



**Spring Season Begins**

**Sr Groups – April 6<sup>th</sup>**

**Age Groups – April 12<sup>th</sup>**

**Summer Season Begins**

**All Groups – June 10<sup>th</sup>**

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.

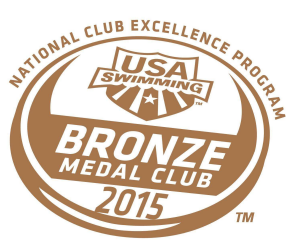
## **Head Coach**

Matt Davis

## **Head Age Group Coach**

Josh Forsythe

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



## **NEW TO HEAT**

### **HEAT Tryout & Group Placement @ Eastwood Elementary Pool**

**\*\*Swimmers must complete the google form and reserve a time on [www.hudsonheat.com](http://www.hudsonheat.com)**

#### **Spring Tryout Info**

*Tryout Date 1 - Tue March 23<sup>rd</sup> – 6:00-7:30pm*

*Tryout Date 2 - Sat April 10<sup>th</sup> – 10:00 – 11:30pm*

#### **Summer Tryout Info**

*Summer Tryouts Sat June 5<sup>th</sup> – 10:00 – 11:30pm*

**\*\* 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.

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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 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.

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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 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.

**\*Dryland workouts TBD pending COVID guidelines.**

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### **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. There will be a Bubbler, Beginner, Intermediate, and Advanced groups. Most practices will be held at Life Center Plus in Hudson. The season begins May 28<sup>th</sup> and will run through the AMSA Championship meet on July 13<sup>th</sup>.

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## 2020-2021 Spring Season Fee Structure (Beginning April 12<sup>th</sup>-June 9th)

### NEW HEAT Swimmers ONLY

GROUP	Monthly Fee (April <sup>^</sup> Due at Registration/May)
Novice	\$37
Level 1	\$40
Level 2	\$45
Level 3	\$55
Level 4	\$80
Level 5	\$80
Level 6	\$85
National / National Age Group	\$85
HS 1	\$70
HS 2	\$55
#Administration and Registration fees for all swimmers (yearly)	\$100 / Novice \$50
^ April Monthly fee will be collected at time of registration.	
#USA Membership 2021 **required by all swimmers who do not have current membership	\$75
#USA Swimming for Novice/Level 1 (Seasonal)	\$35
(*1 time only, for Novice and level 1 swimmers *Some restrictions apply*)	
-Multiple swimmer discount – 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , etc.	(-\$50)

## 2020-2021 Summer LC/AMSA Season Fee Structure (Beginning June 10th)

GROUP	Summer Season Fee
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
HS 2	\$200
#USA Membership 2021 **required by all swimmers who do not have current membership	\$75
#AMSA Only Swimmers	\$35
-Multiple swimmer discount – 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , etc.	(-\$50)

### Spring/Summer Billing/Payment:

- Billed entire amount for your registration at the time of checkout
- Includes Registration Admin fee, USA Swimming membership fee, and season fee
- Monthly charges billed to your account will only include meet entry fees, and any other team activities that may be offered throughout the season which you sign up for separately

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

If the entire club is shut-down due to COVID, monthly tuition fees will be paused. All additional COVID circumstances, including individual and/or group quarantine mandates, will be evaluated on a case by case basis.