



1001 East Division  
Arlington, TX 76011  
[aisd.net/aisdaquatics](http://aisd.net/aisdaquatics)

# Welcome to Arlington Aquatic Club!

I want to take this opportunity to welcome you to the team. I look forward to meeting you and working with you. Our swim team offers year-round age-group competitive swimming that provides instruction, training, and competition to young people of all ages and abilities.

Each swimmer is placed in a practice group best suited for him/her, so that he/she may enjoy some degree of success in a relatively short amount of time. Membership is year-round and we maintain regular team try-outs throughout the year.

This packet will help familiarize you with our fee structure, practice schedules, ability groupings, and expectations. Also, this and more information can be found on our team [website](#).

Sincerely,

Trey Hayes

Aquatic Coordinator/Head Coach

## SportsYou – Communication App

It is a data-secure, school-safe, messaging platform built for coaches to communicate with parents and athletes in sports.

### For Android



### For iOS



## Codes For Each Group

<b>Elite Gold:</b> ADZ2-F8DA	<b>Challenger Gold:</b> 5WFQ-6T46	<b>Discovery Gold:</b> 9JPJ-DCAY
<b>Elite Silver:</b> L97C-UE64	<b>Challenger Silver:</b> RXQY-Z92N	<b>Discovery Silver:</b> 6ZV4-L2N3
<b>Elite Bronze:</b> TL93-L75N	<b>Challenger Bronze:</b> SQG4-LBWH	<b>Discovery Bronze:</b> ANDJ-TH4R
<b>Pre-Comp 1:</b> 6CGG-VB7T	<b>Pre-Comp 2:</b> 8XPV-3YJV	<b>Arlington Aquatic Club:</b> <b>D9AE-QULM</b>
<b>Pre-Comp 3:</b> ECKW-9KLT	<b>Pre-Comp 4:</b> X872-7FSZ	
<b>Pre-Comp 5:</b> RYYG-WHCM	<b>Pre-Comp 6:</b> HZT3-NEMN	

## New Swimmer Try-Outs:

New swimmers must try-out for the team **before** registering online. Try-outs are scheduled monthly, as space is available. Once your child has passed the 25-yard safety test to make the team, they are invited to join a practice group based on age/ability. The coaches will determine the groupings and discuss this with parents after the try-out has been completed. [To schedule a tryout for the team, proceed to our website.](#)

**Please do not register online prior to tryouts.**

## Registration:

- A. No child should be registered with AAC until after completing a **tryout** and having a coach communicate which practice group is most appropriate to start. All AAC team registrations are completed online on our team [website](#).
- B. USA Swimming registration/fees will be online starting September 1, 2026. This registration will be required for athletes in **all groups** except for Pre-Comp. More information and directions will be provided by AAC and posted on our website.

## Fees:

- A. AAC Annual Membership Fee: \$40 per athlete. This fee includes a team T-shirt and cap.
- B. AAC monthly training fees are billed in advance and are automatically charged to the credit card save in your online account on the 1<sup>st</sup> of the month. A \$25 late fee will be applied to any payment not received by the 15th of the month. Coaches are not allowed to accept cash or checks.
- C. Monthly practice fees are based on the ability group your child attends. As the time and number of practices increases, the monthly fee will increase as well. Monthly practice fees are as follows (which group your child belongs to is covered later in the handbook):
 

<ul style="list-style-type: none"> <li>a. Elite               <ul style="list-style-type: none"> <li>i. Gold \$125</li> <li>ii. Silver \$125</li> <li>iii. Bronze \$115</li> </ul> </li> <li>b. Challenger               <ul style="list-style-type: none"> <li>i. Gold \$115</li> <li>ii. Silver \$100</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>iii. Bronze \$90</li> <li>c. Discovery               <ul style="list-style-type: none"> <li>i. Gold \$85</li> <li>ii. Silver \$85</li> <li>iii. Bronze \$85</li> </ul> </li> <li>d. Pre-Comp               <ul style="list-style-type: none"> <li>i. All PC groups are \$80</li> </ul> </li> </ul>
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D. Discounts are available as follows:

- a. Arlington ISD full-time employees receive a 25% discount on monthly dues.
- b. Free & reduced lunch receives a 25% discount on monthly dues.
- c. Proof of employment, or approval for F&R Lunch must be provided to the [Natatorium Secretary](#) within 10 days of registration, or AAC must retract any discount.

## Fees:

- E. Meet Fees are an extra cost. Swimmers will typically attend one swim meet per month. The meets are held on the weekends at a pool somewhere in the DFW area. Typical meet fees are \$6-\$15 per event/3-4 events per day plus a \$15-\$30 surcharge per swimmer. As your swimmer progresses through our team groups, meet attendance and race expectations grow as well.
- F. AAC parents pay all event fees and surcharges for swimmers who commit to swim meets. All fees associated with swim meets will be automatically deducted from the credit card account on file. Authorization from collection of these fees is affirmed by commitment to the swim meet. There will be no refunds for entries.
- G. There are no multiple child discounts for this team. Each of your children will receive the same amount of time and attention as other swimmers in their group.

## Breaks from Practice:

The program will take scheduled breaks as follows:

- Thanksgiving: Wednesday-Saturday
- Christmas: December 23-26
- New Year: December 31-January 1
- Spring Break: Saturday-Saturday
- Memorial Day: Saturday-Monday
- August: Two weeks break for athlete recovery, and annual pool maintenance
- Other routine breaks may occur based on AISD holidays, or for scheduled AISD facility maintenance. These dates will be communicated in advance by email and posted to the team website.
- These are planned breaks. **No reduction in fees will apply**

## Withdrawal / Inactive Status:

- A. Written notification of intent to withdraw must be provided by the 20<sup>th</sup> of the month; otherwise, the family remains responsible for full tuition and fees for the following month. The withdrawal/inactive form is available at the end of the handbook or on our team webpage.
- B. Arlington Aquatic Club members who withdraw and request reinstatement within a 6-month period will incur a \$75.00 reinstatement fee per child.

## GENERAL INFORMATION:

- A. **Audio/Visual Recording-** Use of audio or visual recording devices, including cell phones, to record swimmers or coaches is prohibited during practices.
- B. **Medical Inactive Status-** AAC members will only qualify for inactive status if the club member(s) cannot participate due to medical reasons, and documentation is required within 7 days of the occurrence. Swimmers given inactive medical status may not return until the club has been provided with medical documentation stating the swimmers is cleared to return to practice.
- C. **Outstanding Balances-** Accounts with an outstanding balance will not be allowed to register for swim meets, could result in removal from practices, and may result in disqualification in future participation with AAC.
- D. **Swim Meet Participation-** Swimmers may only represent the club at meets scheduled by the Club and for which there is an AAC coach present.
- E. **Meets-** Athletes will typically have one meet per month in the DFW area. Meets are usually over two-day, Friday, Saturday and/or Sunday. The meet schedule is on our [website](#) with more information. **IF AAC HOSTS THE MEET, AND YOU COMMIT YOUR SWIMMER TO BE IN THE MEET, AAC NEEDS ONE VOLUNTEER PER FAMILY TO HELP RUN THE MEET (timers, runners, concessions, officials, etc.)**

# AAC practice schedule, tuition cost & requirements:

**\*Elite Gold: M-TH 4:30 - 6:30 pm • FRI 4:30 - 6:00 pm (Make-up practice) • SAT 8:00 - 10:00 am**  
**\$125 per month**

- High School, Elite Junior High Swimmers, Varsity level swimmer
- Requirements:
  - 80% practice participation per month
  - Must achieve IMX races within a calendar year
  - Ability to perform 10 x 100 free swim @ 1:25 interval
  - Ability to perform 10 x 100 IM swim @ 1:35 interval
  - Ability to perform 10 x 50 Kick @ 1:00 interval
- Meet Requirements:
  - Short Course - \*Three meets plus the Champs (*\*UIL and TAPPS swimmers will be required to make two USAS meets, due to their long high school season.*)
  - Long Course - Two meets plus the Champs

**\*Elite Silver: M-TH 4:30 - 6:30 pm • FRI 4:30 - 6:00 pm (Make-up practice) • SAT 8:00 - 10:00 am**  
**\$125 per month**

- High School, advanced Junior High Swimmers, afternoon high school level swimmer
- Requirements:
  - 80% practice participation per month
  - Must achieve IMX races within a calendar year
  - Ability to perform 10 x 100 free @ 1:35 interval
  - Ability to perform 10 x 100 IM swim @ 1:40 interval
  - Ability to perform 10 x 50 Kick @ 1:05 interval
- Meet Requirements:
  - Short Course - \*Three meets plus the Champs (*\*UIL and TAPPS swimmers will be required to make two USAS meets, due to their long high school season.*)
  - Long Course - Two meets plus the Champs

**\*Elite Bronze: M-TH 5:00 - 6:45 pm • SAT 8:00 - 10:00 am**  
**\$115 per month**

- Junior High and Elite 11 -12 Swimmers
- Requirements:
  - 80% practice participation per month
  - Must achieve IMX races within a calendar year
  - Ability to perform 10 x 100 free @ 1:40 interval
  - Ability to perform 10 x 100 IM swim @ 1:45 interval
  - Ability to perform 10 x 50 Kick @ 1:10 interval
- Meet Requirements:
  - Short Course - \*Three meets plus the Champs (*\*UIL and TAPPS swimmers will be required to make two USAS meets, due to their long high school season.*)
  - Long Course - Two meets plus the Champs

**\*Challenger Gold: M-TH 5:00 - 6:45 pm • SAT 8:00 - 10:00 am**  
**\$115 per month**

- 10 & under advanced swimmer / 11& Up Intermediate swimmer
- Requirements:
  - 80% practice participation per month
  - Must achieve IMX races within a calendar year
  - Ability to perform 8 x 100 free @ 1:50 interval
  - Ability to perform 8 x 100 IM swim @ 2:00 interval
  - Ability to perform 8 x 50 Kick @ 1:15 interval
- Meet Requirements:
  - Short Course - Three meets plus the Champs
  - Long Course - Two meets plus the Champs

**\*Challenger Silver: M-TH 6:00 - 7:30 pm • SAT 8:00 - 9:30 am**  
**\$100 per month**

- 14&Under B/C swimmer, 11 & under Swimmers
- Requirements:
  - 80% practice participation per month
  - Must achieve IMR races within a calendar year
  - Ability to perform 8 x 100 free @ 2:00 interval
  - Ability to perform 8 x 100 IM swim @ 2:10 interval
  - Ability to perform 8 x 50 Kick @ 1:25 interval
- Meet Requirements:
  - Short Course - Three meets plus the Champs
  - Long Course - Two meets plus the Champs

**\*Challenger Bronze: M/W/TH 4:45 - 6:00 pm • SAT 8:00 - 9:30 am**  
**\$90 per month**

- Swimmers must have achieved IMR status of swimming for their age division
- Requirements:
  - 80% practice participation per month
  - Attempt all IMX races within a calendar year
  - Mastery of AAC core stroke drills and sculling exercises
  - Follows instruction, advanced understanding of pace clock and intervals
- Meet Requirements:
  - Short Course - Three meets plus the Champs
  - Long Course - Two meets plus the Champs

**\*Discovery Gold: M/W/TH 5:30 - 6:30 pm • SAT 9:45 - 11:00 am**  
**\$85 per month**

- Swimmers must have achieved IMR Ready status of swimming for their age division
- Requirements:
  - 80% practice participation per month
  - Advanced understanding of AAC core stroke drills and sculling-exercises
  - Follows instruction, workable knowledge of the pace clocks
- Meet Requirements:
  - Short Course - Three meets plus the Champs

- Long Course - Two meets plus the Champs

**\*Discovery Silver: M/W/TH 6:30 - 7:30 pm • SAT 9:45 – 11:00 am**  
**\$85 per month**

- Swimmers must have competed in three short-course, or two long-course meets in the previous season or in the prior four months
- Requirements:
  - 80% practice participation per month
  - Knowledge or understanding of AAC core stroke drills
  - Follows instruction, beginner knowledge of pace clock, perform all four competitive strokes/starts & turns.
- Meet Requirements:
  - Short Course - Three meets plus the Champs
  - Long Course - Two meets plus the Champs

**\*Discovery Bronze: M/W/TH 4:30 - 5:30 pm • SAT 9:45 - 11:00 am -or-**  
**M/W/TH 5:30 - 6:30 pm • SAT 9:45 - 11:00 am**  
**\$85 per month**

- Our first “competitive” group that attends swim meets. (First six weeks, still non-competitive team)
- Requirements:
  - 80% practice participation per month
  - Performs 50 Free/50 Back & an understanding of butterfly/breaststroke / starts and turns.
- Meet Requirements:
  - Short Course - Two meets plus the Champs
  - Long Course - One meets plus the Champs

**PRE-COMP 1 - 4: See below for practice days and times**  
**\$80 per month**

- PC1 - M/W 4:30-5:15pm and Sat 8:45am -or- 9:45am
- PC2 - T/TH 4:30-5:15pm and Sat 8:45am -or- 9:45am
- PC3 - M/W 5:30-6:15pm and Sat 8:45am -or- 9:45am
- PC4 - T/TH 5:30-6:15pm and Sat 8:45am -or- 9:45am
- PC5 - M/W 6:30-7:15pm and Sat 8:45am -or- 9:45am
- PC6 - T/TH 6:30-7:15pm and Sat 8:45am -or- 9:45am
- Beginner swimmer
- Requirement
  - 25-yard safety swim test – **must complete a try out before registration**

***\*All competitive groups require membership with USA Swimming. This membership is an annual fee.***

***\*\*Dates and times are subject to change due to pool conditions, holidays, and meet preparations. Changes to the normal schedule will be posted on the practice calendar, emailed to the parent accounts primary email & sent out through SportsYou.\*\****



## EQUIPMENT

Swimmers are responsible for bringing their own equipment to practice. To ensure they're fully prepared for the workouts their coaches have planned, please take a moment to review the links below.

Each training group has specific equipment needs – make sure your swimmer brings everything, every day and that each item is clearly labeled with their name.

### ALL SWIMMERS

1. [Mesh Bag](#) \*\*Discovery, Challenger & Elite Teams - Holds equipment and allows equipment to dry
2. [Goggles](#) \*\*Recommended to get multiple pairs in case a pair break

### DISCOVERY

1. [Kickboard](#)
2. [Fins](#)

### CHALLENGER

1. [Kickboard](#)
2. [Fins](#)
3. [Buoy](#)
4. [Paddles](#) (Recommended)
5. [Snorkel](#) \*\* Must go in front of the face.

### ELITE

1. [Kickboard](#)
2. [Fins](#)
3. [Buoy](#)
4. [Paddles](#)
5. [Snorkel](#) \*\* Must go in front of the face.

### TEAM SUIT & TEAM PARKA

Please take a moment to purchase so our swimmers look and feel like a TEAM! Parkas (optional but recommended) are great for meets as they keep swimmers warm right up to their events. Check out our [team store](#).

### TEAM CAPS

Each swimmer will be given 1 practice silicone cap. We need everyone to purchase the team meet cap (teal w/blue logo) from our team store. We will have it added to the team store in September and January. You will be able to personalize them, but you will have to order a minimum of 2.

# ARLINGTON AQUATIC CLUB MEMBERSHIP

## STATUS CHANGE

A **written request** must be provided to withdraw **no later than the 20th of the month.**

*\*Failure to provide written notification on or before the 20<sup>th</sup> of the month will result in full tuition and fees posted to your account for the impending month.\** **Participants who withdraw and request reinstatement within a 6-month period will incur a \$75 reinstatement fee per child.**

Swimmer's Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

*What group is the swimmer in:*

- ❖ ELITE      • Gold \_\_\_\_\_ • Silver \_\_\_\_\_ • Bronze \_\_\_\_\_
- ❖ CHALLENGER    • Gold \_\_\_\_\_ • Silver \_\_\_\_\_ • Bronze \_\_\_\_\_
- ❖ DISCOVERY      • Gold \_\_\_\_\_ • Silver \_\_\_\_\_ • Bronze (4:30) \_\_\_\_\_ • Bronze (5:30) \_\_\_\_\_
- ❖ PRE-COMP      • 1 \_\_\_\_\_ • 2 \_\_\_\_\_ • 3 \_\_\_\_\_ • 4 \_\_\_\_\_ • 5 \_\_\_\_\_ • 6 \_\_\_\_\_

*Reason for Request:*

\_\_\_\_\_ Withdrawal      \_\_\_\_\_ Medical Inactive (Documentation Required)

*Parent/Guardian's Printed Name:* \_\_\_\_\_

*Parent/Guardian's Signature:* \_\_\_\_\_

*Date:* \_\_\_\_\_

**OFFICE STAFF ONLY**

\_\_\_\_\_  
Date Received

\_\_\_\_\_  
Last Month to Bill

\_\_\_\_\_  
Date Completed

# 2025 - 2026 SHORT COURSE PRACTICE SCHEDULE

Elite Gold *	M-TH 4:30 - 6:30 pm • FRI 4:30 - 6:00 pm (Make-up practice) • SAT 8:00 - 10:00 am	Hayes dhayes3@aisd.net
Elite Silver *	M-TH 4:30 - 6:30 pm • FRI 4:30 - 6:00 pm (Make-up practice) • SAT 8:00 - 10:00 am	Maddie Z mzdrojew@aisd.net
Elite Bronze *	M-TH 5:00 - 6:45 pm • FRI 4:30 - 6:00 pm (Make-up practice) • SAT 8:00 - 10:00 am	Christian cwilso10@aisd.net
Challenger Gold *	M-TH 5:00 - 6:45 pm • FRI 4:45 - 6:00 pm (Make-up practice) • SAT 8:00 - 10:00 am	Haleigh hbrown3@aisd.net
Challenger Silver *	M-TH 6:00 - 7:30 pm • FRI 4:45 - 6:00 pm (Make-up practice) • SAT 8:00 - 9:30 am	Maddie P mpike2@aisd.net
Challenger Bronze *	M/W/TH 4:45 - 6:00 pm • FRI 4:45 - 6:00 pm (Make-up practice) • SAT 8:00 - 9:30 am	Maddie P mpike2@aisd.net
Discovery Gold *	M/W/TH 5:30 - 6:30 pm • FRI 5:00 - 6:00 pm (Make-up practice) • SAT 9:45 - 11:00 am	Ethan emartchenke@aisd.net
Discovery Silver *	M/W/TH 6:30 - 7:30 pm • FRI 5:00 - 6:00 pm (Make-up practice) • SAT 9:45 - 11:00 am	Ethan emartchenke@aisd.net
Discovery Bronze *	M/W/TH 4:30 - 5:30 pm • FRI 5:00 - 6:00 pm (Make-up practice) • SAT 9:45 - 11:00	Michaela mdejong@aisd.net
Discovery Bronze *	M/W/TH 5:30 - 6:30 pm • FRI 5:00 - 6:00 pm (Make-up practice) • SAT 9:45 - 11:00 am	Michaela mdejong@aisd.net
Pre-Comp 1 \$80 / \$60	Mon/Wed 4:30-5:15pm • FRI 5:15 - 6:00 pm (Make-up practice) • SAT 8:45am -or- 9:45am	Amy asuttles@aisd.net
Pre-Comp 2 \$80 / \$60	Tues/Thurs 4:30-5:15pm • FRI 5:15 - 6:00 pm (Make-up practice) • SAT 8:45am -or- 9:45am	Jae jspruiel@aisd.net
Pre-Comp 3 \$80 / \$60	Mon/Wed 5:30-6:15pm • FRI 5:15 - 6:00 pm (Make-up practice) • SAT 8:45am -or- 9:45am	Quo qtinner@aisd.net
Pre-Comp 4 \$80 / \$60	Tues/Thurs 5:30-6:15pm • FRI 5:15 - 6:00 pm (Make-up practice) • SAT 8:45am -or- 9:45am	Jae jspruiel@aisd.net
Pre-Comp 5 \$80 / \$60	Mon/Wed 6:30-7:15pm • FRI 5:15 - 6:00 pm (Make-up practice) • SAT 8:45am -or- 9:45am	Quo qtinner@aisd.net
Pre-Comp 6 \$80 / \$60	Tues/Thurs 6:30-7:15pm • FRI 5:15 - 6:00 pm (Make-up practice) • SAT 8:45am -or- 9:45am	Jae jspruiel@aisd.net

*Dates and times are subject to change due to pool conditions, holidays, and meet preparations. Changes to the normal schedule will be posted on the website calendar and emailed to the parent accounts primary email. \* All competitive groups have required membership with the USA Swimming League. This membership has an annual registration fee. \**