

Hamilton Aquatic Club, Inc.

2024 Spring/Summer USS & YMCA Age Group Training Program

The Spring/Summer competitive swimming workout program is for qualified age group swimmers age. This program is for year-round, goal-oriented swimmer, who desires to train towards US Silvers, JO's and Zones qualifying meets. Last qualifying meet determines last scheduled practice.

Program Dates: April 10, 2024 – until last qualifying meet/end of July

Program Location: WWP HS - South & North

Practice Times: Practice schedule will be posted on the HACY website.

Practices will be M, W, F WWP High school South 6:30-8pm and T, Th WWP High School North 6:30-8 pm
Approximately June 26, T and Th practices will be WWP HS North from 8-9:30am rather than evening.

Requirements for Age Group: Practice Attendance, member of USA Swimming and YMCA General Swim Team membership

Fees: \$1,475.00 – does not include YMCA or USA membership, meet entry fees or equipment

Fundraisers: Parents and Swimmers **must participate** in organized fundraisers. HACY hosts two long course meets both held at Princeton University. **June 1 & 2, July 12, 13, 14.** Sign-ups will be provided by our Parent Organization. Failure to participate will result in an additional \$300.00 fee.

NEED TO RETURN THE FOLLOWING:

1. **2024 Spring/Summer Medical Registration form**
2. First payment **\$675.00** due **April 3**. Additional payments of **\$400** due on **May 15**, **\$400** due on **June 15**. **Checks made payable to HAC.**
3. Hamilton Area YMCA membership fees. **12/under \$90** or **13/over \$165**. **Checks payable to Hamilton Area YMCA.** (*Please mail to Sue at address below, not the YMCA)
4. Equipment form and payment to HAC (if need new or replacement equipment)

NEW SWIMMERS ONLY!!!

5. **US SWIMMING** membership not previously registered in 2024 with USA Swimming or transfer fee if previously registered with another US team, Sandra Franc will reach out to you with the link to be used to register. **\$95.00** paid directly to USA Swimming and/or **\$10.00** transfer fee submitted on NJ swimming website.
6. **Consent and General Liability release form** (found team website, google doc)
7. **Safe Sport forms (Athlete Code of Conduct, Parent Code of Conduct, MAAPs Minor Athlete Abuse Protection for swimmers, MAPPs Minor Athlete Abuse Protection signed by each parent/guardian)** found on website. These **forms will not be mailed** but uploaded into a google doc. (*Please note: swimmers/families who filled these forms out in the Fall do not need to do again for the Spring/summer.)

ALL Checks and forms to be mailed: HAC c/o Sue Welsh

20 Birchwood Court

West Windsor, NJ 08550