

# Hamilton Aquatic Club, Inc.

## 2024 Spring/Summer USS & YMCA Senior Training Program

The Spring/Summer competitive swimming workout program is for qualified senior swimmers, 13 years of age or older. This program is for year-round, goal-oriented swimmer, who desires to train toward US Silvers, JO's, Sectionals, Junior, Senior and YMCA National qualifying meets. Last qualifying meet determines last scheduled practice.

**Program Dates:** April 17, 2024 – until last qualifying meet/end of July

**Program Location:** Rider University, West Windsor Waterworks (starting June 23, AM practices) and West Windsor Schools. Rider will continue to be used for practices on Mondays, Wednesdays and weekends once morning practices start.

**Practice Times:** Practice schedule will be posted on the HACY website. Please note: Starting June 24: Seniors will practice at W.W. Waterworks will be from 6:45-8:45am Mon. through Fri. starting June 24 along with as Mon. and Wed. evening practices.

**Requirements for Seniors:** Practice Attendance, Participation in Dryland Program (Mondays & Wednesdays), current member of USA Swimming, YMCA General Swim Team membership

**Fees:** \$1,700.00 – 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 **\$700.00** due April 3. Additional payments of \$500 due on May 15, \$500 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 the form and fees 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 via the 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 that swimmers/parents who filled these forms out for Fall do not need to do again this season)

Checks and forms to be mailed: HAC c/o Sue Welsh  
20 Birchwood Court  
West Windsor, NJ 08550