



EMAC USA SWIMMING TRAVEL TEAM

2024 Spring & Summer General Info

TEAMS	GROUPS	AGES	COMMITMENT	ABILITY	COACHABILITY
EMAC USA SWIMMING TRAVEL TEAM	Senior A	High School	All-in, All Year Dec, Mar, July Champs Head Sr coach will schedule meeting for swimmers dropping under 90% attendance	1 Senior Champs Cut -or- 2 x 15-16 AA Times -or- 5 x 15-16 A Times	Completes practices and sets Gives 100% Effort Supports Teammates Demonstrates Great Attitude Exhibits the Values of EMAC
	Senior B	High School	Varies	100 Legal of All Strokes 400 IM Legal	
	Junior A	11 y/o-8th Grade	All-in, All Year Dec, Mar, July Champs Head Jr coach will schedule meeting for swimmers dropping under 80% attendance	1 Junior Champs Cut -or- 2 X AA Times -or- 5 X A Times & 100 All Strokes & 400 IM	
	Junior B	11 y/o-8th Grade + Select 10 y/o	Varies	50 Legal of All Strokes 200 IM	

CONNECTION

INTEGRITY

TRUST

SAFETY

GROWTH



EMAC USA SWIMMING TRAVEL TEAM 2024 Spring & Summer Specific Info

TEAM	GROUPS	SPRING 4/15-6/8	SUMMER 6/9-last meet	COST Full-year swimmers: no change	EQUIPMENT
EMAC USA SWIMMING TRAVEL TEAM	Senior A	M,W,F: 5:15-6:45a @ EHS	M-F: 6:00-8:30a @ COMMUNITY	\$225/Month	Arena Short Fins Small Kickboard Pull Buoy FINIS Yellow Ankle Band Stroke Maker Paddles Snorkel
		M-F: 3:30-6:00p @ EHS	M,W,F: Lift/Swim 4-6 pm @ EHS ***time approximated		
		SAT: 7:00-9:30a @ HIVE	SAT: 7:00-9:30a @ COMMUNITY		
	Senior B	M,F: 5:15-6:45a @ EHS	M-F: 8:00-10:00a @ COMMUNITY	\$205/Month	
		M-F: 3:30-6:00p @ EHS	M,F: Lift/Swim 4-6 pm @ EHS ***time approximated		
		SAT: 7:00-9:30a @ HIVE	SAT: 7:00-9:30a @ COMMUNITY		
	Junior A	W: 5:15-6:45a @ EHS	M-F: 6:00-8:30a @ COMMUNITY	\$205/Month	
		M-F: 4:30-6:30p @ HIVE	W: Lift/Swim 4-6 pm @ EHS ***time approximated		
		SAT: 7:00-9:00a @ EHS	SAT: 7:00-9:00a @ HIVE		
	Junior B	M-F: 4:30-6:30p @ HIVE	M-F: 8:00-10:00a @ COMMUNITY	\$185/Month	
		SAT: 7:00-9:00a @ EHS	SAT: 7:00-9:00a @ HIVE		

CONNECTION INTEGRITY TRUST SAFETY GROWTH