

CINCINNATI AQUATIC CLUB



Season 43 | New Member Info

CAC PHILOSOPHY

The Cincinnati Aquatic Club is a team that strives to make each and every athlete the best they can be. Our goal as a team is to build great swimmers, as well as great individuals. We encourage and teach a strong work ethic, sportsmanship, loyalty, and team bonding. The CAC coaches develop each individual athlete through time and hard work so they reach their full potential. We believe swimming is a lifetime sport and are focused on the long-term development of each and every Seahawk.

“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

The 3 pillars of Cincinnati Aquatic Club sets us apart from other USA Swimming clubs: Great Coaching, Successful Athletes, & 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.
- 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 experienced strength & conditioning coaches.

TESTIMONIALS

“CAC isn't just a swim club; it's truly a family. From the moment my daughter joined, we felt a warmth and camaraderie that goes beyond the pool deck. A huge part of this is due to Head Coach Jessi Carpenter-Thomas and the rest of the coaching staff. Jessi's not just technically brilliant, but she genuinely cares for each swimmer like a 'Mama Bear.' Jessi provides incredible emotional support, knows exactly when to push for growth, and assertive guidance has been instrumental in my daughter's development, both as a swimmer and as a person. We are grateful to be part of the CAC family!” -Amy Carlier (CAC Parent)

“Swimming for Cincinnati Aquatic Club was one of the best decisions we have made for both our daughter and family. The coaches are knowledgeable and dedicated. They ensure skill growth throughout the season and are able to engage with each swimmer due to our small coach to swim ratio. CAC also has an amazing team culture emphasizing sportsmanship, teamwork, and fun. We found a community that has allowed my daughter and our family to form strong bonds with teammates, coaches, and other swim families. We are creating lifetime memories at CAC. Go Hawks!” - Alicia Cline (CAC Parent)

PRACTICE LOCATIONS

We practice in 3 facilities in the Greater Cincinnati area*

Cincinnati Country Day School
6905 Given Rd, Cincinnati 45243

University of Cincinnati
2820 Bearcat Way, Cincinnati 45219

Xavier University
3800 Victory Parkway, Cincinnati 45243

*During the summer months, we also practice at Indian Hill Swim Club.

*Due to planned maintenance at UC, we may also need to add an additional location for the Summer of 2026 only.

IMPORTANT DATES

Please mark your calendar with these important beginning of the season dates:

Registration Date | New Members Only

Monday, August 11th - August 22nd

Group Parent Meeting

Monday, September 8th - Age Group + Senior Division

Monday, September 29th - Technical Division

First Day of Practice

Tuesday, September 2nd | Senior Division

Tuesday, September 9th | Age Group Division

Monday, October 6th | Technical Division

SC 2025-2026 Tentative Meet Schedule

Meet	Location	Date	Group/Ages
CAC Intrasquad	Cincinnati Country Day School	September 27th	Silver 1, Silver 2, Silver 3, Black 1, Black 2
CAC Pentathlon	Cincinnati Country Day School	October 5th	Silver 1, Silver 2, Silver 3, Black 1, Black 2
Clippers Halloween Meet	Silverlake The Family Place	October 17th-19th	Silver 1, Silver 2, Silver 3, Black 1, Black 2
CAC Mini Meet (Block Party)	Cincinnati Country Day School	October 25th	Red 1, Red 2
Carmel Fall Frenzy	Carmel HS, Indiana	November 7th-9th	All Groups
OSI Senior Invite	Bowling Green State University	November 21st-23rd	Black 1, Black 2
CAC Mini Meet (Block Party)	Cincinnati Country Day School	November 22nd	Red 1, Red 2
Little Elves	Miami University	December 7th	10 & Unders Only (Red 1, Red 2, Silver 1)
Makos Holiday Classic	Miami University	December 12th-14th	11 & Overs Only (Silver 1, Silver 2, Silver 3)
OSI Distance Challenge	Cincinnati Country Day School	December 20th	Silver 1, Silver 2, Silver 3
CAC Winter Invite	Cincinnati Country Day School	January 25th	Red 1, Red 2, Silver 1, Silver 2, Silver 3
Rays February Invite	Cincinnati Country Day School	January 30th-February 1st	Silver 1, Silver 2, Silver 3

SC 2025-2026 Championship Meets

Meet	Location	Date	Group/Ages
CAC Mini Meet	Cincinnati Country Day School	February 8th	10 & Under Only (Red 1, Red 2)
OSI Regionals	St Xavier HS	February 19th-22nd	Silver 1, Silver 2, & Silver 3 11 - 14 Years Old Only
OSI Senior Championships	TBD	TBD	Black 1, Black 2
OSI Jr Championships	TBD	TBD	Qualifiers Only
Centennial Invite	Port Charlotte, Florida	March 26th-29th	All Groups
ISCA or Sectionals	TBD	March 26th-29th	Qualifiers Only

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!

Age Group 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.**

CAC PROGRAM DETAILS

Swim Cincinnati:

Is the entry level group to Cincinnati Aquatic Club. The purpose of this group is to teach the basic techniques and skills of swimming to feel comfortable in the water. This group meets over a 4 week period with 1-2 weeks off in between each session.

Entrance Requirements:

1. Swimming 25 Free and Backstroke unassisted
2. Have a basic understanding of water safety.

Practices: 1x per week for 45 minutes

Swim Meets: None

TECHNICAL DIVISION

RED 1

The purpose of this group is learning to be a part of a team, learn stroke and skill development in all 4 strokes, turns, and starts. There will be a daily emphasis on foundational skills such as, streamlines, head and body position, kicking, and most importantly - fun! Swimmer should be 7 years old by December 1st.

Entrance Requirements

1. Complete a 25 freestyle with side breathing without stopping.
2. Complete a 25 backstroke without stopping.
3. Complete a 25 breaststroke or butterfly legally.

Practices: 3x per week for 60 min includes water and dryland time. Dryland is completed 2x per week for 15 minutes.

Attendance: 2x per week recommended

Season: The short course season will run October through February with a break in March. The long course season will run April through July. Swimmers are highly encouraged to participate with their summer club team in June & July.

Swim Meets: Optional, but highly encouraged to try local meets. The end of the season meets are the CAC Mini Meet in mid February for Short Course and OSI Regionals in early July for Long Course.

Equipment: Kickboard and fins

TECHNICAL DIVISION

RED 2

The purpose of this group is to focus on proper stroke and skill development in all 4 strokes, underwater skills, basic drills, turns, and starts. There will be a daily emphasis on body position, drills, kicking, underwater progressions, and building on endurance throughout the season.

Entrance Requirements

1. Complete a 50 freestyle with side breathing without stopping.
2. Complete a 50 backstroke legally.
3. Complete a 25 breaststroke & butterfly legally.

Practices: 3x per week for 75 min includes water and dryland time. Dryland is completed 2x per week for 15 minutes.

Attendance: 2x per week recommended

Swim Meets: Optional, but highly encouraged to try local meets. End of season meet is the CAC Mini Meet in mid February for Short Course and OSI Regionals for Long Course.

Season: The short course season will run October through February with a break in March. The long course season will run April through July. Swimmers are highly encouraged to participate with their summer club team in June & July.

Equipment: Kickboard and fins

AGE GROUP DIVISION

SILVER 1

The purpose of this group is to build stroke technique and endurance for all 4 strokes, kick, underwater progressions, turns, and starts. This group will have a daily emphasis on body position, drill progressions, kicking, and will be introduced to mini main sets. Athletes will begin to learn the importance of being a part of a team, goal setting, and understand how to read a pace clock. ***Prior swim team experience is encouraged.***

Entrance Requirements

1. Swim a continuous 100 Freestyle & Backstroke with correct turns.
2. Push off in ready position and streamline to flags with one dolphin kick.
3. Swim a 100 IM, 50 Free, 50 Backstroke, Butterfly, and Breaststroke legally and with correct turns.
4. Perform a track start from the block and backstroke start.

Practices: 4x per week for 75 to 105 minutes includes water and dryland time. Dryland is completed 2x per week for 30 minutes.

Attendance: 3 times per week is recommended.

Swim Meets: All travel meets are optional. Local and home meets are highly encouraged. Championship meets are required. The end of the season meet for Short Course is the OSI Regional Championships in mid February and if qualified, the OSI Junior Championships in mid March. The end of the season meet for Long Course is the OSI Regional Championships the second week in July and if qualified, the OSI Junior Championships the third week in July.

Season: The short course season will run September through February and the long course season will run April through July.

Equipment: Kickboard, Switch Blade Fins, snorkel, hand paddles, and pull buoy.

AGE GROUP DIVISION

SILVER 2

The purpose of this group is to continue to build on stroke technique, kicking, and aerobic training with an emphasis on advanced drills and training concepts. This group will begin main sets and will be introduced to race strategies for 200s and 500 Free. Swimmers will learn SMART goal setting and focus on sportsmanship at practices & in meet settings. ***Prior swim team experience is required (summer club, YMCA, or USA Swimming).***

Entrance Requirements

1. Demonstrate consistent attendance in prior training group.
2. Swim a continuous 200 Freestyle with side breathing and correct turns.
3. Push off in ready position with 4 dolphin kicks.
4. Complete a 200 Free or 200 IM with 4 legal strokes and turns, 100 Backstroke, Breaststroke, and/or Butterfly with legal strokes and turns.

Practices: 5x per week for 90 to 120 min includes water and dryland time. Dryland is completed 3x per week for 30 minutes.

Attendance: 3 times per week is recommended & 4 times per week is highly encouraged.

Swim Meets: Travel meets are optional & encouraged. Local meets are encouraged to be attended at a minimum of 2x throughout the season. Championship meets are required. The end of the season meet for Short Course is the OSI Regional Championships in mid February and if qualified, the OSI Junior Championships in mid March. The end of the season meet for Long Course is the OSI Regional Championships the second week in July and if qualified, the OSI Junior Championships the third week in July.

Season: Silver 2 will run September through February for Short Course and April through July for Long Course.

Equipment: Kickboard, Switch Blade Fins, snorkel, hand paddles, and pull buoy.

AGE GROUP DIVISION

SILVER 3

Swimmers in this group should be goal oriented. The swimmers will be introduced to IM-based aerobic training, anaerobic training, and becoming confident in all race plans. There will be a daily emphasis on advanced drills, underwater power, kicking, and main sets. This group will understand the importance of positive self talk, visualization, and mindful breathing. Prior competitive swim team experience is required. *Any 12 year old in this group must have at least (1) 13-14 year old Junior Championship cut to be considered for Silver 3.*

Entrance Requirements

1. Consistently attended 4 or more practices in the previous group.
2. Complete a 300 Freestyle with side breathing, effective streamlines, and 5 underwater dolphin kicks.
3. Competed in the 500 Freestyle, 200 IM, and 200 Backstroke, Breaststroke in a swim meet.

Practices: 5x per week for 90 to 135 minutes includes water and dryland time. Dryland is 3x per week for 45 minutes. Water time varies between 90 to 120 minutes.

Attendance: Highly encouraged to attend 4+ practices per week.

Swim Meets: Travel meets are optional. Local meets are highly encouraged. Championships meets are required (Regionals, Junior Championships).

Equipment: Kickboard, Switch Blade Fins, snorkel, hand paddles, and pull buoy.

SENIOR DIVISION

BLACK 1

Swimmers in this group are motivated and goal oriented. The purpose of this group is to help in the transition from age group to the senior level swimming. The group will focus on technical refinement, aerobic/anaerobic training, and will be introduced to power and speed endurance. Swimmers will be introduced to strength training for their dryland time.

Entrance Requirements

1. Highschool Age or older.
2. Consistent attendance of 4+ practices from the previous group.
3. Complete a 500 Freestyle with side breathing, effective streamlines & turns, and maintain 5 underwater dolphin kicks each wall.

Practices: 6x per week for 90 to 165 minutes. Dryland is completed 3x per week for 45 minutes. Water time is 90 to 120 minutes.

Attendance: 5x per week is highly recommended.

Swim Meets: Expected to compete in a full meet weekend 2-3x per season. Championship Meets are required.

Equipment: Kickboard, power fins, snorkel, pull buoy, hand paddles, tempo trainer, parachute (provided).

SENIOR DIVISION

BLACK 2

This group will focus on technique refinement and aerobic/anaerobic training, power/speed endurance, and strength 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.

Entrance Requirements:

1. Sophomore in HS or older.
2. Consistent year round attendance of 80%.
3. Complete a 500 Freestyle with side breathing, effective streamlines & turns, and maintain 5 underwater dolphin kicks each wall.

Practices: 7x per week for 90 to 165 minutes. Dryland is completed 3x per week for 45 minutes. Water time is 90 to 120 minutes.

Attendance: Maintain 80% attendance every 2 weeks.

Swim Meets: Required to compete in a full meet weekend 2-3x per season & participate in championship meets.

Equipment: Kickboard, power fins, snorkel, pull buoy, hand paddles, tempo trainer, parachute (provided).

SEASONAL OPTIONS

Pre/Winter/Post HS:

Swimmers in this group are looking to prepare for high school/summer club season. This group will train with the Black 1 training group. This group will develop their aerobic training and build on their technical foundation.

Entrance Requirements:

1. High School Age or older
2. Prior swim team experience

Practices: 4x per week for 90 minutes. Dryland is completed 2x per week for 45 minutes.

Attendance: 3x per week is highly encouraged.

Swim Meets: Intrasquad and Pentathlon (Preseason), Senior Meet (Winter), LC Meet Schedule (Post Season)

Season: HS Pre Season will run September through October. HS Winter Season will run October - February. HS Post-season will run April through July.

Equipment: Kickboard, Power Fins, snorkel, hand paddles, pull buoy, tempo trainer (optional)

TEAM FEES - REGISTRATION DETAILS

- Registration will be through the CAC website (www.cachawks.com)
- \$150 Non-Refundable Administrative Fee is due at registration for each swimmer.
- \$150 Administrative Fee covers: (3) team t-shirts, (1) silicone cap, mesh bag for new members, Team Snap, & Championship Pasta Dinners. **Personalized Team Silicone/Latex caps can be purchased for an additional cost in the Fall & Spring only.
- Team Fees are ANNUAL FEES - they cover the entire season.
- Team Fees can be made in one lump sum payment or can be billed on the 1st of each month & due on the 10th of each month.
 - Age Group & Senior Divisions: 10 monthly charges
 - Technical Division: 6 monthly charges
- Team Fees are broken down into 2 categories:
 - Team Fees: Shown in the 2025-2026 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. Credit cards are accepted with a 3% processing fee.

TEAM FEES - DISCOUNTS

CAC Family Discounts:

- 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 Red 1 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. Costs: \$84 per year (Renewed in December each 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: 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.
- Fundraising
 - CAC Swim A Thon: Annual Fundraiser, each swimmer is required to raise **\$150**.
- 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, plus a swimmer fee of \$17.
- CAC covers the cost for all relays & championship team tshirts and caps.

TEAM FUNDRAISER - SWIM A THON

CAC holds an annual fundraiser called the Swim A Thon. The money raised during the fundraiser helps with team costs such as, facility rentals, coaching staff, and equipment.

Families are responsible for raising **\$150 per swimmer**. We will hold the Swim A Thon event during a Saturday practice during the fall. If you do not raise the amount, families accounts will be charged.

VOLUNTEERING

Cincinnati Aquatic Club hosts home meets to provide high quality experiences for our athletes while also keeping travel expenses low. Swim meets are a fun way for our families to get involved, meet other parents, and support our swimmers. We need parent volunteers to help make our meets run smoothly.

Season 43 | CAC Hosted Meet Volunteering Requirements

- Technical Division (Red 1, Red 2) 2 sessions
- Age Group Division (Silver 1, Silver 2, Silver 3) 2 sessions
- Senior Division (Black 1, Black 2) 1 session

Away Meet Expectations

- When attending other meets, we may be asked to provide timers. It is expected that if we are asked to provide timers, families sign up. This will not count toward your session total.

Penalties

- Families will be charged a fee of \$100 for each unworked session. For example, if your swimmer is the age group division (Silver) you are required to work 2 sessions during the short course season. If you only sign-up to work one session your club account will be charged \$100.
- A family that signs up for a session and does not show up for that session without prior notification will be fined \$150.



ALL IN
TOGETHER

SEASON 43