

AUGUST 7, 2021

FALL 2021 (SEPTEMBER 13 - DECEMBER 23, 2021)

REGISTRATION PACKAGE



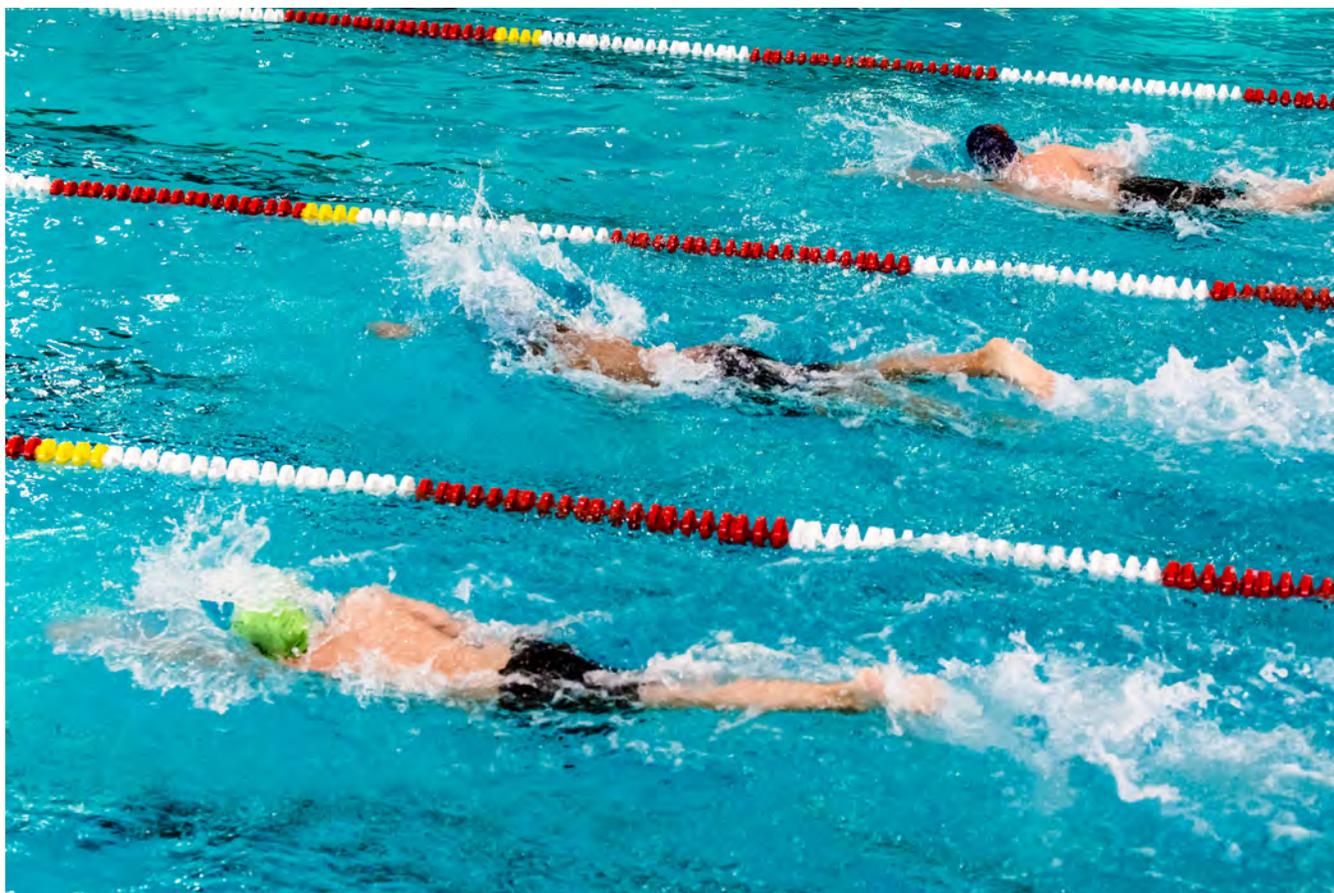
MISSION

The Golden Horseshoe Aquatic Club (GHAC) makes FAST swimming FUN in Burlington, Hamilton, Waterdown, Dundas, Ancaster, and Stoney Creek. GHAC provides the opportunity and environment for the youth of the Golden Horseshoe, and surrounding areas, to participate and attain their maximum individual potentials in the sport of competitive swimming and to stay active for life. The Club's competitive stream is supported by a novice development program that consistently strives to promote excellence within the competitive swimming community and directly correlates with Swim Ontario and Swim Canada's objectives and Long-Term Athlete Development Plan. GHAC's non-competitive stream strives to keep swimmers of all ages and abilities Active for Life through the sport of swimming which also aligns with Swim Ontario, and Swim Canada's goal of creating a healthier society

OVERVIEW

The Golden Horseshoe Aquatic Club (GHAC) is an amateur, non-profit organization run by a team of administrators that teaches and promotes the sport of competitive swimming as well as keeping swimmers active for life. GHAC's focus is to provide a FUN environment for residents of the Golden Horseshoe area to participate in structured swimming from non-competitive to international levels and everything in between (Non-Competitive, Development, Regional, Provincial, National, International). The Club believes that everyone has the right to swim and participate regardless of race, gender, ability, socio-economic status or age. We welcome participants from all walks of life and varying swimming abilities including Para swimming. Para-swimming is Swimming Canada's fully integrated swimming program for person's with a disability from grassroots to elite. GHAC encourages structured swimming training for skill development, self-development, life-development, independence, leadership and sportsmanship. We consistently push to develop healthy, well-rounded athletes that will be active for life and who positively contribute to society.

GHAC offers a plethora of programming including, advanced lessons, a flexible development program, competitive and high-performance training. Experienced, educated, and professional swim coaches oversee all the swimming programs while qualified administrators handle the registration and operations. GHAC is affiliated with Swimming Canada, the national sport governing body, and Swim Ontario, its provincial affiliate. The direct and obvious benefits of structured swimming include increased physical well-being, greater cardiovascular fitness, increased strength and improved coordination. A healthier person is also a happier person, better able to deal with life's daily stress. Swimmers also benefit socially by developing close friendships with teammates and swimmers from other clubs. The self-discipline learned in the pool also carry over to outside endeavours, such as school, and the experience gained through winning, and losing, helps our swimmers grow toward adulthood. Coaches provide individual attention to all swimmers regardless of age or ability which contributes to each swimmer's personal improvement, and fosters self-confidence.



PROGRAMS

NOVICE/ADVANCED LESSONS/OLYMPIC WAY

The Novice/Advanced Lessons program is an introduction to Competitive Swimming. This foundational level is considered 'Introductory' and/or 'Open-for-all young people and all abilities'. This group aims to the largest population at a basic, general and introductory level of competitive swimming through low entry standards, flexible schedules, and competitive fees. Our Novice/Advanced Lessons programming minimum entry requirement is that the swimmer must be able to complete one length (25 meters) unassisted on both their front and back. This group introduces the FUNdamentals of competitive swimming including all four strokes (butterfly, backstroke, breaststroke, freestyle), streamline, kicking, starts, and flip turns. Through prioritizing Physical Literacy, Skill Acquisition, and FUN we cultivate a culture within our Novice Program to love swimming and the drive to become better at it! In addition, the group includes hands-on coaching and an opportunity to participate in swim meets. This FUNdamental level falls under Swim Canada's Long-Term Athlete Development Plan 'FUNdamentals' category. Athletes in this group are encouraged to participate in multiple sports and develop their athletic abilities beyond the pool. **Our Novice/Advanced athletes are encouraged to participate in one (1) to three (3) times a week for one (1) hour.**



JUNIOR DEVELOPMENT

The Junior Development program continues to build on an introductory level, but opportunities are targeted towards the swimmers who specifically enjoy competitive swimming. These opportunities include more chances to compete at local competitions/swim meets as well as more advanced training. The group teaches the fundamentals of anaerobic training with a focus on skill development and enhancement across all parameters including that of all four strokes (butterfly, backstroke, breaststroke, freestyle) through stroke progression and feedback. In addition, the Junior Development group introduces goal setting and encourages athletes to swim with a goal in mind. Athletes in this group are encouraged to participate in multiple sports and develop their athletic abilities beyond the pool. This group is for swimmers that have moved through our Advanced lessons and are familiar with all four strokes. Swimmer should be able to handle 10 x 50 Freestyle on 2:00 minutes. Swimmers in Junior Development are generally 8-11 years of age. This developmental group falls under Swim Canada's Long-Term Athlete Development Plan 'Learn to Train' category. **Junior Development group members are encouraged to train two (2) or three (3) times a week for 1.5 hours.**

INTERMEDIATE DEVELOPMENT

The Intermediate Development program continues to build on the FUNdamentals taught in Novice and the foundation of anaerobic training introduced in Junior Development. There are more opportunities for swimmers to participate in local/away swim meets as well as more advanced training. The group develops their foundation of anaerobic training with a focus on skill development and enhancement across all parameters including that of all four strokes (butterfly, backstroke, breaststroke, freestyle) through stroke progression and feedback. The Intermediate Development group continues to build on the goal setting introduced in Junior Development and are also introduced to basic body weight strength training and calisthenics. Athletes in this group are encouraged to participate in multiple sports (including competitive/rep) and develop their athletic abilities beyond the pool. This group is for swimmers that have moved through our Junior Development Program. Swimmer should be able to handle 10 x 50 Freestyle on 1:40. Swimmers in the Intermediate Development program are generally 9-12 years of age. This developmental group falls under Swim Canada's Long-Term Athlete

Development Plan 'Train to Train' category. **Intermediate Development group members are encouraged to train three (3) or four (4) times a week for 1.5 hours.**

SENIOR DEVELOPMENT

The Senior Development program continues to build on stroke development, anaerobic training, goal setting, and calisthenics that were introduced and developed in the previous groups. This group also provides swimmers to participate in more swim meets, including those all across the province. Senior Development swimmers are introduced to more sport-specific fitness with higher intensity and speed, as well as focused and refined goal setting. Swimmers in Senior Development are expected to demonstrate the drive and want to take steps to reach the next level of swimming including qualifying for regional meets and beyond. There is a heightened focus in this group on competitions; racing strategy and tactics are in coordination with competition skills development including race pace activities with starts, turns, and finishes. Athletes in this group are encouraged to participate in multiple sports (including competitive/rep) and develop their athletic abilities beyond the pool. This group is for swimmers that have moved through our Intermediate Development Program. Swimmer should be able to handle 10 x 50 Freestyle on 1:15. Swimmers in the Intermediate Development program are generally 11-17 years of age. This developmental group falls under Swim Canada's Long-Term Athlete Development Plan 'Train to Compete' category. **Senior Development group members are encouraged to train four (4) or five (5) times a week for 1.5 hours.**

JUNIOR PERFORMANCE

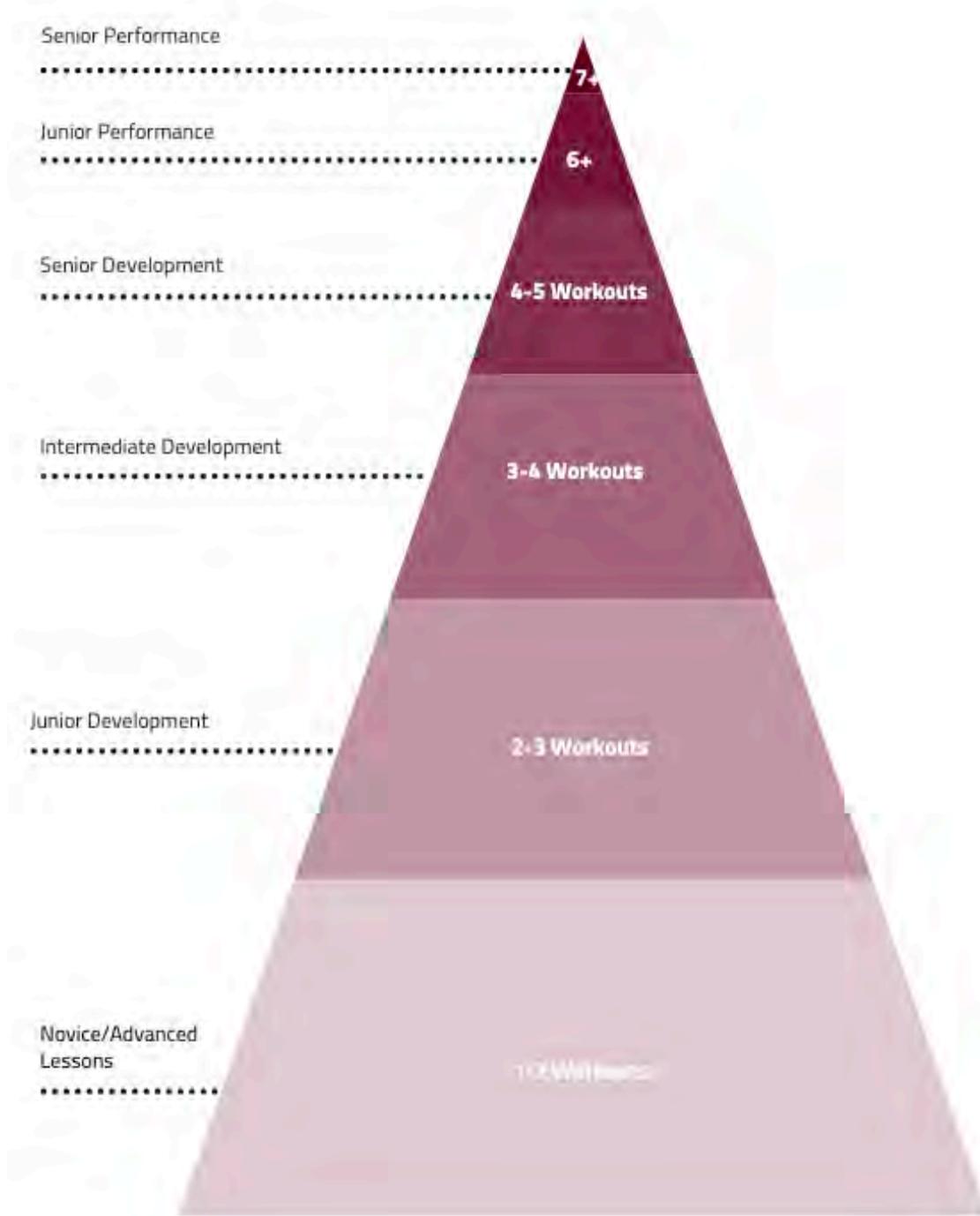
The Junior Performance program continues to build on all skills and tactics introduced and developed in previous groups. This program is part of the club's high-performance groups with heightened focus on swimming and competing at the highest level. Swimmers in this group taper and peak for performance competitions including regionals, provincials, and nationals. Fatigue Management and regeneration are of the utmost importance in the high-performance groups seeing as the physical load and time commitment is much greater. Swimmers in Junior Performance are expected to demonstrate the drive and ability reach the next level of swimming including qualifying for provincial meets and beyond. Athletes in this group are encouraged to participate in another sport (house league or high school) and develop their athletic abilities beyond

the pool. **Membership to this group is by invitation only.** This high-performance group falls under Swim Canada's Long-Term Athlete Development Plan 'Train to Win' category. **This group trains a mandatory of four (4) workouts a week with the entire group but are encouraged to participate in more optional ones.**

SENIOR PERFORMANCE

The Senior Performance program brings together everything taught and developed in previous groups to reach the highest levels in competitive swimming. This group is the top high-performance group within the club. Members of the Senior Performance program have the expectation of excellence and to be solely committed to swimming at the highest level of the sport. Swimmers in this group taper and peak for performance competitions including regionals, provincials, and nationals. Fatigue Management and regeneration are of the utmost importance in this high-performance group seeing as the physical load and time commitment is at an all-time high. **Membership to this group is by invitation only.** This high-performance group falls under Swim Canada's Long-Term Athlete Development Plan 'Train to Win' category. **This group trains a mandatory of six (6) workouts a week with the entire group but are encouraged to participate in more optional ones.**

PROGRESSION



NOVICE/ADVANCED LESSONS

HAMILTON

GROUP MEMBERS ARE ENCOURAGED TO TRAIN ONE (1) TO THREE (3) TIMES A WEEK

	Location	Time
MONDAY	Laurier	5:00-6:00 PM
	Laurier	6:45-7:45 PM
TUESDAY	Jimmy Thompson	5:00-6:00 PM
	Jimmy Thompson	6:45-7:45 PM
WEDNESDAY	McMaster	5:30-6:30 PM
	Central	6:45-7:45 PM
THURSDAY	Churchill	6:00-7:00 PM
FRIDAY	Central	5:00-6:00 PM
	MacNab	7:00-8:00 PM
SATURDAY	McMaster	10:30-11:30 AM
SUNDAY	Westmount	10:00-11:00 AM

NOVICE/ADVANCED LESSONS

BURLINGTON

GROUP MEMBERS ARE ENCOURAGED TO TRAIN ONE (1) TO THREE (3) TIMES A WEEK

	Location	Time
FRIDAY	Goldfish	4:00-5:00 PM
	Goldfish	5:00-6:00 PM
	Goldfish	6:00-7:00 PM
	Goldfish	7:00-8:00 PM
SUNDAY	Goldfish	3:00-4:00 PM
	Goldfish	4:00-5:00 PM

JUNIOR DEVELOPMENT

GROUP MEMBERS ARE ENCOURAGED TO TRAIN TWO (2) OR THREE (3) TIMES A WEEK

	Location	Time
MONDAY	Laurier (Hamilton)	5:00-6:30 PM
	McMaster (Hamilton)	5:30-7:00 PM
TUESDAY	Jimmy Thompson (Hamilton)	6:45-8:15 PM
WEDNESDAY	Central (Hamilton)	5:00-6:30 PM
	McMaster (Hamilton)	5:30-7:00 PM
THURSDAY	Churchill (Hamilton)	6:00-7:30 PM
	McMaster (Hamilton)	6:30-8:00 PM
FRIDAY	MacNab (Hamilton)	7:00-8:30 PM
	Goldfish (Burlington)	7:00-8:30 PM
SATURDAY	McMaster (Hamilton)	10:30 AM - 12:00 PM
SUNDAY	Westmount (Hamilton)	9:30-11:00 AM
	Goldfish (Burlington)	3:00-4:30 PM

INTERMEDIATE DEVELOPMENT

GROUP MEMBERS ARE ENCOURAGED TO TRAIN THREE (3) OR FOUR (4) TIMES A WEEK

	Location	Time
MONDAY	Laurier (Hamilton)	5:00-6:30 PM
	McMaster (Hamilton)	5:30-7:00 PM
	Laurier (Hamilton)	6:45-8:15 PM
	Goldfish (Burlington)	7:45-9:15 PM
TUESDAY	APEX (Hamilton)	5:30-7:00 AM
	Goldfish (Burlington)	5:30-7:00 AM
	Jimmy Thompson (Hamilton)	5:00-6:30 PM
	Jimmy Thompson (Hamilton)	6:45-8:15 PM
WEDNESDAY	Central (Hamilton)	5:00-6:30 PM
	Central (Hamilton)	6:45-8:15 PM
	McMaster (Hamilton)	5:30-7:00 PM
	Goldfish (Burlington)	7:45-9:15 PM
	Goldfish (Burlington)	5:30-7:00 AM

	Location	Time
THURSDAY	Churchill (Hamilton)	6:00-7:30 PM
	McMaster (Hamilton)	6:30-8:00 PM
	Goldfish (Burlington)	7:45-9:15 PM
FRIDAY	Central (Hamilton)	5:00-6:30 PM
	MacNab (Hamilton)	7:00-8:30 PM
	Goldfish (Burlington)	7:00-8:30 PM
SATURDAY	McMaster (Hamilton)	10:30 AM - 12:00 PM
SUNDAY	Westmount (Hamilton)	9:30-11:00 AM

SENIOR DEVELOPMENT

GROUP MEMBERS ARE ENCOURAGED TO TRAIN FOUR (4) OR FIVE (5) TIMES A WEEK

	Location	Time
MONDAY	Laurier (Hamilton)	6:45-8:15 PM
	Goldfish (Burlington)	7:45-9:15 PM
TUESDAY	APEX (Hamilton)	5:30-7:00 AM
	Goldfish (Burlington)	5:30-7:00 AM
	Jimmy Thompson (Hamilton)	5:00-6:30 PM
WEDNESDAY	Central (Hamilton)	6:45-8:15 PM
	McMaster (Hamilton)	5:30-7:00 PM
	Goldfish (Burlington)	7:45-9:15 PM
THURSDAY	Goldfish (Burlington)	5:30-7:00 AM
	McMaster (Hamilton)	6:30-8:00 PM
	Goldfish (Burlington)	7:45-9:15 PM
FRIDAY	Central (Hamilton)	5:00-6:30 PM
SATURDAY	McMaster (Hamilton)	10:30 AM - 12:00 PM
SUNDAY	Westmount (Hamilton)	9:30-11:00 AM