



UPPER DUBLIN AQUATIC CLUB REGISTRATION INFORMATION

SPRING PROGRAMS 2026

www.udac.us



MIDDLE
ATLANTIC
SWIMMING





Upper Dublin Aquatic Club (UDAC) believes that every child can achieve life-long success through aquatics. UDAC's team-oriented philosophy enables us to provide a nurturing environment for everyone, from novice to national qualifier.

Registration for Upper Dublin Aquatic Club programs will take place online via Team Unify club management services at www.udac.us.

Non-Upper Dublin families are charged a \$150 out-of-township fee (per family, per year).

All programs are designed to maximize training for all athletes and will not be pro-rated or modified for individuals participating in multiple sports or with other scheduling conflicts. No exceptions.

UDAC offers a spring diving registration for those athletes interested in additional training experience on both one- and three-meter board (AAU competition in. UDAC diving athletes also have the opportunity to participate in land training sessions at the Montgomery County Sports Performance Center.

UDAC Swimming & Diving program details are available for review at www.udac.us.

NOTE: All UDAC registrants are required to participate in competition at some level, depending on their group assignment. If your family is not planning to participate in meets, please do not register as space is at a premium for those who will be competing. Families seeking to join the club for purposes of physical fitness/conditioning with no intention of participating in the competitive meets will be guided to register for the Technique and Fitness program offered.

Registration is currently open only to Upper Dublin residents and non-resident families that participated in the Fall/Winter 2025-2026 UDAC programs. Registration numbers will be evaluated in regard to participant ratios and UDAC's UDSD Class 2* community organization status with Upper Dublin School District. New out-of-township families with questions can contact UDAC Director at udacdirector@gmail.com, although there are no guarantees that space will be available for 2026-2027.

All registrations are subject to a cancellation fee.

**UDSD Class 2 – Organizations within Upper Dublin whose primary purpose involves school-age children: a minimum 75% of participants must reside within the District (e.g. youth sports organizations, Scouts, UDP&R)*



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Non-Upper Dublin resident fee: \$150(per family – in addition to membership fee)
Late fee: \$150 (automatically assessed after March 4, 2024)

UDAC RED DRAGONS USA SWIMMING – TRAINING AND COMPETITION

Spring and Summer 2026

Training will focus on conditioning & technique. The purpose is to prepare for summer long course USA Swimming competition as well as summer club meets. Swimmers must be registered with Middle Atlantic/USA Swimming and are expected to participate in USA long course meets with UDAC's Red Dragon program. Combined options for Spring & Summer are discounted for in-advance registration only.

Jr. USA Swimming (Generally team 3 to Sr. 1, 4th thru 8th grade)	Duration	Practice	Fee	Sibling Discount
Junior USA Spring	April 13, 2026 thru June 11, 2026	Evenings M, T, W, Th, F	Pay in Full: \$360.00 Installment: \$120.00 3 months	Yes
Junior USA Summer	June 12, 2026 thru July 31, 2026 (end date subject to change)	Mornings M, T, W, Th	Pay in Full: \$320.00 Installment: \$160.00 2 months	Yes
Junior USA Spring and Summer	April 13, 2026 thru July 31, 2026 (end date subject to change)	Evenings (spring) M, T, W, Th, F Mornings (summer) M, T, W, Th	Pay in Full: \$650.00 Installment: \$162.00 4 months	Yes
Sr. USA Swimming (Advanced 8th grade and older)	Duration	Practice	Fee	Sibling Discount
Senior USA Spring	April 7, 2026 thru June 11, 2026	Mornings & Afternoons M, T, W, Th, F & Sat mornings	Pay in Full: \$600.00 Installment: \$200.00 3 months	Yes
Senior USA Summer	June 12, 2026 thru July 31, 2026 (end date subject to change)	Mornings M, T, W, Th, F & Sat mornings	Pay in Full: \$700.00 Installment: \$350.00 2 months	Yes
Senior USA Spring and Summer	April 7, 2026 thru July 25, 2026 (end date subject to change)	Mornings & Afternoons M, T, W, Th, F & Sat mornings Mornings (summer) M, T, W, Th, F & Sat mornings	Pay in Full: \$1,300.00 Installment: \$325.00 4 months	Yes

Multiple sibling discount	# of athletes	Discount
Discounts are a single discount applied to the family account at time of registration regardless if fees are paid in full or the monthly installment option is selected.	2 athletes	\$50
	3 athletes	\$75
	4 athletes	\$100
	5 athletes	\$125

Additional Swimming Programs

Spring and Summer 2026

Competitive Swimming Development Program	Duration	Practice	Fee	Sibling Discount
A program geared toward swimmers with some prior competitive experience (including UDAC pre-team), or those beginning their competitive career, and will concentrate on technique including stroke refinement and drill work. Coaches will focus on one stroke per week with an emphasis on streamlining, body positioning, starts, turns and finishes. NOTE: This is not a swim lesson program, must have swim team experience. Participants must register for the full session – no pro-rates. It is recommended participants attend as many practices a week as possible to get the full benefits of the program.	April 20, 2026 thru May 21, 2026	5:30 - 6:30 M, T, W, Th	Pay in Full: \$350.00 Installment: \$175.00 2 months	Yes



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UDAC Diving ONLY	Duration	Practice	Fee	Sibling Discount
Diving program (requires a minimum of 6 registrants minimum)	April 20, 2026 thru May 21, 2026	M, W, Th	Pay in Full: \$350.00 Installment: \$175.00 2 months	Yes
College only - Spring and Summer	Duration		Fee per installment	Sibling Discount
(Includes breaks during school year)	May 12, 2025 thru July 24, 2025		Pay in Full: \$600.00 Installment: \$200.00 3 months	Yes

ADJUSTMENTS AND FAMILY DISCOUNTS - *Automatic discount in [online registration](#) module

***Multiple Siblings**

Registrant for first eligible program pays full amount; fees discounted for additional siblings registered for eligible programs. 2nd participant - \$50, 3rd participant - \$100, 4th and each additional participant - \$150

\$50 - \$150 per participant depending on number of eligible registrants

Spring/Summer 2026 UDAC TRAINING GROUPS



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UDAC defined groups or "teams" are based on several criteria including the following: training focus, expectations for practice and meet attendance, plus several goals for the swimmers in that group to strive for. Group assignments will be based on experience, past accomplishments, age, stamina and skill. Each "team" will have a dedicated UDAC coach. As athletes progress, the opportunity exists for athletes to move up and form a new set of goals. Please work with us and help us to build this program into what it truly can become: the best possible competitive aquatics experience for each and every athlete. Weekly attendance recommendations are noted for each group. Participation in Championship meets, upon qualification, is expected.

- **DIVING:** Divers train & compete as a part of UDAC's Suburban Aquatic League (SAL) Team in dual meets and invitationals Oct-Feb. Points awarded at meets for diving are combined with those obtained in swimming events for a total UDAC SAL team score. Practices are held evenings simultaneous with SAL swimming training groups. Divers will be placed into appropriate training groups with corresponding practice schedule.
- **COMPETITIVE SPRING CLINIC:** A program geared toward swimmers with some prior competitive experience (including UDAC pre-team), or those beginning their competitive career, and will concentrate on technique including stroke refinement and drill work. Coaches will focus on one stroke per week with an emphasis on streamlining, body positioning, starts, turns and finishes. **NOTE: This is not a swim lesson program, must have swim team experience.** Participants must register for the full session – no pro-rates. It is recommended participants attend as many practices a week as possible to get the full benefits of the program. Any UDAC athlete who was on Pre-Team, Team 1, or Team 2 for the Fall/Winter session is eligible to participate in this program as well as those who have swim team experience outside of UDAC.
- **TEAM THREE:** Higher level group for those with a significant amount of competitive experience. This group will emphasize all strokes and turns, with greater conditioning and use of pace clock. Swimmers will be introduced to a greater range of races, as well as strategies employed for those races. Group Goal: Learn to Love to Train. These swimmers are required to compete in at least two USA Swimming meets per season. Competing in UDAC's Rocktoberfest is required. The ultimate goal of this group is qualification for Long Course Silvers and/or Middle Atlantic Junior Olympics. Participation in all Championship meets, upon qualification, is required.
- **TEAM FOUR:** Training group for swimmers who are serious about training and competition, with a desire to further their path into USA Swimming competition. Conditioning of each athlete is a major priority of this group. Swimmers in the group will be expected to compete in most, if not all, USA Swimming meets offered during the season. The major goals for swimmers of this group will be qualifying for Long Course Silvers as well as Middle Atlantic Junior Olympics. Participation in all Championship meets, upon qualification, is required.
- **TEAM FIVE:** Training group for high level age group swimmers with a significant amount of USA swimming experience. The continued conditioning of each athlete is a major priority of this group, as well as dryland training at least 2X per week. Swimmers in this group will be expected to compete in most, if not all, USA Swimming meets offered during the season. There will be various goals for this group, such as: preparation for high school swimming, qualifying/finalizing at Long Course Silver and/or Middle Atlantic Juniors. Participation in all Championship meets, upon qualification, is required. Should a swimmer fail to meet the expectations put forth by the coach, for a two week period, a meeting will take place between swimmer, coach, and parents.
- **SENIOR ONE:** This group is for our highest level Age Group athletes. Higher level training and conditioning are emphasized along with a focus on increasing muscular strength, flexibility, and aerobic capacity (training includes some dryland, and introduction to weight training - 8th graders only). Swimmers' goals in this group will be the achievement of the highest possible level of competition a Junior swimmer may reach, including, but not limited to National Age Group Rankings, Zone Team qualification, and Senior Championship qualification. Swimmers in this group will be required to attend several USA Swimming meets per season. Participation in all Championship meets, upon qualification, is required.
- **SENIOR USA:** For high school swimmers who are seeking to make the jump to the next level of competition through a further commitment to training and competing in USA Swimming meets. All training in this group will be conducive to the highest possible goals for each swimmer, and includes both dryland and weight training. Goals include, but are not limited to: qualifying for the Sectional meet, Middle Atlantic Senior Meet. Participation in all Championship meets, upon qualification, is expected.

NOTE: all athletes and parents will be required to read & sign USA Swimming MAAPPS Policy prior to the start of the season.

[USA Swimming MAAPPS Policy](#)

Questions?



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Please contact UDAC Program Director at:
UDACDirector@gmail.com



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DIFFERENT TYPES OF MEETS AVAILABLE TO UDAC PARTICIPANTS

USA SWIMMING MEETS (UDAC Rocktoberfest, etc): These meets are sanctioned by Middle Atlantic Swimming – the local governing body of the sport. These are invitational meets open to anyone who is registered with USA Swimming. Championship meets are offered through each season - swimmers must qualify for those based on times. **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be entered in these meets. Watch for deadlines! Families responsible for meet entry fees.**

MINI MEETS: for swimmers 8 and under...

- **USA Swimming Mini Meets:** these meets are open to all of our swimmers as well as those outside of the league who are registered with USA Swimming (these meets are sanctioned by USA Swimming). These meets are great for any 8 & under swimmer. **NOTE: You must sign your child up for these meets using the UDAC website. Your child will not automatically be entered in these meets. Watch for deadlines! Families responsible for meet entry fees.**

WHERE TO GET INFORMATION

The best place to find up-to-date information and last-minute postings, especially any issues due to weather, is on the UDAC website: www.udac.us which has a link to the online UDAC calendar.

- Check the UDAC online calendar (link on UDAC website) for upcoming invitational meets & corresponding registration deadlines.
- All practices, meet registration deadlines, meets, and events are posted on the UDAC online calendar. Use the dropdown filter (upper left corner) to view specific calendar postings (for example, SAL practices).

General communications are distributed regularly via UDACDirector@gmail.com by the UDAC Director. If you have questions about your athlete, the best route is to send email to the UDAC Director at this address and set up a time before or after practice to discuss any matters.

ANSWERS TO RECENT QUESTIONS:

What discount is applied when registering for the full-year options? A significant discount is applied to the sum of Fall/Winter, Spring and Summer session fees to arrive at the full-year fee. A ten-month payment plan is offered for full-year registration options (via online registration only).

Why does UDAC require USA Swimming membership as part of registration? UDAC is a member club of USA Swimming. Membership in this organization is required of all participants to meet USA Swimming criteria for general liability insurance coverage of UDAC's athletes and coaching staff. Details can be found in FAQ at www.usaswimming.org.

Are there opportunities for younger swimmers to compete in USA Swimming competition? Absolutely! One of UDAC's primary goals is to promote opportunities and introductory competitive experience for our youngest athletes. Multiple Mini Meet or 10&Under meet opportunities exist, in addition to the traditional participation in SAL invitationals (several have events for 6 & under). Also, when ready, we regularly move our pre-team members up to compete in SAL dual meets.

Can I cancel registration? The UDAC Board recognizes that, especially for first-time families, there are unknown factors which may impact your decision to participate, especially the results of the New Swimmer Preview, Time Trials and the first few weeks of practice. UDAC is prepared to offer refunds according to the following guidelines.

- For UDAC "SAL DUAL MEET TEAM" REGISTRATIONS: A full refund will be sent, minus a \$75 processing fee processing costs, if your request is presented before the end of the first week of practice (4/22/22).
- A refund will be sent, minus a \$150 processing fee, if your request is presented by 5/20/22. .
- Requests for refunds for USA Swimming programs will be considered by the board and will generally require a doctor's note.

You may notify UDAC of withdrawal and request a refund emailing both UDADirector@gmail.com and UDACTreasurer@gmail.com

My child is a swimmer but wants to try diving. All UDAC participants are welcome to try diving at any time...as simple as letting the diving coaches know (email UDADirector@gmail.com)



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