



## USA Swimming Summer Season Begins 6/10/2021

*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 in 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 so much from goal setting, working hard, sportsmanship, team work and so much more. Swimming with HEAT provides physical, emotional and intellectual skills that will last a lifetime.

### Head Coach

Matt Davis

### Head Age Group Coach

Josh Forsythe

Team Email - [HUDSONHEAT@HUDSON.K12.OH.US](mailto:HUDSONHEAT@HUDSON.K12.OH.US)



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**NEW TO HEAT**  
**HEAT Tryout & Group Placement**

***Saturday June 5***  
**@ Eastwood Elementary Pool**

**\*\*Swimmers must preregister and reserve a tryout time.**

**[Click here for signups.](#)**

**\*\* 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.

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**[www.HUDSONHEAT.com](http://www.HUDSONHEAT.com)**

### **Senior Groups Descriptions and Expectations**

#### **High School 1:**

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. Swimmers in this group should set and establish clear goals and set up a goal meeting with the coaching staff. HS 1 swimmers should be HS district meet level qualifiers or equivalent.

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#### **High School 2:**

This group will run from September through the beginning of the HS Varsity season in early November. HS 2 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 or incoming freshman.

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#### **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 set and establish clear goals and set up a goal meeting with the coaching staff.

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## Age Group Descriptions and Expectations

### Novice:

Our Novice group is intended for beginner swimmers. This group will be a pre-competitive group, meaning the Novice group 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 valuable swimming skills. These swimmers will focus solely on stroke technique for all 4 competitive strokes. Swimmers should have passed at least Level IV of ARC swim lessons or equivalent to join and be able to swim Freestyler and Backstroke proficiently.

### Level 1:

Level 1 swimmers are generally new to USA Swimming or moving from our Novice 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 and at least 1 meet is required for swimmers to move to Level 2.

### Level 2:

Level 2 swimmers start to build endurance with continued focus on stroke technique. Practices will be geared towards skills and fundamental development. Level 2 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.

### Level 3:

Level 3 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. Level 3 group swimmers should have an understanding of how to read the pace clock and handle minimal sendoffs in practice. Swimmers in this group should be swimming all 4 competitive strokes at various distances.

### Level 4:

Level 4 swimmers continue to build endurance with continued focus on stroke technique. Swimmers in the Level 4 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.

### Level 5:

Level 5 swimmers will start to learn racing strategies and be introduced into more endurance training. Swimmers in Level 5 should be making more of commitment to swimming by setting goals and knowing what it will take to accomplish them. Swimmers should be able to compete and train in all 4 strokes in all distances.

### Level 6:

Level 6 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 racing strategies. Level 6 swimmers should have a major commitment to swimming and HEAT and have established goals.

### National Age 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 set and establish clear goals and set up a goal meeting with the coaching staff.

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### **HEAT AMSA - Summer only**

Heat is part of the AMSA Summer Recreation League and will offer practice for swimmers that would like to participate in that program. All HEAT swimmers have the option to attend weekly dual meets and the AMSA League Championship Meet at the end of the season. New HEAT swimmers will need to purchase a seasonal USA membership in order to participate. This is a great way to be part of the HEAT family without a larger commitment. The HEAT AMSA Team will work on basic skills for all 4 competitive strokes and focus on a competitive, but fun atmosphere. Practices are held at Eastwoods Elementary School and Life Center Plus in Hudson. The season begins June 10. AMSA championship meet is July 10.

## 2021 Summer Season Begins June 10

<u>GROUP</u>	<u>Season Fee</u>
Novice	\$150
Level 1	\$150
Level 2	\$175
Level 3	\$175
Level 4	\$200
Level 5	\$200
Level 6	\$225
National & National Age Group	\$250
HS 1	\$225
HS2	\$200

#USA Membership **Required by all swimmers who do not currently have membership	\$70
#AMSA only Swimmer	\$35
-Multiple swimmer discount – 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , etc.	(-\$50)

### Summer Billing

- Billed Season Fee at the time of checkout.
- USA Membership fee for new swimmers will be billed separately after registration.

**You are required to have an active credit card on file in order to register.**

**Volunteer Policy:** Effective June 2021 – May 2022, each family is required to volunteer at our HEAT hosted meets (or comparable event) as defined below for each swimmer on the team. Families with multiple swimmers will be required to fulfill the duties for TWO of their athletes. Families who do not meet their volunteer commitment will be fined \$100 per job. The full volunteer policy can be found at [hudsonheat.com](http://hudsonheat.com).

Effective June 2021- May 2022

National	2 jobs @ USA Sectional Meet July 2021
HS 1&2	1 job @ USA Sectional Meet July 2021
Levels 2 - 6	2 jobs (Sectionals, AMSA, fall/winter meets)
Level 1	1 job (Sectionals, AMSA, fall/winter meets)
Novice	No Volunteer Requirement

Volunteer sign ups are posted on [hudsonheat.com](http://hudsonheat.com) as the meet nears. Only those who sign up and complete the full shift will receive credit. You cannot simply show up and ‘help out’ the day of a meet.