

ABOUT ACE AQUATIC CLUB

ACE started in August, 2017 and represents what we believe are the three critical elements of success in and out of the pool.

ATTITUDE – Be open to coaching, changes and new ideas. Build your teammates up and hold them accountable in a positive way. Be willing to reinvent yourself and your definitions of speed, improvement and success. Embrace growth and understand that it does not happen inside of your comfort zone.

COMMITMENT – Be honest with yourself about what you are willing to put into your swimming so you can be realistic about what you should expect to see back out of it. Align your individual goals realistically with the level of sacrifice you are willing to make to achieve them. Hold yourself accountable for the commitments you make to yourself and to your teammates.

EFFORT – Anyone can swim laps. Effort is the measure of your commitment to making every yard count by swimming with awareness, purpose and direction. Work to understand what the swim is about, and ensure you are swimming it correctly, in a way that affords you the full benefit of what it is intended to help you achieve.

THE BASICS

ACE Aquatic Club offers a year-round competitive swimming program designed to meet the needs of a wide range of abilities and ages. Before joining ACE, you'll want to [contact us](#) and tell us a little bit about the swimmers who'd like to join... their ages, some background about their experience in the sport (neighborhood/summer team, YMCA, high school team, etc), and any other important things we should know! From there, we can give you some more information about where we think they might fit best in our program, whether we need to get them in the pool to evaluate them for placement, and set up a time to have you visit or try a practice!

Our program is structured based on a combination of age and ability level. The coaches will determine the best fit based on your swimmer's age, grade level, skill level, and experience in the sport. The requirements for each group are a little different, and everyone's progression through the program is unique, but every group is designed to ensure each athlete meets his or her individual goals!

The practice schedules listed below are all the practices OFFERED for that group. ACE does not set any minimum requirements for practice attendance, we just remind swimmers and families that the more you put IN to the sport, the more consistently you can expect to see results OUT of the sport!

- **BRONZE GROUP** – Our Bronze group is the introductory group for elementary aged-swimmers here at ACE. The focus is on building a love of the sport through fun and challenging instruction in stroke technique and the basics of competitive swimming. Bronze group practices are offered:
Mondays and Wednesdays 3:45 - 5:00PM (includes dryland training time)
Tuesdays and Thursdays 3:45 – 4:45PM (no dryland)
Saturdays 10:45AM – 12:15PM (includes dryland training time)
Monthly dues for the Bronze group are \$155.00
- **SILVER GROUP** – The Silver group is our intermediate group for elementary-aged swimmers. Athletes in the Silver group have shown proficiency in the basics of competitive swimming and are ready to begin refining those skills and working toward more advanced skills. Silver group swimmers should be striving toward completing a wide variety of strokes and distances in competition.
Silver group practices are offered:

Mondays and Wednesdays 4:45 – 6:00PM (no dryland)

Tuesdays and Thursdays 4:30 – 6:00PM (includes dryland training time)

Saturdays 10:45AM – 12:15PM

Monthly dues for the Silver Group are \$175.00

- **GOLD GROUP** - The Gold group is comprised of our more advanced younger swimmers and less experienced older swimmers. Gold group swimmers should be striving to compete in all strokes and distances offered for their age group each season with a continued focus on stroke refinement, training disciplines, and practice habits. Gold Group practices are offered:

Mondays and Wednesdays 5:40 – 7:30PM (Includes dryland training time)

Tuesdays and Thursdays 6:00 – 7:30PM (no dryland)

Saturdays 8:30AM – 10:40AM (includes dryland training time)

Monthly dues for the Gold Group are \$205.00

- **PLATINUM GROUP** - The Platinum group is our highest level age group program. Athletes in the Platinum group are typically middle school and high school age. Platinum group swimmers will continue to refine technique and training disciplines, build an understanding of race strategy, and begin learning to focus on developing goals from a seasonal and long-term perspective. Platinum Group practices are offered:

Mondays & Wednesdays 6:25 – 8:10PM (No dryland)

Tuesdays & Thursdays 5:40 – 8:10PM (Includes dryland training time)

Saturdays 8:30 – 10:40AM (Includes dryland training time)

Monthly dues for the Platinum Group are \$240.00

- **HIGH PERFORMANCE GROUP** - The ACE High Performance group is our elite training group. Athletes in the High Performance group are working toward swimming at the collegiate level and are held to the highest training, attendance and performance standards. HP athletes are expected to be leaders of the team, consistently modeling our three team principles of ATTITUDE, COMMITMENT, and EFFORT. HIGH PERFORMANCE SWIMMERS SHOULD DISCUSS THEIR PRACTICE SCHEDULE WITH COACH RYAN AS WE WILL BE IMPLEMENTING AN AM/PM GROUP SCHEDULE THIS SEASON.

Monthly dues for the High Performance Group are \$260.00

There is also an **annual registration fee of \$100.00 per swimmer** which includes team outfitting (two t-shirts, four latex swim caps). Beginning this year, USA Swimming registration is no longer handled at the club level and as such, is no longer included in the annual registration fee. Each swimmer will need to be registered with USA Swimming individually, and instructions/links will be provided once it is provided to us by USA Swimming.

TEAM PHILOSOPHIES

At ACE, we believe in –

-- long-term development. We believe in educating swimmers and parents about the importance of a long-term focus based on the development of the individual swimmer while avoiding the counterproductive effect of comparing oneself to others.

-- preparation. Our coaches are committed to season planning that encompasses the goals and needs of both the individual swimmer and the needs and direction of team as a whole.

-- the “24-hour-athlete.” True excellence in this sport requires a commitment to appropriate choices in nutrition, sleep habits, study habits, time management, and many other areas of our daily lives. Our coaches also commit themselves to this belief, ensuring they are prepared, energetic, and consistently available to athletes and parents in and out of the pool.

-- ensuring our team is rooted in open, respectful, and constructive communication and cooperation between coaches, athletes, parents and all others who play key roles in our athletes’ success, including medical staff, physical therapists, and even teachers.

-- goal setting for both the short and the long term. We believe in providing the guidance and parameters needed to ensure goals are challenging, attainable, while emphasizing that goals are always evolving based on physical, emotional and situational changes in the swimmer’s life.

- building on the fundamentals of technique and excellence in training disciplines. We believe that these concepts require reinforcement and repetition at every level of the sport in a positive and instructional way.
- maintaining focus on aerobic development in our wet side training that ensures our athletes can excel in race preparation.
- education. Our sport is constantly growing and evolving and we believe in ensuring we utilize all available advances in sport technology and doctrine, placing the physical health of our athletes at the forefront of our planning. Dryland training is intended not just as a means to improve strength and performance, but also as a proactive, preventative "prehab" program for developing bodies and muscles.
- competency and mastery of all five strokes, meaning the four competitive strokes and underwaters.
- constant pursuit of an exceptional, inclusive, and supportive team environment. The daily demands placed on our student athletes and their families necessitate that we come together as more than just a swim team and work to provide a constant community of support for one another.

Swimming is a highly individual sport backed by a highly cohesive community. ACE takes pride in being part of our local and national swimming communities and members of Team USA. We encourage our athletes and families to do the same and to support the sport of swimming by learning more about the sport as a whole and the athletes who represent us on the national and international stage.

FREQUENTLY ASKED QUESTIONS

- **What is the minimum practice requirement?**
We don't enforce any required minimums for practice or competition. That said, it is important to understand that consistency in practice attendance is critical to progress and that meet attendance is a key factor in swimmer motivation and provides coaches with valuable data to best help your athlete meet his or her goals.
- **What is the competition schedule like? How are their events chosen?**
We attend meets approximately once per month and all ACE swimmers are expected to attend meets as frequently as possible. The meets are generally set up so that each athlete competes in three to four events on Saturday, and three to four events on Sunday. As the athletes get older (11&Over) and more experienced, some meets will include a qualifying "prelims" session in the morning and a finals session in the evening. Coaches select the athlete's events based on our current practice focuses, the athlete's individual strengths and opportunities, and how the meet fits in to the plan for the overall season. Coaches will always consider the athlete's current skill level and the things we observe in practice when selecting events. While we will sometimes challenge the athletes to attempt events outside of their comfort zone, we do not enter athletes in events we do not feel they are adequately prepared for.
- **What equipment is required? When do the swimmers need to have it?**
An equipment list by group is posted on our team website, and all athletes should order their equipment as soon as possible. We HIGHLY recommend using our team store on SwimOutlet.com as we select the items there based on how we use them in training as well as their durability.