



Spring Season Begins April 10th
Summer Season Begins May 30th

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 several times over the past 10 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

EJ McIlduff

Team Email - HUDSONHEAT@HUDSON.K12.OH.US

Team Website – WWW.HUDSONHEAT.COM



NEW TO HEAT

HEAT Tryout & Group Placement @ Eastwood Elementary Pool

****Swimmers must complete the google form and reserve a time on www.hudsonheat.com**

Spring Tryout Info

Tryout Date #1 - Sat April 8th - 9:00 - 11:00am

Tryout Date #2 - Tue April 11th - 5:00 - 7:00pm

*****our Novice and Level 1 groups are full and we will not be able to add any new swimmers in those groups for the spring session.***

Summer Tryout Info

Summer Tryouts Date #1 - Tue May 23rd - 5:00 - 6:30pm

Summer Tryout Date #2 - Thur May 25th - 5:00 - 6:30pm

**** 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.



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.

High School 2:

This group is designed for the less serious and competitive High School swimmer or incoming freshman. Swimmers that are not at a HS District level or equivalent will be placed in this group. Swimmers should attend 4 practices a week and as they progress can be moved into the HS1 group.

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 all practices each 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.

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 in the AMSA Summer league meets. 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 all practices each 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 some HEAT National team gear and will be expected to remain in 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.

HEAT AMSA Team Group (Summer only)

HEAT is a part of the AMSA Summer recreation league and will offer practice for swimmers that would like to participate in this 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 a part of the HEAT family, but 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. Most practices will be held at Eastwoods pool and Life Center Plus in Hudson. The season begins May 31st and will run through the AMSA Championship meet in Mid-July.

We require all of our families to volunteer at least 1x during the AMSA Season in dual meets or the Championship meet.

2022-2023 Spring Season Fee Structure (Beginning April 10th – May 27th)
NEW HEAT Swimmers ONLY

| GROUP | Spring Season Fee |
|---|--------------------------|
| Novice | \$150 |
| Level 1 | \$170 |
| Level 2 | \$190 |
| Level 3 | \$220 |
| Level 4 | \$250 |
| Level 5 | \$250 |
| Level 6 | \$250 |
| National / National Age Group | \$275 |
| HS 1 | \$250 |
| HS 2 | \$230 |
| #USA Membership 2023 **required by all swimmers who do not have current membership Paid directly to USA swimming and must be completed prior to first practice | \$78.25 |
| -Multiple swimmer discount – 2 nd , 3 rd , 4 th , etc. | (-\$50) |

2022-2023 Summer LC/AMSA Season Fee Structure (Beginning May 30th)

| GROUP | Summer Season Fee |
|---|--------------------------|
| Novice | \$150 |
| Level 1 | \$170 |
| Level 2 | \$190 |
| Level 3 | \$210 |
| Level 4 | \$240 |
| Level 5 | \$240 |
| Level 6 | \$240 |
| National & National Age Group | \$280 |
| HS 1 | \$280 |
| HS 2 | \$240 |
| #USA Membership 2023 **required by all swimmers who do not have current membership Paid directly to USA swimming and must be completed prior to first practice | \$35 |
| #AMSA Only Swimmers | \$35 |
| -Multiple swimmer discount – 2 nd , 3 rd , 4 th , etc. | (-\$50) |

Spring/Summer Billing/Payment:

- Full amount will be charged at checkout
- Additional registration with USA swimming is REQUIRED.

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