



Dear Parents,

We are delighted you are considering having your swimmer/s join the team! **acac** Swim Club is committed to providing a fun and flexible competitive environment to promote the sport of swimming as part of a life-long, healthy lifestyle.

Our major emphases include a focus on stroke technique; building endurance for year-round competition; and developing your swimmer for the next level whether that means a more intense age-group program, college swimming, or beyond. A number of our swimmers are here to improve for S.A.I.L., while others are competing at the State and Regional levels. Some of our athletes have gone on to swim on college teams, and one of our former swimmers made two Olympic trial cuts. We'll help you to figure out where you need to be and when.

At **acac**, we will strive to obtain balanced yardage goals that indeed build endurance while minimizing acute and chronic injuries. We will endeavor to provide a balanced season that focuses on marked improvement while minimizing burn out. In other words, we will seek to strike a balance between hard work and fun. Finally, at **acac**, flexibility is key. You may choose between one, two, three, or six-day options. And, while participation in swim meets is encouraged, it is strictly optional.

Annual USA Swimming Membership is required to participate*. Two membership levels are available. Full Membership allows participation at all qualified levels of USA Swimming events. A Flex Membership is for swimmers who only practice with the team and allows participation in two non-championship level meets per year. Swimmers can upgrade at anytime and they must upgrade to Full membership prior to entering a third meet.

Our experienced coaches stand ready to help your swimmer achieve his/her goals. It's our pleasure to serve you in this way. We are very much looking forward to an exciting and productive season. We hope you'll be a part of it.

Coach Paul Dean
acac Swim Club Head Coach
pdean@acac.com
864-787-7031

*To be a member of **acac** Swim Club, all Athletes and Parents must read and acknowledge USA Swimming Club's Minor Athlete Abuse Prevention Policy (MAAPP) Athletes 18 & Up must complete Athlete Protection Training to be allowed to swim. (Links are provided on our website under Registration).

All USA Swimming Registrations are done by parents on the USA Swimming site. We will send you an invite from our team unify site to join USA Swimming.

2025 membership runs from 9/1/25-12/31/26.

2025 Flex Membership is only for 12 & Unders. Minimum USA Swimming level - two non-championship meet limit per year.

Note: there is a \$100 fine from SC Swimming if you are a FLEX member and you sign up for a third meet without upgrading your membership to premium.

2025 Premium membership required for all swimmers over 12.

If you have participated with another USA Swim Team, we will need you to initiate a transfer of your USA Swimming registration on the USA Swimming site to complete your registration. Last meet participation information can be found on the USA Swimming site under 'Times Search.'

Swimmers must be a member of USA swimming to participate with the **acac** Swim Club team.



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2025-2026 Short Course Season Registration Form Swimmer Information

Child's Name: _____
First Middle Last

Age: _____ Birth Date: _____

Gender: ☐ Male ☐ Female

Medical Concerns: _____

Parent/Guardian Name(s): _____

Address: _____

City, State, Zip: _____

Phone Numbers: Home _____
Work _____
Cell _____

Email Address: _____

Practice Days (circle): M T W Th F Sa ☐ Returning Swimmer ☐ New Swimmer

S.A.I.L.? Y / N Championship/Classics? Y / N

Party Paying for Billing: _____

USA FEE DATE & AMT PAID: _____

MAAPP Policy Acknowledgment Sign: _____ Date: _____

acac COACHES' USE ONLY

Practice Group: _____ ☐ Member ☐ Non-Member

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Program Fees for acac Members (Program fees are non-refundable)

Any changes must be submitted by email to Adam Thomas by the 25th of the prior month.
adamt@acac.com

MEMBER PAYING MONTHLY:

NUMBER OF PRACTICES PER WEEK	MONTHLY DUES (PER SWIMMER, PER MONTH)
1	\$84
2	\$107
3	\$130
Unlimited	\$153

MEMBER PAYING SEMESTER IN FULL:

Our two semesters are September - December and January - April

NUMBER OF PRACTICES PER WEEK	SEMESTER DUES (PER SWIMMER)
1	\$302
2	\$385
3	\$468
Unlimited	\$551

Additional Fees:

- Registration Fee - \$75 per participant
- USA Swim - (Paid directly to USA Swim - link provided)
- Swim Meet Fee - for team members swimming in meets

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Program Fees for Non acac Members **(Program fees are non-refundable)**

Any changes must be submitted by email to Adam Thomas by the 25th of the prior month.
athomas@acac.com

NON MEMBER PAYING MONTHLY:

NUMBER OF PRACTICES PER WEEK	MONTHLY DUES (PER SWIMMER, PER MONTH)
1	\$100
2	\$127
3	\$155
Unlimited	\$182

NON MEMBER PAYING SEMESTER IN FULL:

Our two semesters are September - December and January - April

NUMBER OF PRACTICES PER WEEK	SEMESTER DUES (PER SWIMMER)
1	\$400
2	\$508
3	\$620
Unlimited	\$728

Additional Fees:

- Registration Fee - \$75 per participant
- USA Swim - (Paid directly to USA Swim - link provided)
- Swim Meet Fee - for team members swimming in meets



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Terms and Conditions of Membership

A non-refundable registration fee is due at time of enrollment. Dues and fees must be paid before the swimmer enters the water for the first practice.

I understand that **acac** Swim Club reserves the right to refuse a child or to cancel any child's enrollment whose conduct is unacceptable. In such a case, unused fees will not be refunded.

There is no allowance or refund for absences or missed days. All make up practices are at the discretion of the coaches.

I authorize any third-party hospital, doctor, etc., to release to **acac** Swim Club any information regarding my child's medical condition. I understand that **acac** Swim Club reserves the right to send my child home, to hospitalize my child should the need arise. or to seek outside medical attention. All related expenses will be paid by me or my insurance.

I understand that **acac** Swim Club is not responsible for children's equipment or personal belongings, although efforts will be made to safeguard possessions. Jewelry, iPods, personal electronic devices such as gameboys, DVD players, cell phones, cameras, expensive clothing- and other expensive items should not be brought to the club.

I, on behalf of the child named below, knowingly and freely assume all risks; both known and unknown, involved in the sport of swimming including those that may arise out of the negligence of others. Furthermore. for myself and my child, and our respective heirs, assigns, administrators and personal representatives, hereby release and hold harmless **acac** Fitness & Wellness, their affiliates, officers, members, agents. employees, and other participants from and against any and all claims, injuries, liabilities or damages arising out of or related to participation in the swimming program.

I give permission that any photographs, videos or interviews taken of my child may be published and used to illustrate, promote and advertise **acac** Swim Club.

acac offers 5 workout groups based on the swimmer's ability to perform test sets at practice. Coaches retain the right to put swimmers in whichever group they judge best for that swimmer.

I have read and acknowledge USA Swimming's Safe Sport Minor Athlete Abuse Protection Policy (MAAPP) posted on the team website. As soon as a swimmer turns 18, they must complete an online MAAPP course before practicing with the team and for their USA membership to continue. Swimmers under 18 should review the course.

Signature of Parent or Guardian: _____ Date: _____

Printed Name of Parent or Guardian: _____

Name of Child/Children: _____



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Billing Policies and Procedures

All families must have a credit card or debit card on file, but other forms of payment are accepted. A 3% service fee will apply to any credit card charges.

Dues will be charged on the 1st day of each month. Late fees will apply.

A \$35 charge will be made on any returned checks.

Swim meet entry fees are generally around \$60 or so per swimmer plus \$5 or so per event and will be listed on each meet's online signup page. Swim meet fees will be automatically charged between the 5th and 10th of the month following the registration deadline for the meet.

Any changes in billing or practice days must be submitted to Adam Thomas by email by the 25th of the prior month. Adam's email is adamt@acac.com.

NOTE: Swimmers must be on **acac** membership to receive member pricing.

No refunds on semester dues. Exceptions will be evaluated on a case by case basis.

Signature of Parent or Guardian: _____ Date: _____

Printed Name of Parent or Guardian: _____

Name of Child/Children: _____