



**UPPER DUBLIN AQUATIC CLUB
REGISTRATION INFORMATION
FALL/WINTER PROGRAMS 2025-2026**

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.

Registration fees include 2025-2026 Middle Atlantic Swimming athlete membership (fees for UDAC SAL diving-only participants are adjusted), team T-shirt, cap, and a service fee charged by the Team Unify Network™ club management system. Your registration fee does not include USA Swimming Membership. All of UDAC's athletes are registered as USA Swimming regardless of their registered program. This will be done through UDAC in September. The annual USA Swimming membership fee is \$90/swimmer/year. ****New for the 2025-2026 season**, all athletes will be receiving a TYR apparel package, which will include a t-shirt, goggles, sweatshirt, and suit. The cost of this package is \$100. UDAC will be covering \$50 and the remaining \$50 will be an additional charge as part of the registration fees. Please make sure that your athlete's size is current in TeamUnify.**

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.

Divers train & compete as a part of UDAC's Suburban Aquatic League (SAL) Team.

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 families that participated in one of our 2024-2025 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 the UDAC Program Director at udacdiretor@gmail.com, although there are no guarantees that space will be available for 2025-2026.


**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)*



**MIDDLE
ATLANTIC
SWIMMING**



Non-Upper Dublin resident fee: \$150 (per family – in addition to membership fee)

UDAC RED DRAGONS USA SWIMMING TRAINING AND COMPETITION Fall and Winter 2025-26 Programs			
SAL Swim and Dive	Program Description	Fee	Sibling Discount
Fall/Winter SAL Swim and Dive	Suburban Aquatic League (SAL) dual meet season only (includes pre-team) swimming athletes; evening practices only - starts in September, finishes when athlete has competed in his/her last meet. Opportunities to participate in local Middle Atlantic competition.	Pay in Full: \$650.00 Installment: \$130.00 5 months	Yes
Jr. USA Swimming (Generally, team 3 to Sr. 1, 4th thru 8th grade)	Program Description	Fee	Sibling Discount
Junior USA Fall/Winter	Fall/Winter registration for UDAC competitive swimming program; evening practices, short course season only Includes participation in both USA Swimming and SAL dual meet competition. (Sep-Mar; includes SAL registration). Once your athlete has competed in his/her final meet, his/her season is over. Meet attendance requirements apply.	Pay in Full: \$1,350.00 Installment: \$270.00 5 months	Yes
Junior USA Full year	One-time annual registration for UDAC competitive swimming program; includes short course & long course seasons Includes participation in both USA Swimming and SAL dual meet competition. (Sep-Aug; includes SAL registration) Meet attendance requirements apply.	Pay in Full: \$1,910.00 Installment: \$191.00 10 months	Yes
Sr. USA Swimming (9th grade and older)	Program Description	Fee	Sibling Discount
Senior USA Fall/Winter	Fall/Winter registration for UDAC competitive swimming program; includes morning and afternoon practices, short course season only (Sep-Mar; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train & compete with their high school team Nov-Feb in parallel with UDAC activities. Meet attendance requirements apply.	Pay in Full: \$1,790.00 Installment: \$358.00 5 months	Yes



MIDDLE
ATLANTIC
SWIMMING



Sr USA Full Year	Discounted one-time annual registration for UDAC competitive swimming program includes morning and afternoon practices, short course & long course seasons (Sep-Aug; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train & compete with their high school team Nov-Feb in parallel with UDAC activities. Meet attendance requirements apply.	Pay in Full: \$3,175.00 Installment: \$317.50 10 months	Yes
Senior USA Fall/Winter ~ Mornings Only (Only available to UD athletes participating in high school sports. Athletes must attend 3 out of 5 practices a week, including Saturdays)	Mornings only - Fall/Winter registration for UDAC competitive swimming program; includes morning practices, short course season only (Sep-Mar; includes SAL registration). Includes participation in both USA Swimming and SAL dual meet competition. Participants train & compete with their high school team Nov-Feb in parallel with UDAC activities.	Pay in Full: \$540.00 Installment: \$108.00 5 months	NO

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	\$25
	3 athletes	\$50
	4 athletes	\$75
	5 athletes	\$100



MIDDLE ATLANTIC SWIMMING



2025-2026 UDAC TRAINING GROUPS

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 simultaneously with SAL swimming training groups.
- **PRE-TEAM:** Beginning group for young swimmers who have no competitive experience, but are beyond swim lessons. Emphasis will be placed on mastering all skills in the four competitive strokes, while preparing the swimmers for future competition. Athletes must be able to complete at least 25 yards of freestyle (without using the wall or lane line for assistance) and backstroke, have some familiarity with breaststroke and butterfly. Group Goal: Learn to Love the Sport. SAL Invitationals plus Middle Atlantic/USA Swimming mini-meets will be offered to those who are ready. (Register for SAL Dual Meet Season Only)
- **TEAM ONE:** Next level group for those who have little or no competitive experience. Emphasis will be placed on mastering all skills in the four competitive strokes, as well as starts and turns. Group Goal: Learn to Love the Sport. Members of this group will be required to compete in all SAL dual meets and may participate in invitationals, as well as USA Swimming meets offered, including Middle Atlantic mini-meets. (Register for SAL Dual Meet Season Only)
- **TEAM TWO:** Swimmers must be legal in all four strokes. This competitive group will emphasize all strokes, turns, and conditioning. Group Goal: Learn to Love the Team. All swimmers are required to compete in all SAL dual meets and UDAC's Rocktoberfest, and may participate in SAL invitationals, as well as USA Swimming meets. (Register for SAL Dual Meet Season Only)
- **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 Short 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 Short 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/making finals at Short 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 the 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. **Any new out-of-township Sr. USA athlete must commit to training year-round both mornings and afternoons with UDAC, aside from during their high school season, due to limited space.** Goals include, but are not limited to: qualifying for the Sectional meet, Middle Atlantic Senior Meet, and PIAA District I Championships. Participation in all Championship meets, upon qualification, is expected.

New Swimmer Preview for group placement – swimmers new to UDAC and returning PreTeam members must attend one session.	Dates and Times TBD
---	---------------------

*All new UDAC swimming registrants regardless of age or experience, as well as last year's pre-team, must be previewed by the UDAC coaches. Plan to attend one of the sessions listed above. Please be on deck **ten** minutes prior to the listed start time.*

Pre-Team registrants (generally 5 & older) must have completed a swim lesson program and will be asked to demonstrate the following skills: swim one length of freestyle with minimal stopping or holding on to the wall, primary knowledge of breathing to the side and one length of backstroke.

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

[USA Swimming MAAPPS Policy](#)

[UDAC Volunteer Policy](#)

Questions?

Please contact the UDAC Program Director, at
UDACDirector@gmail.com



MIDDLE
ATLANTIC
SWIMMING



DIFFERENT TYPES OF MEETS AVAILABLE TO UDAC PARTICIPANTS

SAL DUAL MEETS: if your child is registered with UDAC, they will automatically be in these meets against local Suburban Aquatic League clubs. These meets make up the core of the SAL winter season and are mainly against our division (Central) rivals. Meets are held on Saturdays, through Nov, Dec, and January. We compete in 7 dual meets for the season. **NOTE: UDAC swimmers from Team 1 and above & divers will automatically be in SAL dual meets. If your child CANNOT make it, you must sign him/her out of these meets. UDAC athletes are required to compete in a minimum number of meets in order to participate in league championships. This number will be determined once the schedule is finalized.**

In January, our division offers "B" champs for all swimmers and then SAL "A" champs for the top 18 swimmers in each event (qualifications are determined by an athlete's fastest time obtained in each event or highest two diving scores).

SAL INVATIONALS: These meets, run by SAL clubs, are open to all swimmers in our league. They are a great way of getting your swimmer in the water as well as gain additional meet experience and try different strokes.

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 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.**

UDAC Diving athletes must participate in SAL Dual Meets.

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).
- SAL Dual Meet sign out links will be posted: salboyscoach@gmail.com, salgirlscoach@gmail.com, UDACDirector@gmail.com, and UDACdiving@gmail.com.

General communications are distributed regularly via UDACDirector@gmail.com by the UDAC Program 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.



MIDDLE
ATLANTIC
SWIMMING



IMPORTANT UPCOMING DATES:

[Visit the UDAC Online Calendar for events, daily practice schedules & meet information](#)

New Swimmer Evaluations at (new swimmers must attend one): Dates and Times TBD – Stay tuned!

First Day of SENIOR USA Swimming practices: Sep. 3rd

First Day of UDAC swimming and diving practices: Sep. 8th

Mandatory Parents Meeting: Tuesday, September 9th and

Thursday, September 11th

UDAC Fall 10&Under Development USA Meet: Oct. 19th

UDAC Rocktoberfest AA/BB/C USA Swimming Meet: Oct. 26th - 28th

UDAC Go the Distance Meet: Nov. 2nd

UDAC Winter Wonderland USA Swimming Meet: Jan. 11th

UDAC Closed Invite USA Swimming Meet: Feb. 14th & 15th

UDAC Hosted Middle Atlantic Silver Championships: TBD

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).

Does UDAC require USA Swimming membership for USA Swimming programs? YES. 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. ***Your registration fee does not include the USA Swimming Membership. All UDAC athletes are required to be registered with USA Swimming regardless of their registered program. The fee for 2025-2026 is \$90 and will be charged to your UDAC account for all returning members.***

Are there opportunities for younger swimmers to compete in USA Swimming competitions? 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 invitations (several have events for 6 & under). Also, when ready, we regularly move our pre- team members up to compete in SAL dual meets.

If my swimmer plans to participate in competition past the SAL Dual Meet season (past mid-Feb, will there be a pro-rate available? Swimmers that plan to participate in USA Swimming competition past the SAL season are able switch to the Fall/Winter Junior USA program for the remainder of the season. An email will be sent to all SAL Dual Meet registered families in January.

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.
- A refund will be sent, minus a \$150 processing fee, if your request is presented by October 1st.
- A 50% refund will be processed if your request is presented between October 1st and October 26th (includes swimming Time Trials and several weeks of practice).



MIDDLE
ATLANTIC
SWIMMING



- Requests for "SAL DUAL MEET TEAM" REGISTRATION" refunds after October 26th will be considered by the board.

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 by emailing both UDACDirector@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 UDACdiving@gmail.com). Several UDAC athletes compete in both diving and swimming events at our SAL dual meets. UDAC will also designate specific practices throughout the season to provide the opportunity for UDAC participants to try diving under coach supervision. Watch for announcements, plus these sessions will be posted on the UDAC calendar.



MIDDLE
ATLANTIC
SWIMMING

