

HAMILTON Y AQUATIC CLUB

www.hamiltonaquatics.com

Developing Champions for 38 years

WINTER 2022-23

Sponsored by: Hamilton Area YMCA

Senior Level

Senior Level is a high-level workout program for the established competitive swimmer. This level is designed to prepare the swimmer to effectively compete in YMCA and USS Meets. Goals include YMCA Nationals – Long and Short Course, and US Sectionals, Junior and Senior US Nationals. Swimmers in this level must be committed to year round swimming. Swimmers will attend practices, participate in YMCA and US meets, and maintain their training intervals. The objective of this program is to bring each participant to their swimming potential thru training, stroke analysis, and conditioning exercises.

Dates: Sept. 12, 2022– March 2023

Practice:

9/12/22 – 9/19/22* (no practice on Saturday, September 17)

Monday, Tuesday, Wednesday, Thursday &

Friday 7-8:30pm at **Rider University**

Saturday 9/24/22 7-9am at **MCCC**

*Schedule is tentative upon confirmation from Rider University of start times for remainder of season.

Dryland under the direction of Dave Tees will be meeting on Monday and Wednesday nights from 6:10pm-6:55pm. Start date 9/19/22

Location: Rider University-main training site & additional sites MCCC and WWP South

Fees

Senior - \$2,250.00

\$950.00 deposit due with registration

\$650.00 by 11/15/22

Remaining \$650.00 due 1/15/23

Families with more than one child in the program will receive an additional discount

US Swimming Registration

Each individual will be responsible for signing up and showing proof of US Swimming membership

Hamilton Area YMCA Swim Team Membership

All swimmers must be GENERAL members of the Hamilton Area YMCA. A separate check payable to the Hamilton Area YMCA must accompany registration. New swimmers must also complete a Y Registration form – available on website Swimmers with current GENERAL or FITNESS Y memberships need only provide membership number on registration form. (Please note if you have a BASIC membership it will have to be upgraded, your additional fee will be calculated for you, please note membership on registration form, contact Nicole Bizuga at the Y for exact amount)

Membership will be valid from September 15, 2022– April 15, 2023

(age 12-17) - \$138.00

or

Membership will be valid from September 15, 2022-September 14, 2023

Teen (age 12-17) annually \$265.00

REGISTRATION AND DEPOSIT ARE DUE BY AUGUST 24, 2022

Please make checks payable to HAC, Inc., 20 Birchwood Ct. Princeton Jct., NJ 08550

***Previous team members only* Late Fee \$25** registrations received after 8/24/22

Parent Information Sheet

Fees:

Deposits are required with all registrations. Balance of payment is due 1/15/23 for Age Group and Senior level swimmers. Fees for families with two or more swimmers are discounted automatically. Payment schedule is available for those families that are interested.

Official Training:

Our team is required to provide certified swim and administrative officials for YMCA and USS Meets. We provide the training. This is a great way to become involved in the sport. If you are interested, please contact Ed Eckels or Bach Lequang.

Practice Times: **COVID PROTOCOLS ESTABLISHED BY HACY ARE MANDATORY parents will be informed of current policy and any changes that occurred over the season via email.**

Parents are urged to have their children ready to ENTER the water at the designated start time of practice – generally that means you should get there 10 –15 minutes ahead of schedule to allow time to change, get organized, and stretch!

YMCA Girls and Boys Teams:

There are separate YMCA Swim Teams for the boys and girls – that means that they do not compete together.

USA Swimming:

Swimmers training in the Age Group and Senior level must be members of US Swimming. This year it will be done directly through the USA Swimming. Swimmers must provide proof of membership before participation in their respective practice levels.

Parental Responsibilities:

We are dependent on parents to effectively, efficiently, and economically, run this swim club. As such there are a number of requirements that must be fulfilled. None of them are difficult, and they don't have to cost you anything – what we need is your time. They are detailed on the Parent Responsibility Form. That form needs to be read, signed and turned in.

Team Swim Suits:

All swimmers participating in meets must purchase a team suit.

Team Apparel:

Optional Team Apparel will be available. Please look for forms to be distributed at practice, to your email address and on the web site at the start of practices. The turn around time for ordering is very fast – so don't delay!

Parent Liaison:

There will be one “experienced” parent at each practice who will work closely with the level coach. The parent will be responsible for making sure papers/forms/information are distributed. This parent will also serve as a contact point for other parents at that practice level. Parents will be given password to our teamunify website. You should check website frequently for updates on practice and changes.

Please keep in mind that information regarding the club is sent to everyone via email. It is IMPERATIVE that we have an email address that used on a regular basis. Information is sent in WORD and Excel format. If more than one email address is needed, that's fine...we just want to make sure everyone gets everything!

Club Contact:

Questions and Information: Webmaster - Sandra Franc francswiss@comcast.net

President/Head Coach:

Sue Welsh

swelshhacy@gmail.com

609.936.7294