

# CINCINNATI AQUATIC CLUB

*Season 41 - New Member Info  
Short Course 2023 - 2024*

# CAC PHILOSOPHY

The Seahawk program is founded on the belief that age group competitive swimming offers an exciting and fun opportunity in a young person's life. Swimming can be a lifelong activity. The Seahawk program aims to instill values and skills that will extend beyond a swimmer's competitive career.

Each swimmer has unique abilities. One swimmer may compete nationally while the next competes locally, both can excel by exceeding their personal goals.

Coaching and practice enhance a swimmer's natural ability and build team spirit. Through hard work, friendship and cooperation, both individual and team goals can be achieved. As a team, we look to peak at Championships! Everyone on the team is important. Every time a Seahawk swimmer makes a positive gain, the whole team takes a step forward.

*Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming."*

*- John Wooden*



# SEAHAWKS SHINE

There are 3 main reasons why Cincinnati Aquatic Club shines. We provide great coaching, help build successful athletes, & have a strong community.

- Personalized instructional approach with low coach-swimmer ratio in all seven practice groups.
- Focus on long term development through foundational skills, technical refinement, and endurance progression.
- Regular team bonding activities in & out of the water including a winter Senior training trip.
- Athletes, Parents, & Coaches work together with a team-first mindset.
- Olympians & Seahawks Alumni David Palmer (2016 Olympics- Gold, Bronze) & Nick Thoman (2012 Gold, Silver)
- Back-to-back Ohio Junior Olympic Small Team Champions (2017, 2018) & Summer 2021 Ohio Championships - Age Group High Point, 10-year old girls
- Dryland & weight program designed by Cincinnati Functional Fitness



# PRACTICE LOCATIONS

We practice in 3 facilities in the Greater Cincinnati area. During the summer months, we also practice at Indian Hill Swim Club.

*Cincinnati Country Day School*  
**6905 Given Rd, Cincinnati 45243**

*Mariemont High School*  
**1 Warrior Way, Cincinnati 45227**

*University of Cincinnati*  
**2820 Bearcat Way, Cincinnati 45219**



# TRYOUT DATES



Thursday, July 13th	5:00 - 7:00pm
Tuesday, July 25th	5:00 - 7:00pm
Tuesday, August 8th	5:00 - 7:00pm

\*\*Sign-ups can be found on the website, [www.cachawks.com](http://www.cachawks.com)

## 2023-2024 Tentative Short Course Meet Schedule

Meet	Location	Date	Groups
CAC Pentathlon	Cincinnati Country Day School	October 8th	Bravo & Above
Mason October Invitational	Mason Aquatic Center	October 20th - October 22nd	Bravo & Above
Carmel Fall Frenzy	IUPUI Natatorium	November 3rd - 5th	All
<b>Little Elves</b>	<b>Miami University</b>	<b>December 3rd</b>	<b>8 &amp; unders 100% participation!</b>
<b>Makos Holiday Classic (Prelim/Finals)</b>	<b>Miami University</b>	<b>December 8th - 10th</b>	<b>9 &amp; overs 100% participation!</b>
CAC Distance Challenge	Cincinnati Country Day School	December 16th	All
<b>CAC Swim-A-Thon</b>	<b>Cincinnati Country Day School</b>	<b>January 6th (Saturday)</b>	<b>All - 100% participation!</b>
CAC Sprint Meet	Cincinnati Country Day School	January 21st	Alpha, Bravo, Red, Silver, Black
Mason February Invitational	Mason Aquatic Center	February 2nd - 4th	Alpha, Bravo, Red, Silver, Black
CAC Mini Meet*	Cincinnati Country Day School	February 11th	Alpha, Bravo (Not attending Reg.)
OSI Regionals	Keating Natatorium	February 15th - 18th	Bravo & Above
OSI Junior Championships	TBD	TBD	Qualifiers
CAC Splash Madness	Miami University	March 15th - 17th	Bravo & Above

# CAC PROGRAM DETAILS

CAC is broken up into 3 Divisions:

## Technical Division

Foundational groups focused on technique, habits, basic dryland skills, understanding what it means to be a contributing member of a team, and most importantly - fun!

## Hawk Division

Continued focus on technical development, and being supportive, respectful teammates. They will do daily main sets and be introduced to different training concepts. These groups will be expected to attend their highest qualified championship meet in the winter & summer seasons. **All swimmers in these groups should have prior swim team experience.**

## Senior Division

IM based aerobic & anaerobic power training with technique refinement. The Senior Division will be supportive, active, team leaders. They will be on time, accountable, and willing to challenge themselves everyday. **All swimmers in these groups should have prior swim team experience.**

# TECHNICAL DIVISION

## ALPHA

Optimal Age: 7-9 years old. Swimmers should be 7 by October 1st.

### Pre Req

- Complete a 50 of freestyle & backstroke without stopping.
- Complete a 25 of butterfly or breaststroke

Description: Alpha will primarily work on technique with a focus on kicking, body position, drills, streamlines, and basic wall skills in all four strokes.

Practices: 3 practices offered per week for 60 minutes..

Required Equipment: Kickboard, long fins, cap/goggles, & water bottle.

## BRAVO

Optimal Age: 9-11 years old

### Pre Req

- Complete a 50 of all strokes
- Able to be attentive and follow directions in a group setting

Description: Bravo will continue to build on technique with a focus on mechanics in all four strokes, starts, turns, body position kicking, and underwater kicking. This group will also learn the importance of being a part of a team and how to read a pace clock.

Practices: 4 practices offered per week for 75 to 90 minutes.

Required Equipment: Kickboard, power fins/junior fins, pull buoy, hand paddles, cap/goggles, & water bottle





# HAWK DIVISION

## RED HAWKS

Optimal Age: 9-12 years old

Description: This group will learn the importance of being supportive teammates and follow coach instruction. Red Hawks receive highly instructional introduction to more advanced drills & technical concepts. Swimmers will learn different speeds & will be introduced to goal setting & main sets.

Practices: 4 practices per week for 90 minutes plus dryland time

Attendance: .55% attendance is required to participate in Championship meets.

Required Equipment: Kickboard, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, extra cap/goggles, & water bottle.

## SILVER HAWKS

Optimal Age: 11-14 years old.

Description: Our Silver Hawks will continue receiving instruction on advanced drills & technical concepts. The overall yardage of this group will increase with an emphasis on underwater kicking, daily main sets, and monthly test sets to track their progress.

Practices: 5 practices per week for 90 minutes plus dryland time.

Attendance: 55% attendance is required to participate in Championship meets.

Required Equipment: Kickboard, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, extra cap/goggles, & water bottle.



# HAWK DIVISION CONTINUED

## BLACK HAWKS

Optimal Age: 13-15 years old.

Description: Black Hawks will transition into technique refinement & IM-based aerobic training throughout the season. These swimmers will also be introduced to anaerobic training to prepare them for the Senior Division. This group will continue to emphasize underwater kicking, daily main sets, and goal setting. They will learn race strategies & time management skills.  
Practices: 6 practices per week for 90 to 120 minutes plus dryland.

Attendance: 75% attendance is encouraged to achieve maximum potential. 55% attendance is required to participate in Championship meets.

*Required Equipment:* Kickboard, Kickboard drag chute, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, cap/goggles, & water bottle



# SENIOR DIVISION

## SENIOR PREP

Optimal Age: 16-18 years old.

Description: Swimmers in this group participate in other activities/sports and are not able to commit to our Senior Performance group. This group is also for any swimmers looking to prepare for the high school season. Senior Prep will focus on technique and aerobic training to help build endurance.

Practices: 6 practices per week for 90 minutes.

Attendance: To be considered for Senior Performance - swimmers must attend 75% of practices. 55% attendance is required to attend Championship meets.

Required Equipment: Kickboard, power fins, hand paddles, snorkel, caps/goggles, & water bottle

## SENIOR PERFORMANCE

Optimal Age: 16-18 years old - coaches invitation only

Description. This group will focus on technique refinement and aerobic/anaerobic training. Swimmers in this group are striving for Sectionals, Futures, and other national level meets. The swimmers are expected to have goals, be positive leaders & supportive teammates. This group is expected to attend the highest level meet they qualify for.

Practices: 8 practices per week for 90-120 minutes plus dryland. Dryland: Weight training, power, and endurance will be an emphasis 3 times per week.

Attendance: 75% attendance is required.

Required Equipment: Kickboard, Kickboard drag chute, power fins, PDFs, pull buoy, hand paddles, snorkel, tempo trainer, cap/goggles, & water bottle.



# TEAM FEES - REGISTRATION DETAILS

- Registration will open in August on the CAC website ([www.cachawks.com](http://www.cachawks.com))
- First month fees + \$150 Administrative Fee due at registration for each swimmer.
- \$150 Administrative Fee covers: (3) team t-shirts, 2 personalized team latex caps, mesh bag for new members, OSI Membership fee, Team Snap, & Championship Pasta Dinners. \*\*Personalized Team Silicone caps can be purchased for an additional cost.
- Fees for the Hawk Divisions and Senior Performance Group are ANNUAL FEES for the entire season.
- Team Fees can be made in one lump sum payment or can be billed on the 1st of each month
  - Hawk & Senior Divisions: 10 monthly charges
  - Technical Division: 6 monthly charges
- Team Fees are broken down into 2 categories:
  - Team Fees: Shown in the 2023-2024 Fees Schedule
  - Non-recurring Charges: Meet Fees, Travel Charges for some meets, extra caps, spirit wear, social events, etc.
- Billing is done online through Team Unify. Members can log into their account at any time to check your account status & charges. ACH is accepted & is the preferred method of payment - no fee charged for using ACH. Credit cards are accepted with a 3% processing fee.

# TEAM FEES - DISCOUNTS

## CAC Family Discounts:

- There is a \$50 discount to families with two swimmers in Alpha or higher. In order to receive this discount, September-January needs to be paid in full for both swimmers. The discount will be applied to the monthly team fees due February 1st.
- A third, fourth and fifth swimmer discount of 15% per swimmer will be given to families who have three or more swimmers in practice group Alpha or above. The discount will be applied to each regular fee payment for the swimmer(s) in the least expensive practice group. In order to receive the discount, fees for all swimmers must be paid for the entire season. If a swimmer withdraws from the program during the season, the discount will no longer be applied and any discount given in previous months must be reimbursed to the club.

# ADDITIONAL COSTS

- USA Swimming Registration: All swimmers must be USA Swimming registered to participate in practices and compete in meets. This needs to be done prior to the start of their 1st practice for new members. For returning families, the membership needs to be renewed prior to December 31st.
  - Costs: \$68 per year
- Other Items:
  - Personalized Silicone Caps: (2) \$35 - if you decide to purchase a silicone personalized cap this will be charged to your account & show up on your invoice.
  - Team Suit
  - Practice Equipment
  - Travel for Meets: this is optional, families are not expected to go to all or any travel meets.
  - Team Events: Any team event will be communicated with the cost per person or per family.
- Meet Fees: Families will be charged for their swimmers meet entry fees. Meet entry fees can vary depending on where the meet is. In Ohio, meet entry fees costs \$6-\$7 per individual event.
  - CAC covers the cost for all relay swims.



**ALL IN**  
**TOGETHER**

*SEASON 41*