



**USA Swimming
Short Course Season
Begins 9/6/2016**

HEAT's mission is to develop highly motivated and successful individuals to maximize their potential in and out of the pool.

Explorers Aquatic Club (EAC) was founded in 1986. EAC was renamed Hudson Explorers Aquatic Team (HEAT) in 1999 and is known throughout the area as a first-class, year-round competitive USA swim program. HEAT offers a guided age-group program for children age 5 and up. HEAT has been awarded a Bronze Medal Club status from USA swimming as one of the top 200 clubs in America for the last 4 consecutive years.

We offer training groups for the beginning swimmer to the most competitive and skilled swimmer. When a young person becomes a member of HEAT, they learn the value of sportsmanship and team work. Swimming with HEAT provides physical, emotional and intellectual skills that will last a lifetime.

The HEAT program works cohesively with the Hudson High School Varsity Swimming & Diving Team and the Learn-To-Swim program through HCER to provide swimmers with a fluid swimming community.

We are excited to announce a partnership with Life Center Plus that will allow HEAT to expand and extend our program to more families in Hudson and the surrounding communities. We will be able to expand our practice opportunities, allow more swimmers at all levels to join and be a part of the HEAT family.

Head Coach

Matt Davis

330-858-3113

davism@hudson.edu



IMPORTANT DATES

HEAT Tryout & Group Placement

Tuesday, August 30th 5:00pm- 6:30pm

Ada Cooper Natatorium

@ East Woods Elementary School

Wednesday, August 31st 5:00pm-6:30pm

Ada Cooper Natatorium

@ East Woods Elementary School

**** NEW SWIMMERS ONLY**** This tryout and group placement is for new HEAT swimmers so we can evaluate each new swimmer to see if they are ready for HEAT swimming and which group they should be assigned to.

HEAT Registration Night & Equipment Sale

@ East Woods Elementary School

Wednesday August 31st

6:00pm- 8:00pm

HEAT registration will provide you the opportunity to register your swimmer, size them for their team swimsuit, and purchase equipment from our vendor.

HEAT Kick Off the Season Picnic

ALL SWIMMERS and Families

Saturday, September 10th

5:00pm – 7:30pm

@ Hudson Springs Park-May Pavilion



www.HUDSONHEAT.com

Group Descriptions and Expectations

JR HEAT Group:

Our JR HEAT is intended for BEGINNER SWIMMERS. This group will be a pre-competitive group, meaning the JR HEAT swim members will not be required to participate in USA meets, but will have an opportunity to swim a HEAT hosted meet at the end of the season. This group will allow swimmers to be a part of the HEAT team and gain expert coaching and learn value swimming skills. These swimmers will focus solely on stroke technique for all 4 competitive strokes. This group is intended for new swimmers. Swimmers should have passed at least Level IV of ARC swim lessons or equivalent to join. JR HEAT will have 2 practice groups, one that meets every Mon and Wed, and one that meets every Tue and Thur. Swimmers must sign up for one group and only attend their specific days.

Green Group:

Green group swimmers will practice in the morning before school and is designed for but not limited to kids in 4th and 5th grades @ EW Elementary School. This is for swimmers who might have some summer league experience and would like to develop better technique on all 4 strokes. Swimmers must have knowledge of all 4 competitive strokes to participate in this group.

Red:

Red group swimmers are generally new to USA Swimming or moving from our JR HEAT program, and need to develop proper stroke technique. These swimmers will focus solely on stroke technique along with learning starts, turns, and finishes. Swimmers should have an understanding of all 4 competitive strokes. Meets are required for swimmers in the Red Group

White Group:

White group swimmers start to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development. White group swimmers should be able to swim all 4 strokes legally for at least 25 yards and be able to dive in from the starting blocks.

Swimmers are expected to attend 3 practices a week.

Blue Group:

Blue group swimmers continue to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development and also begin to learn proper racing strategies. Blue group swimmers should have an understanding of how to read the pace clock and handle minimal sendoffs in practice.

Swimmers are expected to attend 3 practices a week.

Grey Group:

Grey group swimmers continue to build endurance with continued focus on stroke technique. Swimmers in the Grey group are transitioning into the more advanced groups with HEAT. Practices will still focus on stroke improvement. Racing and training will also be developed as well. Understanding how to read the pace clock and calculate practice sendoffs is a must for swimmers in this group.

Swimmers are expected to attend 3 practices a week.

Bronze Group:

Bronze group is comprised of mostly but not limited to swimmers 10-14 year olds. Bronze swimmers will start to learn racing strategies and be introduced into more endurance training. Swimmers in this group should have NAG "B" or better Time Standards in all 4 strokes. Swimmers in the Bronze group should be making more of commitment to swimming by setting goals and knowing what it will take to accomplish them.

Swimmers are REQUIRED to attend 4 practices a week.

Silver Group:

Silver group is an advanced level age group swimmer. This group is comprised of mostly but not limited to swimmers 11-14 year olds. Practices are designed for more intense training but still with focus on stroke development and learning racing strategies. Swimmers in this group should have achieved NAG "BB - A" Times and have set goals for them to reach.

Swimmers are REQUIRED to attend 4 practices a week.

Gold Group:

Gold is one of HEAT's elite level age group. These swimmers are highly committed and attend practices regularly. Their training will consist of fine tuning their stroke mechanics and racing strategies. Practices will also focus on endurance training to help reach maximum potential in all events. Most swimmers in this group should have NAG "A" times in all four strokes. Admittance in this group must be approved by the head coach and swimmers not attending practices and meets will be removed. Gold group swimmers should have clear goals on what they want to accomplish while swimming with HEAT.

Swimmers are REQUIRED to attend 5 practice a week.

Senior Group:

High School age swimmers only. This group will run from September through the beginning of the HS Varsity season in early November. Senior group swimmers will also be able to practice after their HS season is complete in February through May and are expected to swim at a USA Championship meet in March. This group is designed for the less serious and competitive High School swimmer.

Swimmers Should attend 4 practice a week.

Elite Group:

This group will be by invitation only by the Head Coach. Swimmers that participate in this group will be **REQUIRED to attend at least 5 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and designed for swimmers that are serious and committed to the growth and development of their swimming careers. If a swimmer fails to meet the practice/meet requirements they will be removed from the Elite group. Swimmers in this group should have set and establish clear goals and set up a goal meeting with the coaching staff.

National Group:

This group will be by invitation only by the Head Coach for swimmers that have USA Sectional cuts or faster, or approved by the coaching staff. Swimmers that participate in this group will be **REQUIRED to attend at least 7 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and designed for swimmers that are serious and committed to the growth and development of their swimming careers. If a swimmer fails to meet the practice/meet requirements they will be removed from the National group. The National group will be provided with HEAT National team gear and will be committed to the group for 1 year, during the Short Course and Long Course seasons. Swimmers in this group should have set and establish clear goals and set up a goal meeting with the coaching staff.

National AG Group:

This group will be by invitation only by the Head Coach for swimmers that have USA Sectional cuts or faster, or approved by the coaching staff. Swimmers in this group will be swimmers that are not in High School. Swimmers that participate in this group will be **REQUIRED to attend at least 7 practices a week including dryland and weights.** Swimmers in this group will also participate in specified USA meets with events being selected by the coaching staff. This group is a privilege and designed for swimmers that are serious and committed to the growth and development of their swimming careers. If a swimmer fails to meet the practice/meet requirements they will be removed from the National group. The National group will be provided with HEAT National team gear and will be committed to the group for 1 year, during the Short Course and Long Course seasons. Swimmers in this group should have set and establish clear goals and set up a goal meeting with the coaching staff.

GROUP ADVANCEMENTS

**Swimmers are moved to the next group when the coaches feel they are ready and have successfully completed the recommended test sets in practice and time requirements.

**2016-2017 Short Course Season
(Begins - 9/6/2016)**

GROUP	FEE
JR HEAT (Mon/Wed Group)	\$385*
JR HEAT (Tue/Thur Group)	\$385*
Green (EW 4 th and 5 th grade morning group)	\$585*
Red	\$535*
White	\$585*
Blue	\$635*
Grey	\$635*
Bronze	\$735*
Silver	\$735*
Gold	\$835*
National AG	\$825
Senior	\$425*
Elite	\$525*
National – 1 year SC/LC fees included	\$825*
Late fee – Processed after Sept. 16 th	\$25
-Multiple swimmer discount – 2 nd , 3 rd , 4 th , etc.	(-\$50)

**Fee includes the following:*

- *Practices for specified group only through Memorial Day.*
- *2017 USA Swimming membership which is required as a member of HEAT and all USA teams.*
- *HEAT team t-shirt, and swim cap.*

Ada Cooper Natatorium
East Woods Elementary School
120 N. Hayden Parkway
Hudson, OH 44236
(330) 653-1264

Life Center Plus
5133 Darrow Rd
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(330) 655-2377