January 4, 2026

- Please be sure to mark your calendars for the annual Frosty Frolic on **Sunday, January 4, 2026!**
- In lieu of traditional fundraising, EAC holds an invitational called the Frosty Frolic! This is a 10-and-under swim meet attended by many teams and our own EAC swimmers.
- In order to hold a successful event, we need all hands on deck. **At least one parent from each EAC family is required to volunteer at this meet.** There are volunteer positions for older swimmers who want to be involved too. Your volunteer requirements can be found in the [volunteer agreement](#).

Volunteer Requirement

- **Parents/guardians must volunteer for a minimum of two dual meet volunteer slots per swimmer per season and one adult slot per family at the Frosty Frolic.** If you choose not to volunteer, your account will be billed according to the guidelines in the [volunteer agreement](#).
- Volunteers play a vital role in the Elizabethtown Aquatic Club. As agreed to during registration, all EAC families are required to volunteer.



- There are plenty of opportunities to volunteer, as there are approximately 48 volunteer roles to fill per home meet, 24 roles to fill per away meet, 96 roles to fill at the Frosty Frolic, and opportunities to help on the sponsorship, Frosty Frolic or banquet committees.
- If your family is unable to volunteer due to extenuating circumstances, contact Crystal Hirst at admin@eacgators.com by November to discuss alternate ways that you can support EAC.

League Meets and Invitationals

- EAC competes in Saturday morning dual meets against other teams in the Central Pennsylvania Aquatic League (CPAL, www.swimcpal.org), with four to five meets per season. Meets are usually held once or twice a month from November to February. The schedule is typically released by CPAL in October.
- **Parents must mark “attend” or “decline” for their swimmer(s) through SportsEngine or the OnDeck mobile app for every meet by the posted deadline. Coaches use this information to set the lineup and will share swimmer events beforehand. Swimmers are expected to make every effort to attend dual meets.**
- Swimmers may sign up for invitational meets, which include participants from many teams. Swimmers choose their own events and submit selections to the coaches by the deadline. Event fees are billed monthly through SportsEngine.
- To be eligible for Divisionals, an end-of-season championship qualifying meet, a swimmer must participate in at least three dual meets during the season (one may be a CPAL-approved invitational). The top 16 swimmers from Divisionals will advance to the All-Star Championship meet.
- A file box on the pool deck contains folders for each family. Ribbons will be placed in your family folder within a few days of a meet. Swimmers should check the box regularly.

USA Swimming

- USA Swimming, the national governing body for swimming in the United States, offers additional competitive and learning opportunities for EAC swimmers. EAC’s participation in USA Swimming is overseen by Lead USA Coach Josh Peters in conjunction with Head Coach Isaac Greene and USA Development Coach Nikki Doran.
- The USA registration fee is \$90. USA registration is completed after September 1, 2025. Once registered, swimmers choose which EAC USA events they wish to attend and pay a fee per event they sign up for.
- Our LSC (Local Swim Club) is Middle Atlantic Swimming (MA) and our club code is EAC.
- USA meets are generally more competitive and offer swimmers the opportunity to compete in events not available at CPAL meets, such as the 100 and 200 of each stroke, 200 and 400 IM, and 500, 1000, and 1650 freestyle.
- EAC attends about 6–7 USA meets, as well as 1-2 USA Development meets, throughout the season, aiming for swimmers to achieve qualifying times for Junior Olympics, Senior Champs, and Silver Champs in March. Most meets are local, i.e. Cumberland Valley, Hershey, and F&M. EAC typically travels to an additional location such as University of Delaware, West Virginia, or Penn State for an annual travel meet.
- Meets typically run 2–3 days with 2–3 sessions per day, organized by age group. Each session lasts about two and a half hours. Swimmers are not required to attend every day or session; you



can choose the days, sessions, and events that best fit your schedule and your swimmer's preferences.

- EAC also participates in long-course meets during the long-course season (May through July). Swimmers who choose to participate should also consider EAC's spring/summer training sessions. Additional fees apply for the long course season and will be announced in early 2026.

Team Suit & Cap

- Our team suit is the EAC-branded Blueseventy suit. Swimmers are highly encouraged to wear their team suit at swim meets. If a swimmer chooses not to wear the team suit, permitted alternatives include a solid navy or solid black competition suit.
- Visit the [EAC branded Blueseventy Store](#) to pre-order team suits and other gear. The store is open now through August 22, and items will be delivered 6–8 weeks after the store closes.
- Get 30% off all Blueseventy gear at [Blueseventy.com](#), promo code: EAC2025 (EAC branded gear is already discounted.)
- Get 50% off any Blueseventy goggles when you purchase swimwear, promo code: EAC-GOGGLE
- Swimmers who choose to wear a swim cap for swim meets are required to wear an EAC team cap. Team cap information will be shared closer to the start of the season.
- Dan Heim will answer any questions about the team caps, suits, and practice equipment via email at heimfamily1@aol.com.

Practice Equipment

- Equipment items can be purchased from the [EAC Team Store at SwimOutlet.com](#)
- Equipment items can be purchased from [Blueseventy.com](#), get 30% off with promo code: EAC2025
- The following equipment is needed for practice and is listed by practice group.
 - **Group 1:** fins, water bottle; optional: kickboard, pull buoy, mesh equipment bag
 - **Group 2:** fins, kickboard, water bottle, paddles; optional: mesh equipment bag, pull buoy
 - **Group 3:** fins, kickboard, pull buoy, mesh equipment bag, water bottle, paddles, & snorkel
- Write your swimmer's name on their equipment with permanent ink in case any equipment is left behind.
- While it is best for swimmers to have their own equipment, in the event that an item is forgotten or a swimmer doesn't have their own, some team equipment can be borrowed.

What to Bring to Meets

- Items your swimmer will want to bring to the meet include:
 - extra swim cap and goggles
 - healthy snacks and plenty of water
 - two or more towels
 - blanket or yoga mat to sit on (a yoga mat is highly recommended for 10-and-under swimmers who sit around the pool deck for home meets)
 - sweatpants/sweatshirt to wear between events and after the meet
 - Sharpie (to write event numbers on their hand)



- something to keep occupied between events (for example, a book or deck of cards)
- *Note: If your swimmer chooses to bring an electronic device, it is at their own risk. Neither EAC nor the college is responsible for lost, stolen, or damaged personal items.
- Please remind your swimmer(s) to be sure they have gathered all belongings and **dispose of all trash in a trash can**. We must leave the facilities clean to continue our positive relationship with the college and the venues used by our partner swim teams.

Seating for Swimmers and Parents at Home Meets

- **During home meets, 10 & under swimmers sit around and stay on the pool deck.** This ensures that coaches and volunteers lining swimmers up for events can find them.
- Swimmers who are 11 and older sit in the Jay Walk or the hallway that is connected to the block side of the pool. They are responsible for getting to the pool deck and behind the blocks in time for their events.
- Bleacher space is limited at meets. Bring a chair for the hallway to use between your swimmer's events. It's common and courteous to watch your swimmer's races from the bleachers, then clear the space when they're not swimming. You can follow the meet's progress on the [EAC Gators YouTube channel](#) and return to the bleachers 1–2 events before your swimmer competes to avoid missing their race.

SportsEngine/SE Motion

- EAC uses SportsEngine digital management platform to streamline team operations including registration, payments, family and swimmer information, event management, team calendar, and access to important documents and links.
- Please keep your contact information up to date and log in for full access to the team site.
- The SE Motion app (formerly OnDeck) allows for similar functionality to the website.

Streaming

- All home EAC meets will be streamed live on our [EAC Gators YouTube channel](#). Please subscribe to the channel and share it with your friends and family.

Social Media

- EAC publishes photos and information on Facebook and Instagram. While it is never intended to be the primary means for club communications, occasionally social media can be used to share updates. Please follow us!
 - Facebook (private): [click here](#)
 - Facebook (public): [click here](#)
 - Instagram: [click here](#)

EAC Practice Group Details

Group 1 - This practice group is composed of the Development group. It is geared towards developing competitive swimmers, returning 'newly competitive' swimmers and competitive swimmers that are not



yet legal in all four strokes. This practice group's primary competence focus is stroke technique and understanding swim improvement through commitment.

- Attendance Expectation: Given the limited practices; 90-100%
- ADM Goals
 - Competence - Level 1
 - Character - Level 1
 - Confidence - Level 1
 - Connection - Level 1

Group 2 - Includes the 'Competition' and 'Competition+' practices; sometimes referred to as a 'Junior' or 'Age Group' by other club teams. Each practice is led by separate instruction for swimmers who are legal in all strokes, dives and turns.

- The Competition practice is led with drills, sometimes equipment and sets for swimmers who can complete 100 freestyle and stroke short-course yard intervals. Swimmers in this group begin to understand the benefits of a positive attitude towards practice and performance.
 - Attendance Expectation: 80+% (Communication with coaches is key). Please encourage swimmers to discuss attendance (high school practice/meets, rest, etc.) with coaches.
 - ADM Goals:
 - Competence - Level 2
 - Character - Level 1
 - Confidence - Level 2
 - Connection - Level 2
- The Competition+ practice is led with advanced drills, including equipment and occasional sets for swimmers who can complete 200 freestyle short-course yard intervals. Swimmers in this group should understand the importance of concentration and communication in practice with a coach.
 - Attendance Expectation: 80+% (Communication with coaches is key). Please encourage swimmers to discuss attendance (high school practice/meets, rest, etc.) with coaches.
 - ADM Goals:
 - Competence - Level 3
 - Character - Level 2
 - Confidence - Level 3
 - Connection - Level 3

Coaches may recommend swimmers from these groups to participate in USA swimming. These groups blend technique and training (yardage) but with more focus on technique than yardage. However, as the season progresses swimmers in Competition+ will increase yardage to develop endurance and load.

Group 3 - Includes the 'Senior Prep' and 'Senior' practices.



- Senior Prep builds off of the Competition+ practice with less rest time/faster interval pace and increased yardage. Senior Prep begins to focus training on specialized stroke and distances and utilizes all equipment with advanced drills. Swimmers in this group should begin to be able to manage stress and establishes and re-evaluates swimming goals.
 - Attendance Expectation: 80+% (Communication with coaches is key). Please encourage swimmers to discuss attendance (high school practice/meets, rest, etc.) with coaches.
 - ADM Goals:
 - Competence - Level 4
 - Character - Level 4
 - Confidence - Level 4
 - Connection - Level 5
- The Senior practice is our club's most advanced practice combining advanced drills, yardage, equipment and faster set intervals. Swimmers in the Senior group are provided specialized sets to help for long distance freestyle, stroke and IM sets. Swimmers in this group should have a solid understanding of training cycles, the power of a positive attitude, a pre-race routine, and long-range/swim career goals.
 - Attendance Expectation: 80+% (Communication with coaches is key). Please encourage swimmers to discuss attendance (high school practice/meets, rest, etc.) with coaches.
 - ADM Goals:
 - Competence - Level 5
 - Character - Level 5
 - Confidence - Level 5
 - Connection - Level 6

Both practices in Group 3 are encouraged to participate in USA swimming for increased swimming opportunities.

Sponsorships

- EAC is seeking new sponsorships for this season. Please view and print the [EAC Sponsorship Letter 2025-2026](#).
- EAC will credit a swimmer's account \$50 for securing a new gold sponsor and \$25 for securing a new silver sponsor. This can be used for USA fees, invitational fees, or next year's registration. The sponsor MUST note who requested their sponsorship for a swimmer to be eligible for the credit. There is no cash value for these credits and credits can only be used for EAC fees.
- Please reach out to community business owners you may know, your employer, or businesses you frequent to ask if they would be willing to sponsor our team.
- All sponsorships are due by September 30, 2025.



2025-2026 Coaching Staff

Isaac Greene, Head Coach

Nicole Doran, USA Dev. Coach

Alex Schubert

Vanessa Andes

Layne Sherk

Jake Houck

2025-2026 EAC Board of Directors

Crystal Hirst, President	Rob Cronin	Ted Faulkner
Adam Lake, Vice President	Ray Gilmore	Dan Heim
Josh Mayhue, Treasurer	Brian Stricker	Alan Erb
Renee Sattazahn, Secretary	Todd Torquato	Mark Roda